



# 2019-2020 Provincial Team Tryouts

## OBJECTIVES OF PLAYER TRYOUTS

- To provide a fair and impartial assessment of a player's total skills (physical, technical, tactical and mental)
- To select players to the provincial team based on their level of skill, measured against their peer group, during on court evaluations while also factoring in feedback from provincial and national coaches and other important "intangibles" (e.g. work ethic, coachability, attitude, etc.)
- To form provincial teams that are competitive and provide the best opportunity for all players to further develop their skills and enjoy the sport of tennis
- To provide feedback to enhance the development of each tennis player attending the player tryouts

## PLAYER TRYOUT FAQ'S

The following are frequently asked questions that hopefully will help build greater understanding and transparency of how the process works:

### 1 • How many tryout sessions will there be?

There will be one tryout session for each age group (under 10 and under 12).

The location for these tryouts will be at The Alberta Tennis Centre on **Friday September 20**. Times to be confirmed and communicated to players that have been identified to attend the tryout process by Tennis Alberta and Tennis Canada coaches.

### 2 • Why do we have tryouts?

Tennis Alberta conducts tryout sessions to provide player assessments each season and to place players on their provincial teams. The goal of Tennis Alberta is to provide the best opportunity for all players to further develop their tennis skills.

### 3 • Who will do the evaluations?

There will be 2 key groups involved in the evaluations:

- Tennis Alberta Provincial coaches who will evaluate players through the on court tryouts
- Tennis Canada staff who will evaluate players throughout the on court tryouts

### 4 • What is being evaluated?

Refer to the section on Player Selection Criteria (pages 2-3) for more information on specific skills, tactics and behaviors that are being evaluated. This section gives a clear outline of what is being evaluated each session.

### 5 • Will the player be evaluated in a skill and game environment?

To give every player a fair opportunity to exhibit the range of skills that they possess they will be evaluated within skill stations, realistic points play situations will be created. At the under 10 and under 12 age groups a greater emphasis will be placed on the evaluation of skills - as the players get older the small area game and scrimmage sessions will have a greater overall impact on the player's placement.



### 6 • Players invited to provincial try outs.

Players will be invited by Tennis Alberta to try outs based on not only individual skills but several intangible traits. Tennis Alberta provincial coaches will identify players that have the level of play and character to merit being invited to the tryouts.

- Attitude & Behavior
- Players' technical, tactical, physical and mental competencies compared to that of the benchmarks indicated in the LTAD document for stage #3 Developing <http://www.tenniscanada.com/wp-content/uploads/2015/01/LTADallenglish.pdf>
- Determination, drive, intensity, work ethic
- Discipline
- Positive team player
- Coachability

### 7 • When will players be notified of their selection status

The two key groups-Tennis Alberta Provincial coaches and Tennis Canada staff will convene to finalize player selections. All players and parents will be notified of their selection status by September 30, 2019.

## PROVINCIAL TEAM COMPOSITION

Team Composition and size will be directly related to tryout registration and final commitment numbers. Tennis Alberta reserves the right to increase or decrease the number of team members based on the number of players possessing the necessary skills.

## PLAYER SELECTION CRITERIA

### GENERAL OVERVIEW OF THE SKILLS TO PLAY THE GAME

All players attending tryouts will be assessed as follows:

#### Technical Component

- Player exhibits proper serving grip
- Player does not have extreme grips for ground strokes
- Player exhibits good timing/impact point
- Player uses eastern to semi-western for forehand
- Player can increase amplitude on strokes (acceleration)
- Player has been introduced to under spin (U10)
- Player has the ability to create topspin and underspin
- Player can serve with continental grip/proper pronation
- Player exhibits proper throwing motion
- Player Volley's grip is continental (hand above wrists)
- Player can hit overheads with proper set up, impact point, throwing motion and pronation
- Player is able to "beat the bounce" when moving out to the ball and recovering
- Player exhibits good balance on court while hitting



### **Physical Component**

- Player must meet Provincial Fitness Standards
- Player must have proper running technique
- Player must have proper throwing technique
- Player can demonstrate proper warm up/cool down/recovery routines
- Player must exhibit good balance on and off court
- Player can skip using different kinds of footwork

### **Mental/Psychological Component**

- Player can maintain a high level of focus throughout the entire practice
- Player fosters the concept of respect for coaches, other players and officials
- Player can maintain a calm and positive attitude when managing mistakes
- Player demonstrated a hardworking and committed attitude

### **Tactical Component**

- Player understands basic court positioning in singles and doubles
- Player understands when to play offence, defense, or neutral
- Player understands net play
- Player understands the zones of the court