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TENNIS CANADA

PROGRAM GUIDE

GIRLS LEADERSHIP PROGRAM

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GAME.SET.EQUITY. - ACKNOWLEDGMENT

Tennis Canada is proud to develop and implement this project in collaboration with the provincial and territorial associations.

WHAT IS THE LEADERSHIP PROGRAM?

This program is part of the Game.Set.Equity. initiative to promote women's participation in all aspects of the tennis world. The leadership program for girls seeks to build a network of like-minded girls and women across the province to engage and encourage young women to develop their talents in a safe and welcoming environment.

The program will develop the skills and qualities required to confidently lead a tennis program for beginners, whether with children or adults. It hopes to empower girls to utilize resources and to develop confidence through leadership skills that they can apply as instructors and beyond.

WHO IS THE PROGRAM FOR?

This program targets girls between the ages of 14 and 17 who participate in tennis at a variety of levels (competitive or recreational; see minimum requirements below), and who aspire to develop both personally and professionally in the field of tennis.

WHAT ARE THE PREREQUISITES?

- No minimum certification requirements
- Ages: 14 - 17 years old
  (must turn 15 the year of participation)
- Self-identifying girls
- Minimum Playing Level: 3.0

WHO WILL TEACH THE PROGRAM?

The program will be delivered by Tennis Canada self-identifying women coaches who possess the NCCP Coach Development requirements and who have developed a skill set in this context.

National Coaching Certification Program

coach.ca REACH HIGHER

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WHAT WILL I LEARN?

Participants in this program will enrich their understanding and develop their skills in the areas listed below. The goal is to apply the knowledge gained from the webinars as an instructor and beyond.

OFF-COURT ASSESSMENTS

- Explore your identity and develop your understanding of others
- Strengthen your communication skills in different contexts
- Foster team spirit and positive behaviours
- Manage your personal boundaries effectively + Sport Safety Training
- Engage in job interviews and networking activities

ON-COURT ASSESSMENTS

- Practice/Demonstrate fundamental tennis skills
- Lead and manage a large group of players
- Teach in accordance with quality standards
- Encourage positive behaviours in others
- Help lead tennis tournaments and play activities as a court captain

HOW WILL I BE EVALUATED?

OFF-COURT ASSESSMENTS

- Complete all online modules related to the instructor course:
  - Making Ethical Decisions
  - Supporting Positive Behaviours
  - First Set modules
  - And more!
- 100% webinar attendance required
- Complete all webinar-related activities (homework, one-on-one meetings, journaling, etc.)

ON-COURT ASSESSMENTS

- Level of play assessment (3.0)
- Technical skills demonstration evaluation
- Implement tennis sessions that meet the Quality Standards criteria
- Maintain consistent professionalism throughout the course
- In-course workbook completion (reflections and self-rating)

WHAT KIND OF CERTIFICATION DO I GET?

Participants who successfully complete the program will receive a **Game.Set.Equity. Girls Leadership Program** completion certificate. Additionally, participants who meet the Instructor Course standard will be officially certified as **Tennis Instructors** as part of the Tennis Professionals Association (TPA) and Coaching Association of Canada (CAC).

Participants aged 14 and 15 will earn the **Community Leader "trained" certificate** at the end of the Instructor Course. If meeting all requirements, the **"Tennis Instructor"** certification will be awarded to them on their 16th birthday.

Candidates must obtain a "met standard" grade for all assessments to obtain their certification. In the event of an "incomplete" assessment for one or more of the criteria, candidates will have to retake the pertinent assessment.

Court Captain training is also included in this program; the girls will be able to help organize Try Tennis, Play Days, and provincial sanctioned tournaments within their club or provincial/territorial organization.

WHAT IS THE STRUCTURE OF THE PROGRAM?

This 42.5-hour training program will be given in several phases:

- **Leadership:**
  5 x 1.5h webinar sessions September to November OR January to March; bi-weekly, on Sunday evenings
- **Tennis Instructor:**
  35-hour on-court course (including 2 x 1.5h webinar sessions December OR April, over 2 weekends)

Evaluations are scheduled for the Sunday of the second on-court regrouping. There will be a social event either at the beginning or towards the end of the program.

WHAT IS THE COST AND HOW DO I REGISTER?

For more information, please contact your Provincial or Territorial Tennis Associations. This can be found on tenniscanada.com/ptta. For information on registration, please visit www.tpacanada.com.