School of Excellence Program
in Partnership with

Miami State High School

Program Information for Parents
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Vision

*Succeed in tennis. Achieve in life*

Tennis Central have a vision to create an Excellence Program that is offered to a select group of students through Tennis Central@Miami. These students will have the drive and dedication to use Tennis as a stepping stone towards obtaining great success in life.

Tennis Central will provide a program that places each student at the Centre of a multidisciplinary approach to development. Each student will work collaboratively with high performance coaches, allied health professionals and other key mentors to ensure that all areas of their tennis game and educational pathway is monitored and progressed in a supportive but challenging way.

Tennis Central will provide support coordination through an Athlete Mentor. The role of the Athlete Mentor will be to act as a liaison between players, coaches, support staff, family and teachers to ensure that each student has a mapped pathway for success. Collaborative goal setting will be the key and the Athlete Mentor will facilitate regular sessions to determine progress and ensure that each student is reaching achievable set goals.

Students who are accepted into the Tennis Central School of Excellence will be invited to attend up to 20 hours of tennis instruction (on and off court) each week, before and after school.
Program Elements

Professional Tennis Training

Professional training will be by fully accredited National and International Coaches. All coaches will have professional experience playing nationally or internationally. Tennis Central believe that coaches should be continually improving their craft and as such have a strong ethos of continual professional development.

Specialist Fitness and Conditioning

Tennis Central understand the benefit of specialist fitness conditioning for all players. Specialist fitness experts will work with players on the following elements of their overall fitness:

- Speed and agility
- Endurance
- Strength
- Coordination
- Spatial Awareness
- Vision
- Flexibility, balance and core

Regular fitness testing will be a part of the program and each player will be expected to commit to specialised fitness and conditioning programs.

Allied Health

Tennis Central have a network of Allied Health Consultants who will be available to work with players during their development. Tennis Central will consult with Allied Health Professionals to input into the overall School of Excellence program. Professionals include:

- Dietician
- Sports psychologist/counsellor
- Physiotherapist
- Masseuse

Tennis Central Mentors can facilitate individual sessions with Allied Health Professionals which may be an additional expense.
Athlete Tracking

The Tennis Excellence player will be tracked through the use of a unique Tennis Central data collection system. The data collected will cover every element of their training progress, match results, schooling, meetings, tournament schedules and nutrition. The purpose of this data collection is to map player progress and provide accountability for players, coaches and other key staff.

Each player will have regular match statistics taken and be provided with individualised analysis. This analysis will occur on a regular basis between player and coach with the goal of improvement in all areas of each player’s game.

In conjunction with match analysis, player bio-mechanics will be analysed and data collected during the time spent in the Tennis Central Excellence Program. Tennis Central have a partnership with the Faculty of Sports Science at Griffith University.

Tournament Management

Coaches will be available to attend tournaments to coach and support players while also gathering statistics for analysis. Tennis Central feel that the support provided to Tennis Excellence Players is critical to developing resilient individuals both on and off the court.

Specialist coaches

At times, Tennis Central will employ the services of specialist coaches or support personnel, dependent on the current cohort of players attending the School of Excellence. Such specialists may consist of Motivational Speakers and Guest Coaches/Speakers. All players and parents will be advised of any extra commitments through the communication systems explained during the enrolment process.

Athlete Mentor

Tennis Central School of Excellence players will each be linked with an Athlete Mentor who will assist in facilitating their time in the program. The Athlete Mentor will work with each player on goal setting, time management, educational progress and general personal development. A regular meeting will occur with the Athlete Mentor who will also liaise with family members, coaches and other key stakeholders working with the player.

All staff including Athlete mentors will hold a valid Blue Card.
The pathway to success for School of Excellence players is shown below. There are various opportunities available including US College, National Universities and a variety of Professional Tours and Tournaments. Using key contacts and experience, the Athlete Mentor will provide information and facilitate progress for players via individualised pathway mapping sessions.
Tennis Central staff understand the importance of education and will ensure that the School of Excellence program compliments the overall educational outcomes for Physical Education and Health that students should be achieving by the end of year 9. As each student will have an individualised program, some players may be more advanced with their health and physical education knowledge than their peers at school.

The three strands of PE are Health, Physical Activity and Personal Development.

The following information has been taken directly from Queensland Education: http://www.qsa.qld.edu.au/downloads/p_10/qcar_el_hpe_yr9.pdf

**Health**

Health is multidimensional and dynamic, and influenced by actions and environments.

- Health has physical, social, emotional, cognitive and spiritual dimensions, which are dynamic, interrelated and interdependent. *e.g.* social experiences can trigger emotional and cognitive responses that impact on physical health; an individual’s health and wellbeing status can fluctuate.

- The interaction between personal, social, cultural and environmental factors influences health behaviours, including nutrition and physical activity choices. *e.g.* the media, marketing and social trends can influence adolescent choices when selecting where to eat and what to do when socialising with friends; historical, social and cultural influences have impacted on the health of Aboriginal people and Torres Strait Islander people.

- Individual, group and community action, that enables people to adopt health promotion strategies, can address inequities and promote health and wellbeing, including safety. *e.g.* strategies advocated in drug, anti-violence and sexual health campaigns, and access to resources and support, can help people manage health risks.

- Adolescents can meet their specific nutritional needs through eating foods that reflect the dietary guidelines. *e.g.* adolescents should select foods that deliver the essential nutrients needed for bone formation and density, skin growth and repair, normal body function,
**Physical activity**

Regular active and purposeful participation in physical activity promotes health and wellbeing, and supports the achievement of goals.

- Developing and refining specialised movement skills through applying movement concepts supports improved physical performance and participation in physical activities *e.g. developing controlled, coordinated and efficient movement specific to aerobics or swimming enables more active participation and increases health benefits.*

- Developing teamwork, tactical knowledge and strategic thinking supports and enhances physical performance and participation in physical activities *e.g. encouraging, communicating and coordinating with a partner or team in orienteering or rock-climbing can make participation more enjoyable.*

- Individual physical activity programs that reflect personal interests and goals, and the principles of training, can enhance performance capacities and health and wellbeing *e.g. choosing physical activities that are personally enjoyable sustains motivation to be active; the frequency, intensity, duration and type of physical activity or work-out influence health and wellbeing outcomes.*

**Personal development**

Diverse social, cultural and environmental factors, values, beliefs and behaviours influence relationships and self-management, and shape personal development.

- Identity, health and wellbeing are interdependent and influenced by social and cultural factors *e.g. the interaction between social experiences and the way a person perceives their place in the world can influence emotional and physical wellbeing.*

- Effective communication skills, including reflective listening, considering alternative views, respecting cultural protocols and expressing ideas in a way that is sensitive to others, help people establish and maintain relationships *e.g. when composing an email, careful consideration of the impact on all recipients may prevent misinterpretation of the tone or intent causing offence.*

- Conflict resolution strategies, including negotiation, are used to manage intrapersonal and interpersonal situations *e.g. negotiation strategies are used in the classroom to establish guidelines for smooth functioning and to facilitate discussion.*
Program Directors

Sonia Close

SONIA CLOSE is the director of Tennis Central and a professional Tennis Australia qualified coach. Sonia is a former tennis playing professional who competed for seven years on the satellite/challenger tour nationally and internationally. In 2010 she was selected to represent Australia in the Young Cup 40yrs held in Mexico.

**COACHING PHILOSOPHY**

Sonia has dedicated herself to providing a professional, fun, and safe tennis environment for the community of the Gold Coast.

Sonia knows that everyone learns differently, so Sonia believes in providing a personalised coaching service that caters for the individuals need, whether they are participating in a group learning environment or in an individual program.

**BUSINESS EXPERIENCE**

Sonia is an experienced and creative business manager with a diverse skill set covering project management, event management, client relations and business development. Sonia has over 17 years experience in tennis centre management and tennis event management.
Gary Brenton

Gary Brenton has been involved in playing and coaching tennis for over 25 years and has developed numerous junior players to a state junior ranking.

Gary is an advanced coach with ATPCA and a club Professional with Tennis Australia and has also achieved previous advanced coaching qualifications with Tennis Coaches Associations in China. He has taught the game at all levels and mentored over a dozen junior players through to achieving their own coaching qualifications in past years.

Gary has extensive experience in setting up and managing tennis sites and operations in various locations. Gary has also coordinated overseas tennis tours and events with great success.

Gary has spent the past 4 years in and out of China, namely Fujian, Beijing and Shanghai. His role was to develop connections with high profile government and corporate leaders on behalf of Tennis Australia.

Gary brings a wealth of tennis coaching and center management experience to the Tennis Central and the Miami Excellence Program.

Coaching Staff

Tennis Central School of Excellence coaching Staff will be made up of national and international coaches.
Tennis Central brings a new approach to developing young Tennis players. The R.O.C.K® approach gives students tennis instruction, personal development, education and mentoring for the duration of their Tennis journey. The outcome for the player will be Resilience, Opportunity, Confidence and Knowledge.
International program

Tennis Central School of Excellence will be open to International Students and encourages all students that are motivated to apply.

Example Weekly timetable

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning (6-8am)</th>
<th>Afternoon (3-5pm)</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Post tournament Debrief (data analysis) with coaching staff</td>
<td>Active session with Video analysis</td>
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<tr>
<td></td>
<td>Build specific training around results</td>
<td>Weekly goal plan</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Stroke specific On court training</td>
<td>Stroke specific On court training</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Stroke specific On court training</td>
<td>Speed and agility coaching Gym/pool/other</td>
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<tr>
<td>Thursday</td>
<td>Stroke specific On court training</td>
<td>Mentor meeting Stroke specific On court training</td>
</tr>
<tr>
<td>Friday</td>
<td>Stroke specific On court training</td>
<td>Match simulation/ tournament travel (including video analysis)</td>
</tr>
<tr>
<td>Saturday</td>
<td>Tournaments</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>Tournaments</td>
<td></td>
</tr>
</tbody>
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Program Partners

Griffith University Sports Science Department:

Tennis World (Melbourne Park)
- http://www.tennisworld.net.au/

Extras

Merchandise: All players will receive Tennis Central branded clothing (with a Miami SHS logo present) and other merchandise as part of the School of Excellence.

Further Experience: Australian Open Holiday Camp experience (extra fee)

Educational Pathways: US College links

Sponsorship Deals: Prince/Babolat

Fees

A $60 application fee will be payable directly to Miami State High School.

Term fees are $2000 + GST ($2200) based on a 10 week term.

A 20% deposit is required to be paid to Tennis Central prior to the term commencing.

The remainder will be due week three of each term.

A minimum commitment of two terms is required