

# Tennis Alberta Team Reporting

## U12 Provincial Team

### 1. **Program goal/objectives:**

Regroup the U12 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.

### 2. **Coaches:**

Carson Bell & Adam Bond

### 3. **Athletes in program:**

Girls: Waverly Potter, Sophie Stanton, Madelynn Ludwig, Julia Ionescu  
Boys: Devin Pelletier, Viktor Gluic, Andrew Gu, Andreas Mjeda

### 4. **Schedule**

March 16/17 Camp  
May 9-12 Burlington Team Trip  
June 1/2 Camp  
August 1-4 Ottawa Team Trip

### 5. **Highlights**

- Players were respectful to coaches and eager to work hard
- Coaches were on time and engaged during the practices

### 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 3<sup>rd</sup>/4<sup>th</sup> tryout the warm up was the same. Example- Micheal Stouser who was recommended by Alan Mackin.
- There needs to be a fitness test at every 2<sup>nd</sup> tryout 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)
- The coaches played too many points and did not focus enough on hand feeding. There should have been more feedback on recovery and footwork, since our U12 players struggle with this.
- Coaches should be reminded not to use their phones during the camps.