



WE ARE TEAMUSA

YOUR GUIDE TO USTA PLAYER DEVELOPMENT'S
TRAINING PATHWAY AND RESOURCES





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When USTA Player Development began implementing its 'Team USA' philosophy of collaboration, inclusion and support of all American players, coaches and families, it did so with the idea that every aspiring tennis player in America should have access to resources essential for maximizing his or her potential.

In this brochure is a comprehensive look at the programs, initiatives and support USTA Player Development offers to American players, from juniors under 10 years old to professionals on tour, coaches, families and programs.

For more information on any of the following, and to find additional resources, visit www.playerdevelopment.usta.com. To communicate with us at any time, contact TEAMUSA@usta.com

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FOR JUNIORS

TRAINING CAMPS

Ages 7-10:
Early Development Camps
One-day camps | Local

Orange Ball Camps

Early Development Orange Ball camps are the beginning of the TEAM USA Pathway designed to provide additional training opportunities for under-10 tennis players in each section. The Camps emphasize fundamentals and overall athletic development. Athletes invited to these camps will have access to fun, educational learning while working on their skills. Players selected for these camps would be participating in Youth Progression Events (Sanctioned Tournaments and JTT). There are three Orange Ball curriculums, each including a parent presentation, a mental skills theme and a player/coach feedback form that is included in the camp follow-up to each participant's primary coach and family.

Green Ball Camps

Early Development Green Ball Camps are the next progression stage on the TEAM USA Pathway. As well as emphasis on fundamentals and overall athletic development, the Green Ball Camps help a player prepare for playing on the 78 foot court by covering tactical and game development awareness. Athletes in the camps may have progressed from Orange Ball and are now competing in Green Ball Youth Progression Events (Sanctioned Tournaments and JTT). There are three Green Ball curriculums, each including a parent presentation, a mental skills theme and a player/coach feedback form that is included in the camp follow-up to each participant's primary coach and family.

"It's a wonderful opportunity for both players and coaches to become familiar with the systems and philosophies of the USTA. The parents and players all feel as if they are a part of Team USA and the feedback has been 100% positive from all the parents I have heard from."

– Junior Development Director
from EDC host club



"He had a fantastic experience and truly confirmed his passion for the game. He learned so much about the game from all the coaches, including some of the intangibles...respect, work ethic, resilience, but more importantly, remembering to always have fun!"

– Parent of EDC Camp
Participant

Ages 10-13:
NJTL (National Junior Tennis
and Learning) Excellence Teams

Player Development and the USTA Foundation have partnered through their network of programs, coaches, and resources to provide NJTL Excellence Team players and coaches with the training and educational opportunities that will help build up their programs and the base of TEAM USA. The training opportunities include a playoff camp for wildcards into designated national tournaments, the D.C. Excellence Team Cup in Washington, D.C., and a pre-Junior Orange Bowl training camp. The NJTL has over 400 chapters across the country, with over a dozen of the top developmental programs being designated as Excellence Teams.

Ages 10-13:
Team USA Sectional Camps
 Two-day camps | Sectional

At least one TEAM USA Sectional Camp will be held each year in all 17 of the USTA Sections.

These two-day camps for 24 players (12 girls/12 boys) have clear objectives aligned with the camp objectives of regional and national camps (see below). Player ID and Development works closely with the Section PD Managers and Coaches Commissions to select the players invited to these camps, as well as partner with 8 developmental coaches from the section to work the camps. There also is a lead coach provided from outside the section to lead the camp. Each primary coach, parent and player receives a player evaluation based on the objectives of the camp as well as a Dartfish Media page developed to help with their overall development.



"I always leave these camps rejuvenated and inspired, and thanks to all of you for camaraderie and incredible effort."... "I love the collaboration that happens at these camps."

– Personal coach of Team USA Regional Camp participant



Ages 11-14:
Team USA Regional Camp
and Primary Coach Inclusion
 Three-day camps | Multi-Sectional

Team USA Regional camps are multi-sectional camps (2-4 Sections represented) that take place in the second half of the year at our Certified Regional Training Centers or other TEAM USA Host Sites each year. There are 6 TEAM USA Regional camps that take place each year. Player ID and Development works closely with each Section's Coaches Commission as well as the USTA National Coaches to select players for each regional camp.

These are three-day camps for 24 players (12 boys/12 girls), that have a mental skills, character quality, parental resource and coaching collaboration component. Each player's primary coach is invited to attend the camp with their player and is offered a stipend to do so. Each primary coach, parent and player receives an evaluation based on the objectives of the camp as well as a Dartfish Media page developed to help their technical development.

Ages 11-14:
Team USA National Camps and
Primary Coach Inclusion
 Three-Day Camps | National

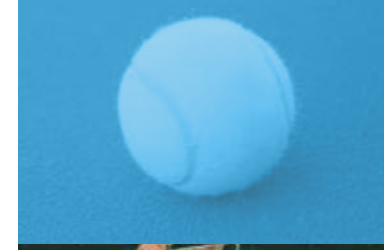
Team USA National Camps are camps that take place at one of our National Training Centers for our current top prospects. There are approximately 8 Team USA National Camps for this age range per year, including an NJTL Excellence Team Camp.

These are three-day camps for 24 players (12 boys/12 girls) that are structured very similar to the above Regional Camps. These camps provide opportunities for former players to engage with our younger generation of players. Player ID and Development works close-



"It's amazing how much you guys have done for me to help me improve my game... I really enjoy getting the opportunity to go to these places and improve my game and character. Thank you Player Development for having faith in me."

– Junior Team USA Camp Participant



ly with the USTA National Coaches to select players for each national camp.

For more information on these training camps, visit: usta.com/EarlyDevelopmentCamps and usta.com/PlayerDevelopmentCamps

Ages 11-14: Playoffs for TEAM USA International Team Competitions

Periodic playoffs are held for team competitions, such as the Le Blanc Cup in Montreal for top 12-year olds, as well as a playoff for Teen Tennis/Les Petits As tournaments in Europe for the top 13-year olds. The U.S. also fields a team for the World Junior Tennis Championships, traditionally held in Prostějov, Czech Republic, for 14-and-under players.

TEAM USA SUMMER NATIONAL JUNIOR TEAMS

Team USA National Junior Teams are designed to assist America's top young boys and girls ages 15 and 16 years old with an opportunity to travel and train together during the summer to compete against other top players from around the world. USTA Player Development provides coaching and travel assistance to major events of the summer, determined by ITF and ATP/WTA player rankings.

The boys' and girls' teams each consist of eight players who earn their spots on the team through automatic qualifying criteria or by advancing through a 16-player tryout, typically held in April or May. Players qualify for the tryout through achieving predetermined benchmarks either in the previous calendar year or in the present year, up to approximately one month before the team tryout is held.



YOUTH OLYMPIC GAMES

Every four years, one junior boy and girl from the U.S. – chosen by the USTA and U.S. Olympic Committee – will have the opportunity to compete in singles, doubles and mixed doubles at the Youth Olympic Games, as Sofia Kenin and Alex Rybakov did in 2014 in Singapore. Visit usta.com/YouthOlympics for more information.

To view the most current qualifying criteria for this summer's boys' and girls' teams, tryouts, and to see a sample playing schedule, visit: usta.com/TeamUSANationalJuniorTeams

GRANTS

Excellence Grants

Players aged 13-20 years old are eligible to receive up to \$9,000 per year through USTA Player Development's Excellence Grants, which are awarded solely on merit, via rankings or results. For complete information and necessary forms, visit: usta.com/PlayerGrants

Grand Slam Grants

Players who are accepted into and compete in the singles main draw of the Australian Open Jrs., French Open Jrs. and Wimbledon Jr. Championships will receive a travel grant: \$1,750 for the Australian Open; \$1,250 for the French Open and Wimbledon. Grants will also be awarded to players who qualify for the main draw in singles of any of the above listed Junior Grand Slams. No grant is given for the U.S. Open Junior Championships. For more information, visit: usta.com/PlayerGrants

WILD CARDS

American juniors have the opportunity to earn wild cards into USTA Pro Circuit events through their results at USTA National and International Junior Championships. Visit usta.com/PlayerDevelopmentWildCards to see the complete list of all results-based junior wild cards available.





FOR COLLEGIANS

USTA COLLEGIATE NATIONAL TEAM

Provides top American college players training and playing opportunities in a team-oriented environment on the USTA Pro Circuit to help the transition to professional tennis. The 2017 USTA Collegiate National Team will include male and female players who achieve the following benchmarks:

- Ranked in the ATP Top 600 or WTA Top 400 any time during the collegiate season
- ITA All-American Championships winner
- USTA/ITA National Indoor Intercollegiate Championships winner
- NCAA singles champion
- ITA Rookie of the Year

For more information, visit: usta.com/PlayerDevelopment/CollegeTennis

USTA PRO CIRCUIT COLLEGIATE SERIES

Launched in 2016, a series of 10-plus USTA Pro Circuit tournaments held on or near college campuses to give college players easier access to pro experience and available ranking points. For a complete schedule of USTA Pro Circuit Collegiate Series events, visit www.usta.com/pro-tennis/pro-circuit.

COLLEGE TENNIS EXCELLENCE GRANTS

Players that complete 4 years of collegiate tennis or players that decide to leave college prior to graduation can earn an excellence grant. Once a player meets the ranking criteria listed below then she will earn the amount listed next to the ranking. A player could earn up to \$4,500 during a 6 month period.

"The support from the USTA over the past few years has been incredible. Beginning with communication and the sense that 'we are all in this together', it's a cooperative effort fueling the progress of our American players."

– Brad Dancer, Head Men's Tennis Coach, University of Illinois



"In the last few years in particular, there has been a push to have more pro tournaments on college campuses. For me personally, having these coaches as mentors and friends has given me a lot of help developing myself as a player and as a person."

– Thai-Son Kwiatkowski, University of Virginia All-American

MEN

6 months after graduating/leaving college tennis	Grant Amount
Top 400 ATP Ranking - First time reaching ranking	\$1,000
Top 350 ATP Ranking - First time reaching ranking	\$1,500
Top 300 ATP Ranking - First time reaching ranking	\$2,000

12 months after graduating/leaving college tennis	Grant Amount
Top 250 ATP Ranking - First time reaching ranking	\$1,000
Top 200 ATP Ranking - First time reaching ranking	\$1,500
Top 150 ATP Ranking - First time reaching ranking	\$2,000

18 months after graduating/leaving college tennis	Grant Amount
Top 175 ATP Ranking - First time reaching ranking	\$1,000
Top 150 ATP Ranking - First time reaching ranking	\$1,500
Top 105 ATP Ranking - First time reaching ranking	\$2,000

WOMEN

6 months after graduating/leaving college tennis	Grant Amount
Top 300 WTA Singles Ranking - First time reaching ranking	\$1,000
Top 250 WTA Singles Ranking - First time reaching ranking	\$1,500
Top 210 WTA Singles Ranking - First time reaching ranking	\$2,000

12 months after graduating/leaving college tennis	Grant Amount
Top 210 WTA Singles Ranking - First time reaching ranking	\$1,000
Top 175 WTA Singles Ranking - First time reaching ranking	\$1,500
Top 150 WTA Singles Ranking - First time reaching ranking	\$2,000

18 months after graduating/leaving college tennis	Grant Amount
Top 175 WTA Singles Ranking - First time reaching ranking	\$1,000
Top 150 WTA Singles Ranking - First time reaching ranking	\$1,500
Top 110 WTA Singles Ranking - First time reaching ranking	\$2,000



“The financial support provided by this department helps players immensely. By providing players with special grants and assisting players monetarily, a huge financial burden is taken off of players’ shoulders,”

– Danielle Collins, two-time NCAA singles champion, University of Virginia



WILD CARDS

USTA Player Development will allocate wild cards based on results at the following collegiate events. The specific event a player will be offered a wild card into will be determined by the Head of Men's and/or Women's Tennis. Allocations are subject to change each year.

MEN'S EVENTS

Oracle ITA Masters Singles Champion
Saint Francis Health System ITA Men's All-American Championships – Singles Champion
Saint Francis Health System ITA Men's All-American Championships – Singles Finalist
USTA ITA National Indoor Intercollegiate Championship – Singles Champion
USTA ITA National Indoor Intercollegiate Championship – Singles Finalist

WILD CARD AWARDED

USTA Men's Pro Circuit 75K event or lower: Singles Main Draw
USTA Men's Pro Circuit 75K event or lower: Singles Main Draw
USTA Men's Pro Circuit 25K event or lower: Singles Main Draw
USTA Men's Pro Circuit 75K event or lower: Singles Main Draw
USTA Men's Pro Circuit 25K event or lower: Singles Main Draw

WOMEN'S EVENTS

Oracle ITA Masters Singles Champion
Riviera ITA Women's All-American Championships – Singles Champion
Riviera ITA Women's All-American Championships – Singles Finalist
USTA ITA National Indoor Intercollegiate Championship – Singles Champion
USTA ITA National Indoor Intercollegiate Championship – Singles Finalist

WILD CARD AWARDED

USTA Women's Pro Circuit: Singles Main Draw
USTA Women's Pro Circuit: Singles Main Draw
USTA Women's Pro Circuit: Singles Main Draw
USTA Women's Pro Circuit: Singles Main Draw
USTA Women's Pro Circuit: Singles Main Draw

FELLOWSHIP PROGRAM

An 11-week program for recent college graduates to work with USTA PD Staff to learn about a career in coaching. Email Coaching Education and Sport Science Director Paul Lubbers (Lubbers@usta.com) for more information on how to apply.



FOR PROFESSIONALS

In 2016, USTA Player Development launched the Team USA – Pro department designed to provide American pro players with coaching assistance, training and financial resources to help them reach and stay in the Top 100. Led by Tom Gullikson (men) and Kathy Rinaldi (women), Team USA – Pro has introduced the following initiatives:

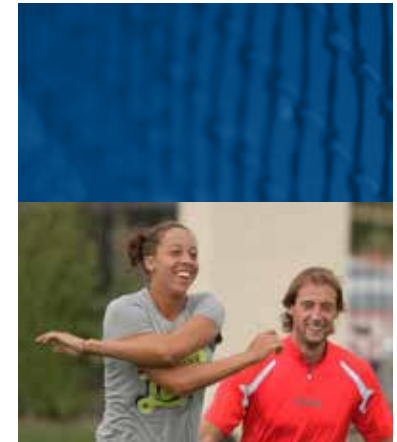
TEAM USA PRO CAMPS

USTA Player Development schedules several training camps and training weeks per year during which American professionals and their personal coaches can come train with other American players at USTAPD's national training centers. Travel grants are available to players and coaches who live outside of driving distance from a Team USA training location.

TEAM USA PRO TOURNAMENT RESOURCES

Team USA has made an effort to provide American players support on the road at various Grand Slam, WTA/ATP World Tour and Pro Circuit events throughout the year, by providing American players exclusive access to (where available):

- Supplemental coaching from USTA National Coaches on-site
- On-site support from USTAPD Strength and Conditioning coaches, additional physios and massage therapists.
- Practice court scheduling, designated hitting partners and Performance Staff assistance.
- Access to a scouting database to scout international (non-American) opponents.



PRESEASON TRAINING

Every November and December, Team USA organizes a comprehensive pre-season training program at one of its National Training Centers for every American player, along with their personal coach, projected to be in the main draw or qualifying for the upcoming Australian Open. Preseason training, which runs as many as six weeks, includes the following elements: on-court, strength and conditioning, sports science, mental skills, nutrition, video and data analytics, developmental planning and a preseason tournament, as well as physio and massage support, daily meals and Team USA group activities off the court, for players and coaches to build even stronger relationships.



VIDEO ANALYSIS

Players and private coaches will be able to access certain matches that were played throughout the year in their private 'DartfishTV' collection. The tagged matches will allow the player and coach to search each match based on various performance indicators, significantly reducing the amount of time it takes to analyze a match. The Team USA department can facilitate request for individual matches. For more information, visit www.dartfish.tv and click on the USTA logo.



PLAYER COUNCIL

The American Player Council (men's and women's) was created in 2016 to enhance the frequency, transparency and quality of interaction between USTA Player Development and American professional tennis players. Consisting of a chair and a vice chair, eight singles players, a doubles player, select USTAPD representatives and an additional consultant, the men's and women's APCs met twice in 2016 with the goal of providing feedback to USTAPD on how it can continuously innovate and enhance the services it provides to Americans. The councilmembers and chairs were elected to a two-year term by player vote, with Steve Johnson and Bradley Klahn chairing the men's council and Irina Falconi and Sloane Stephens chairing the women's council.



PERFORMANCE TEAM PROGRAMMING

USTA Player Development will provide guidance and support to American players and their performance teams in creating a player's long-term development plan. Available areas of focus include setting a training and competitive schedule, setting performance and outcome goals, mental skills training with the Team USA Mental Skills Specialist Dr. Larry Lauer, video and data analytics and nutrition and diet education.



LIFE SKILLS PROGRAM

The USTA PD Life Skills Curriculum will be an integral part of the training and mentoring experience at The Home of American Tennis for our full-time, part-time and visiting players and coaches. Developing world-class tennis players goes hand in hand with developing world-class people, and the USTA PD Life Skills Curriculum serves as a blueprint for coaches across the country striving to engage their players with life lessons that will serve them as competitors on the court, as well as after their tennis careers are over. In the curriculum, coaches will find articles, videos, on-court exercises, journaling assignments and ice-breakers for group discussions on a variety of topics.

HIGH PERFORMANCE PROFILE

The USTA High Performance Profile (HPP) is a series of tests put together by the USTA Sport Science Committee to screen players and identify potential injury risk factors. The purpose of the HPP is to highlight strength and/or flexibility deficits and identify areas where players should focus their physical training. The HPP is not a substitute for a complete evaluation by a qualified health care provider for an injury. For more information, visit: usta.com/HighPerformanceProfile

TOP 500 LIST

The USTA provides the ITF a “National Ranking” list of the Top 500 men’s and women’s players in the United States. These lists are used when players do not have an ATP or WTA ranking for selection into ITF Pro Circuit events when each event runs out of players with professional rankings with which to fill their draws (typically applicable in qualifying or lower-level pro events). To view the current men’s and women’s Top 500 lists and for more information, visit usta.com/Top500



MORE FOR PROS AND JUNIORS

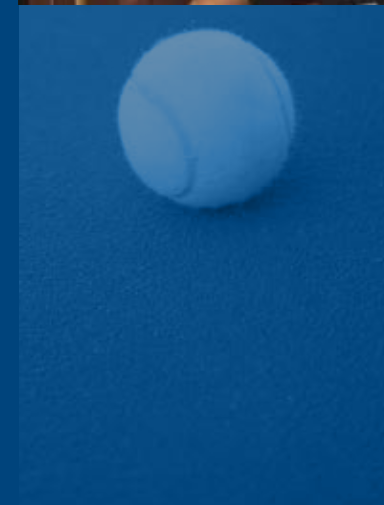
ADVANTAGE MENTORING PROGRAM

The USTA Advantage Athlete Mentoring Program (AMP) is designed to foster the health, well-being and personal development of elite U.S. tennis players by engaging identified former successful and experienced U.S. professional tennis players as mentors for current players. It is hoped that pairing these developing athletes with an experienced mentor will facilitate the player’s transition into the professional level and help them reach their optimal professional performance, as well as facilitate career longevity and fulfillment.

PLAYER HEALTH AND WELLNESS

Partnership with Andrews Institute and Nemours Children’s Health System

The USTA has forged a partnership with the Andrews Institute and Nemours Children’s Health System that will provide the highest level of medical services to the USTA National Campus in Orlando, as well as enable USTA Player Development to provide the premier medical care and athletic training in the world to U.S. players training at the National Campus. Through this relationship, Andrews Institute and Nemours Children’s Health System will provide a designated Team Physician, Medical Team, Program Director of Athletic Training, and Athletic Trainers that will be responsible for medical services and care provided to visiting athletes, coaches, administrators, and spectators. In addition, the Team Physician will serve as the official medical consultant for USTA Player Development.





FOR COACHES, DEVELOPMENT PROGRAMS AND TRAINING CENTERS

REGIONAL TRAINING CENTERS

USTA Regional Training Centers, or RTCs, are top junior developmental programs that have a proven track record of developing top national and international players. These are three-year agreements, with emphasis put on high performance player development, 10-and-under programming, community outreach and fundraising. These programs are eligible for program grants, bonuses based on player results as well as matching grant opportunities. Currently, USTA Player Development is partnered with 5 RTCs across the country. For more information, visit: usta.com/RegionalTrainingCenters

HOST SITES FOR TEAM USA SECTIONAL AND REGIONAL CAMP

Top developmental junior programs or top collegiate programs serve as host sites for our TEAM USA Sectional and/or Regional Camps. RTCs are also TEAM USA Host Sites. The TEAM USA Camps put a strong emphasis on building a strong fundamental base technically, tactically, and mentally in our next generation of players. The players invited to participate in these camps are between the ages of 11-14 years old. Parent presentation and coaching collaboration are a part of each camp. There is a one-year agreement that provides these programs with coaching education opportunities for staff throughout the year, as well as bonuses for the program's player results based on the Excellence Grant Criteria.



HOST SITES FOR EARLY DEVELOPMENT CAMPS

Host Sites for Early Development Camps (EDCs) provide a venue for these camps that are focused on 10-and-under players, using the orange and green ball formats. These camps are at the base of our player development training pathway, are local in nature, and emphasize the importance of overall athletic development, as well solid technical and tactical fundamentals. The players invited to participate in these camps are between the ages of 8-10. We include a parent presentation in each camp that is presented by a faculty coach that Player Development provides who then also works with 10-and-under coaches from the area to execute the camps. These camps are progressive in nature with 3 orange and 3 green camp curriculums at the core of this EDC program.



HIGH PERFORMANCE COACHING PROGRAM

The USTA's Coaching Education Department is committed to offering coaches one of the highest-quality coaching education experiences in the world through participation in the USTA High Performance Coaching Program. Our intent is to provide ongoing benefits to the high performance coaches who participate in the program and to provide opportunities to help these coaches in their efforts to develop the next generation of American players. For more information, visit: usta.com/CoachingEducation

TEAM USA QUARTERLY FORUMS

Four times a year, USTA Player Development conducts an online webinar open to parents and coaches, offering guided discussion on a particular development topic – recent Forum topics have included College Tennis as a Pathway to the Pros, Developing Fundamentals and sharing results of the Top 100 Player Pathway Study. For more information, visit: usta.com/Forum

GRAND SLAM GRANTS (COACHES)

USTA Player Development offers financial support to personal/private coaches who travel with their player(s) overseas who are participating in the singles main draw by offsetting expenses with a stipend of \$1,750 for the Australian Open Junior Championships and \$1250 for the French Open juniors and Wimbledon Junior Championships. For more information, visit: usta.com/playergrants





United States Tennis Association



@USTA_PD



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