

Tennis Alberta Team Reporting

U10 Provincial Team

1. **Program goal/objectives:**

Regroup the U10 provincial team over the course of the year through camps and team travels. TA strives to provide a fun yet intense and competitive training environment. The goal is to create a different and more focused training environment than what is given from the other clubs. The focus of the camps is to work on recovery, tactics, and doubles. Provincial coaches also focused on improving competencies through drilling and fitness that involves coordination.

2. **Coaches:**

Marvin Hinds & Marc Colangeli

3. **Athletes in program:**

Girls: Nadia Kowalchuck

Boys: Devin Pelletier, Viktor Gluic, Andrew Gu, Andreas Mjeda

4. **Schedule**

- March 2/3 Camp
- April 13/14- Kamloops Team Trip
- June 1/2 Camp
- July 3-7 Vancouver Team Trip

5. **Highlights**

- Coach Marvin and Marc did an excellent job this year. They were very engaged and pushed the kids to another level. They were always on time and communicated well with the parents and myself.

6. **Recommendations**

- Additional invited players who were not on the team were invited to play only had to pay \$150.00 for the camp. It should be raised to \$200.00 since players who are on the team are required to pay \$750.00 for all 4 camps (unfair to them for paying more)
- Players were behind on fundamentals- pick a team next year that exhibits good fundamentals (split step, recovery, ready position, throwing motion)
- Hire a fitness coach. The coaches ran good warm ups but they didn't have enough material. By the 3rd/4th tryout the warm up was the

same. Example- Micheal Stouser who was recommended by Alan Mackin.

- There needs to be a fitness test at the tryouts and also one more in January to measure fitness levels. This will show us if the kids improved and see where they need to improve in specific areas
- There should be a mentorship program (possible coaches: Daniel Henshel, Jordan Sluchinski, Eric Yee, Sonia Bernal)