WE ARE TEAM USA

YOUR GUIDE TO USTA PLAYER DEVELOPMENT’S TRAINING PATHWAY AND RESOURCES
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 and families.

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
OUR MISSION

USTA Player Development implements a systematic and professional approach to develop world-class American players in partnership with the private sector and USTA Sections.

PLAYER DEVELOPMENT PATHWAY

TEAM USA PRO
(Top 300 WTA/ATP)

TEAM USA TRANSITIONAL PRO & COLLEGIATE
(Girls: 15-18, Boys: 17-21)

TEAM USA JUNIOR
(Girls: 11-14, Boys: 11-16)
CONTENTS

THE PROGRESSIVE DEVELOPMENT OF A HIGH PERFORMANCE PLAYER pg 5

TEAM USA JUNIORS pg 8

TEAM USA TRANSITIONAL PRO & COLLEGIATE pg 16

TEAM USA PRO pg 18
THE PROGRESSIVE DEVELOPMENT OF A HIGH PERFORMANCE PLAYER

The Progressive Development of a High Performance Player applies principles of the American Development Model (ADM) in order to guide parents and coaches as their players develop and mature.

<table>
<thead>
<tr>
<th>Stage 1: Discover &amp; Learn</th>
<th>Stage 2: Develop and Challenge</th>
<th>Stage 3: Play and Compete</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ages 0-11</strong></td>
<td></td>
<td><strong>Girls 15+</strong></td>
</tr>
<tr>
<td><strong>Boys ages 11-15</strong></td>
<td><strong>Post-Puberty:</strong></td>
<td><strong>Boys ages 15-18</strong></td>
</tr>
<tr>
<td><strong>Girls ages 11-13</strong></td>
<td><strong>Girls ages 12-16</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Learning Theme 1:</strong></td>
<td><strong>Learning Theme 2:</strong></td>
<td><strong>Learning Theme 3:</strong></td>
</tr>
<tr>
<td>Fun and Fundamentals</td>
<td>Training and Competition</td>
<td>Personal Excellence</td>
</tr>
</tbody>
</table>

### Mental and Emotional Development

<table>
<thead>
<tr>
<th>Confidence: Progressively believes can achieve more challenging tasks over time and optimistic of chances of success.</th>
<th>Confidence: Looking forward to challenges and maintains belief in themselves even when things not going well.</th>
<th>Confidence: With rising expectations for performance and outcome goals is able to trust in their game and the long-term plan for development.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Engagement: Learning to stay focused through a drill or a game while doing the repeating skills.</td>
<td>Engagement: Ability to focus on task over time is improving and learning to engage in deliberate practice.</td>
<td>Engagement: Holds focus on task for longer periods of time and is completely engaged with preparation for training and competition.</td>
</tr>
<tr>
<td>Resilience: Responds well to mistakes by bouncing back to give full effort, staying positive and trying to find a way to be successful.</td>
<td>Resilience: Learning to manage emotions and adapt to stressful situations by making good choices.</td>
<td>Resilience: Mastering coping skills to deal with increased stress and adversity. Advanced in solving problems in stressful environments.</td>
</tr>
<tr>
<td>Determination: Possesses a goal orientation and keeps striving for it despite disappointment and making mistakes. Can work on new or underdeveloped skills with a learning focus.</td>
<td>Professionalism: Awareness of basic professional expectations and in most cases will be inconsistent in following habits or routines.</td>
<td>Professionalism: Exhibiting the habits and routines of a professional consistently without constant supervision.</td>
</tr>
<tr>
<td>Respectful: Shows respect by a willingness to listen and try multiple things shared by the coach.</td>
<td>Determination: Learning to set more than one goal and work over time towards the goal.</td>
<td>Determination: Aware of short- and long-term goals, anticipates barriers to these goals and problem solves well.</td>
</tr>
<tr>
<td>Tough: Wants to keep playing when losing or struggling and continues to compete.</td>
<td>Tough: Will keep competing through difficult circumstances and learning to be physically, mentally and emotionally tough.</td>
<td>Tough: Embraces challenging situations by responding with physical, mental and emotional toughness.</td>
</tr>
<tr>
<td>Respectful: Shows respect for parents, peers and coaches by being prepared for practice and matches.</td>
<td>Respectful: Prepared consistently to train and perform; able to show and express respect for opponents and coaches.</td>
<td>Respectful: Able to consistently communicate and express gratitude and respect for coaches, opponents and the game.</td>
</tr>
</tbody>
</table>

### Physical Development Components

<table>
<thead>
<tr>
<th>Coordination: motor learning (hop, skip, jump, start, stop, toss, catch, throw)</th>
<th>Coordination: body &amp; motor control</th>
<th>Coordination: uncontrolled / reactionary</th>
<th>Coordination: uncontrolled / reactionary</th>
</tr>
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<tbody>
<tr>
<td>Movement: start and stop in forward/side/diagonal patterns</td>
<td>Movement: multi-directional acceleration &amp; deceleration, introduction to clay</td>
<td>Movement: efficient and effective tennis-specific movement</td>
<td>Movement: increase complexity for multi directional</td>
</tr>
<tr>
<td>Mobility: static and dynamic stretching (bend/flex, extend, turn)</td>
<td>Mobility: teaching routines w/ emphasis on Shoulder/Hip/Spine/Ankle</td>
<td>Flexibility &amp; Mobility: corrective exercise from HPP, routine established</td>
<td>Flexibility &amp; Mobility</td>
</tr>
<tr>
<td>Strength: static and dynamic balance, basic squatting/pulling/ pushing exercises</td>
<td>Strength: introduce external loads &amp; emphasis on core/hip/shoulder/back</td>
<td>Strength: ability to increase volume &amp;/or load</td>
<td>Strength: volume &amp;/or intensity increased</td>
</tr>
<tr>
<td>Conditioning: endurance built from physical activity/game play</td>
<td>Conditioning: increasing requirements for aerobic capacity</td>
<td>Conditioning: increase aerobic intensity &amp; volume, start anaerobic work</td>
<td>Conditioning: increase performance specific tolerances</td>
</tr>
<tr>
<td>Power: developed in movement and coordination, and through game play</td>
<td>Power: introduce proper posture &amp; positioning for producing/absorbing force</td>
<td>Power: increase demands for producing/absorbing force</td>
<td>Power: increased complexity for producing/absorbing force</td>
</tr>
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</table>
### Stage 1: Discover & Learn

**Ages 0-11**

- **Fun and Fundamentals**
  - Ball recognition (send and receive skills + 5 ball controls, speed/spin/height/depth/direction)
  - Learn basic tennis tactics
  - Learn basic between-point routines
  - Decision making (developing game plans for opponents with different game styles)
  - Problem solving (awareness of opponent’s weaknesses, strengths and tactics)

- **Technical and Tactical Development**
  - Development of movement patterns and stances
  - Explosive movement patterns (diagonals forward and backward)
  - Explosive recovery movement
  - Develop clay-court movement

- **Competition and Programming**
  - Coaches/teachers/parents with experience in age group, together with tennis skills
  - Multi-sport participation/free and spontaneous play/activities
  - Athletic development within tennis programming
  - Physical Development Plan (pre- and/or post-practice)

### Stage 2: Develop and Challenge

- **Pre-Puberty:**
  - Girls ages 11-13
  - Boys ages 11-15

- **Post-Puberty:**
  - Girls ages 12-16
  - Boys ages 15-18

- **Fun and Fundamentals**
  - Ball recognition (send and receive skills + 5 ball controls, speed/spin/height/depth/direction)
  - Learn basic tennis tactics
  - Learn basic between-point routines
  - Decision making (developing game plans for opponents with different game styles)
  - Problem solving (awareness of opponent’s weaknesses, strengths and tactics)

- **Technical and Tactical Development**
  - Development of movement patterns and stances
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  - Develop clay-court movement

- **Competition and Programming**
  - Coaches/teachers/parents with experience in age group, together with tennis skills
  - Multi-sport participation/free and spontaneous play/activities
  - Athletic development within tennis programming
  - Physical Development Plan (pre- and/or post-practice)

### Stage 3: Play and Compete

- **Girls 15+**
  - Boys 18+

- **Fun and Fundamentals**
  - Ball recognition (send and receive skills + 5 ball controls, speed/spin/height/depth/direction)
  - Learn basic tennis tactics
  - Learn basic between-point routines
  - Decision making (developing game plans for opponents with different game styles)
  - Problem solving (awareness of opponent’s weaknesses, strengths and tactics)

- **Technical and Tactical Development**
  - Development of movement patterns and stances
  - Explosive movement patterns (diagonals forward and backward)
  - Explosive recovery movement
  - Develop clay-court movement

- **Competition and Programming**
  - Coaches/teachers/parents with experience in age group, together with tennis skills
  - Multi-sport participation/free and spontaneous play/activities
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</tr>
<tr>
<td>Boys ages 11-15</td>
<td></td>
<td>Boys 18+</td>
</tr>
</tbody>
</table>

### Learning Themes

|---------------------------------------|--------------------------------------------|--------------------------------------|

#### Training Recommendations

<table>
<thead>
<tr>
<th>Create Developmental Plan</th>
<th>Developmental Plan (review/adjust 2 times per year)</th>
<th>Developmental Plan (review/adjust 3 times per year)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Create Periodization Plan</td>
<td>Periodization Plan (review/adjust 2 times per year)</td>
<td>Periodization Plan (review/adjust 3 times per year)</td>
</tr>
</tbody>
</table>

#### Days/Week

- 2-5
- 3-6
- 4-6
- 5-6

#### Tennis Training Time/Day

- 0.5-1.5 hrs/day
- 1.5-3 hrs/day
- 3-4 hrs/day
- 3-4 hrs/day

#### Tennis Training hrs/week

- Age +1 effect: 12-16: At least 1-2 days off/week
- Age +1 effect: 13-19: At least 1 day off/week
- Age +1 effect: 16-20: At least 1-2 days off/week

#### Athletic Development/Multi-sport Time/day

- 30 mins/day
- 45 mins/day
- 45-60 mins/day

#### Strength and Conditioning

<table>
<thead>
<tr>
<th>Injury Prevention time/day</th>
</tr>
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<tbody>
<tr>
<td>At least 1-2 days off/week</td>
</tr>
</tbody>
</table>

#### Ratio Tennis: Athletic Development

- 1:1
- 2:1
- 3:1
- 4:1

#### Total hrs/week

- 2 hrs - 10 hrs
- 14-20
- 16-22

*Total number of hours based on individual needs.

#### Types of Competition

<table>
<thead>
<tr>
<th>Net Generation Tour</th>
<th>ITF World Tennis Tour (pro $25K-$15K and junior)</th>
<th>WTA/ATP Tour</th>
</tr>
</thead>
<tbody>
<tr>
<td>USTA National/Sectional</td>
<td>USTA National/Sectional</td>
<td>ATP Challengers</td>
</tr>
<tr>
<td>High School</td>
<td>ITF World Tennis Tour (pro $100K-$15K and junior)</td>
<td>ITF World Tennis Tour (pro $100K-$15K and junior)</td>
</tr>
<tr>
<td>High School</td>
<td>USTA National/Sectional</td>
<td>Collegiate</td>
</tr>
</tbody>
</table>

#### Number of Events Per Year

- Up to 12
- Up to 15 for 11-13 year olds (up to 60 matches)
- 15-18 for 12-15 year old (60 – 80 matches)
- 16-18 year olds (70 – 90 matches)
- 20 – 25 for 14-15 year olds (up to 80 matches)
- 20-25 for 14-15 year olds (70 – 90 matches)

#### Win/loss ratio (consider quality of matches)

- 2 to 1 or 3 to 1
- 2 to 1 or 3 to 1
- 2 to 1

#### Medical

<table>
<thead>
<tr>
<th>Annual well-child checks</th>
<th>Annual health and wellness checks, including a pre-participation physical examination</th>
<th>Annual health and wellness checks, including a pre-participation physical examination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use sunscreen for prolonged sun exposure</td>
<td>Use sunscreen for prolonged sun exposure</td>
<td>Functional screening: High Performance Profile testing done 2 times per year</td>
</tr>
<tr>
<td>Focus is on academic achievement</td>
<td>Focus is on maintaining social relationships</td>
<td>Use sunscreen for prolonged sun exposure</td>
</tr>
<tr>
<td></td>
<td>Functional screening: High Performance Profile testing done annually</td>
<td>Focus is on personal satisfaction</td>
</tr>
<tr>
<td></td>
<td>Injury prevention awareness and routines</td>
<td>Begin drug and anti-doping education</td>
</tr>
</tbody>
</table>
TEAM USA JUNIORS

USTA Player Development commits to and believes in the principles of long-term athlete development and the American Development Model. USTA Player Development seeks to maximize the development of players through Player ID and Development’s Team USA Sectional, Regional and National Camps, training blocks and supplemental performance team support. USTA Player Development will continue to work in a supplemental role with pathway players who have a primary coaching situation at home.
AGES 7-10:
NET GENERATION EARLY DEVELOPMENT CAMPS
One-day camps | Local

Orange and Green Ball Camps
Early Development Orange and Green 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 involved in these camps will have access to fun, educational learning while working on their skills.

There are five Orange Ball and five Green Ball curricula, 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.

AGES 10-13:
TEAM USA SECTIONAL CAMPS
Two-day camps | Local

Team USA Sectional Camps are 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. Player ID and Development works closely with the Section PD staff and Coaches Commissions to select the players invited to these camps. Eight developmental coaches from the section work each camp. A lead faculty coach is provided from outside the section to lead the camp. Each primary coach, parent and player receives feedback based on the objectives of the camp as well as a Dartfish Media page to help with their overall development.

“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 Net Generation Early Development Camp Participant
AGES 11-13:
TEAM USA REGIONAL CAMPS AND PRIMARY COACH INCLUSION
Three-day camps | Multi-Sectional

These three-day camps for 6-8 players have athletic development, mental skills components, parent information sessions and coach collaboration.

Team USA Regional camps are multi-sectional camps that take place at USTA Training Center East or Training Center West. Player ID and Development works closely with USTA National Coaches to select players for each regional camp.

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 feedback based on the objectives of the camp as well as a Dartfish Media page to help their technical development.

AGES 12-14:
TEAM USA NATIONAL CAMPS AND PRIMARY COACH INCLUSION
Three- to Four-Day Camps | National

Team USA National Camps are camps that take place at the USTA National Campus. These three- to four-day camps for 20-24 players (boys & girls) provide opportunities for former professional players as well as our top developmental coaches to engage with our younger generation of players, primary coaches and parents. Player ID and Development works closely with the USTA National Coaches to select players for each national camp. For more information on these training camps, visit:
playerdevelopment.usta.com/PlayerDevelopmentCamps

AGES 11-18:
NJTL (NATIONAL JUNIOR TENNIS AND LEARNING) and Excellence Teams

Player Development and the USTA Foundation have partnered through their network of programs, coaches and resources to provide 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 wild cards into designated national tournaments, the D.C. Excellence Team Cup in Washington, D.C., and a College Pathway camp. The NJTL has over 400 chapters across the country, with over a dozen of the top developmental programs being designated as Excellence Teams.

“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
COMPETE LIKE A CHAMPION CORE VALUES

Whether you are a junior player starting your tennis career or a top professional, there are seven core values you should have to make sure success applies off the court as well as on it.

[link]

CONFIDENT: Players must have an unshakable self-belief in their abilities and skills. That is, they expect to be successful.

DETERMINED: Players push through adversity and struggle and continue to strive for success in a positive, productive manner.

ENGAGED: Players should have their full focus directed on what matters in that particular moment and be invested in their own success.

PROFESSIONAL: Players who are professional demonstrate character and exhibit the behaviors and attitudes of an athlete who is consistently prepared to practice and compete with full engagement and commitment.

RESILIENT: Players with resilience have the ability to bounce back and refocus after failure. They come out of loss and disappointment with determination, belief and a willingness to fight to the end.

RESPECTFUL: Players who are respectful are appreciative, courteous to others, focused on the best in others and honor the rules of game. Respect is a hallmark of many great champions.

TOUGH: Players endure periods of hardship and adversity in training and competition. They accept challenges, are fully motivated to succeed, embrace pressure and are physically and emotionally strong.
AGES 13-14:
Team USA Junior Training Weeks

Team USA Training Weeks give players an additional opportunity to receive training with our National Coaches and introduce young athletes to the Performance Team Model. Due to the small size in player numbers during these weeks, players are provided a holistic approach to their training, offering on-court training, athletic development, mental skills, nutrition, video analysis and medical testing.

PARENT RESOURCES

Successfully navigate the junior tennis pathway with resources that address current issues affecting juniors and parents alike, at the Parent Resources page of the Player Development website: playerdevelopment.usta.com/parent_resources_

TEAM USA JUNIOR TEAMS

Team USA National Junior Teams are designed to assist America’s top young boys and girls 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 Junior and ATP/WTA player rankings. The boys’ and girls’ teams each consist of six players who earn their spots by advancing through a playoff, typically held in March or April for the girls and in July for the boys. Players qualify for the playoff through achieving predetermined benchmarks either in the previous calendar year or in the present year, up to approximately one month before the team playoff is held. To view the most current qualifying criteria for this summer’s boys’ and girls’ team playoffs, visit: playerdevelopment.usta.com/TeamUSANationalJuniorTeams

“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
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: playerdevelopment.usta.com/PlayerGrants

Grand Slam Grants

Players who are accepted into and compete in the singles main draws of the Australian Open, French Open and Wimbledon junior events 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 US Open Junior Championships.
playerdevelopment.usta.com/PlayerGrants
**WILD CARDS**

American juniors have the opportunity to earn merit-based wild cards into the USTA's Competitive Pathway system, which includes ITF World Tennis Tour Junior Circuit, ITF World Tennis Tour and ATP Challenger Tour events through their results at USTA National Championships, National Opens, National Standings List and various playoffs. Visit [playerdevelopment.usta.com/CompetitivePathway](http://playerdevelopment.usta.com/CompetitivePathway) to see the complete list of all merit-based wild cards available.

**WHEELCHAIR PLAYER ID CAMPS**

In 2020, Team USA's High Performance Wheelchair Program will begin a series of invitational training camps designed to search out the very best talent nationwide. With the resources made available through Player Development at the USTA National Campus in Orlando, Fla., the exposure of the wheelchair athletes to a professional culture and the standards that have been created will only enhance the experience the players have here and are able to successfully take the information they have learned back to their teams in their hometowns.

**COACH GRANTS AND RECOGNITION**

**Team USA Annual Coaches Reception**

Team USA is all about creating a structure of inclusiveness in which personal coaches, USTA sections and USTA Player Development work together to create the next wave of world-class American players. As a part of this initiative, coaches, programs and sections are recognized at an annual reception at the Easter Bowl, and those who win awards are invited to the President’s Suite during the US Open. [playerdevelopment.usta.com/coaches_reception_and_recognition/](http://playerdevelopment.usta.com/coaches_reception_and_recognition/)

**Grand Slam Coaches Grants**

USTA Player Development offers financial support to personal/private coaches traveling overseas with their player(s) who are participating in the singles main draw by offsetting expenses with a stipend of $1,750 for the Australian Open Junior Championships and $1,250 for the French Open and Wimbledon junior championships. [playerdevelopment.usta.com/PlayerGrants](http://playerdevelopment.usta.com/PlayerGrants)

**COACH DEVELOPMENT OPPORTUNITIES**

**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 work with our country’s best juniors and professionals. [playerdevelopment.usta.com/CoachingPhilosophyandEducation/](http://playerdevelopment.usta.com/CoachingPhilosophyandEducation/)
TEAM USA TRANSITIONAL PRO AND COLLEGIATE

USTA Player Development provides direct and supplemental coaching to small ‘teams’ of players. USTA Player Development also provides Training Center services and Performance Team support. Top collegiate prospects will be provided with supplemental support, scheduling, training opportunities, school visits, etc., to create a developmental pathway into Team USA Pro.
COLLEGIATE EXCELLENCE GRANTS
Players who complete four years of collegiate tennis or players who decide to leave college prior to graduation can earn an excellence grant. Once a player meets the ranking criteria listed, then he or she will earn the amount listed next to the ranking. A player could earn up to $4,500 during a 6-month period. playerdevelopment.usta.com/PlayerGrants

COLLEGIATE WILD CARDS
USTA Player Development will allocate wild cards based on results at specific collegiate events. The event a player will be offered a wild card into will be determined by the National Collegiate Coach. Allocations are subject to change each year. For more information, visit: playerdevelopment.usta.com/PlayerDevelopmentWildCards/

TRAINING BLOCKS AND ON-THE-ROAD SUPPORT
Top prospects are provided with supplemental support, scheduling, training opportunities, school visits, etc., to create a developmental pathway into Team USA Pro. For more information, visit: playerdevelopment.usta.com/transitioning_to_pro_tour/

COACHING, ANALYTICS AND STRENGTH AND CONDITIONING FELLOWSHIP PROGRAM
The Fellowships in Professional Coaching, Performance Analytics and Strength and Conditioning, open to college graduates, are structured to provide significant experiential training and opportunities for independent research in the field of professional tennis. Fellows will become fully immersed in Player Development through weekly gatherings with coaches and through the examination of issues currently affecting American tennis. playerdevelopment.usta.com/fellowship_in_professional_coaching/

WHEELCHAIR TRAINING CAMPS
Selected by the USTA National Wheelchair coaching staff, these athletes will be exposed to the very finest resources that Player Development has to offer. The “training block” will be constructed specifically for the player's individual needs and will help them create the most effective “off-season,” “full-season” and “post-season” possible. Developmental plans will be created and utilized during this period of training. This training will be open to only the most elite Team USA wheelchair athletes on the Paralympic track. playerdevelopment.usta.com/player_training_pathway/

COLLEGIATE WHEELCHAIR TENNIS
Collegiate Wheelchair Tennis has been expanded to help the USTA’s Player Development staff create a more complete pathway into the professional and Paralympic world for up-and-coming para-athletes. With the advent of a commissioner and support from the USTA National Wheelchair Committee, regulations have been put into place in order to facilitate growth in programming nationwide. playerdevelopment.usta.com/collegiatewheelchair/
TEAM USA PRO

USTA Player Development provides direct and supplemental coaching to small ‘teams’ of players. USTA Player Development also provides Training Center services and Performance Team support. As players progress, support will be offered based on a player’s progression along the Pathway. As players progress into the Top 100, USTA Player Development will support and guide as they create their own world-class performance teams.
PERFORMANCE TEAM MODEL

The performance team model is an integrated team approach to establishing accountability around a 12-month plan (training and competitive) and goals. The team is held accountable by working together to create a long term vision and plan as it relates to the long-term development of the player. Potential members of the performance team are outlined below:
PERFORMANCE TEAM SUPPORT

The performance team model takes an integrated team approach to establishing accountability around a 12-month plan (training and competitive) and goals. The team is held accountable by working together to create a long-term vision and plan as it relates to the long-term development of the player. At least two times per year, the team meets in person to discuss the player’s training plan and competitive schedule. At the completion of each meeting, the team agrees on the next set of goals as well as the specifics of the competitive schedule.

TRAINING BLOCKS

Provide up to 20 organized training weeks throughout the year to allow the player to focus on developing all aspects of their game (technical, tactical, physical, mental/emotional, etc.) in preparation for each competitive block.

ON-THE-ROAD SUPPORT

Offer on-the-road coaching and performance (strength and conditioning, ATC, massage, etc.) support at all four Grand Slam tournaments, as well as selected WTA Premier, WTA International, ATP Masters, ATP Challenger and ITF World Tennis Tour events.
PERFORMANCE ANALYTICS

The Performance Analytics department philosophy is to serve the coaching and performance staff by collecting, visualizing and interpreting data to provide insights around the player’s performance. Performance analysis is the provision of objective data that is provided to coaches, athletes and performance staff to more effectively measure sport performance and guide development. This data is gathered either by watching video of a performance and adding (tagging) events and values over time or collecting data automatically through the use of advanced camera system wearables and/or sensors. The information gathered provides technical, tactical, physiological and mental insights that more objectively measure performance and can be used to measure load/volume to help predict injury risk or provide real-time insights to adapt training or competition. Objective data informs the coach, athlete and performance staff of what actually happened, as opposed to what they perceived to be happening. Research shows that, on average, coaches can only recall 30 percent of performance metrics correctly. Performance analysis helps with the remaining 70 percent and gives the coach, athlete and organization feedback as to whether the athlete is improving and provides specific areas of focus that can direct training.

STRENGTH AND CONDITIONING

The mission of the Strength and Conditioning team is to promote health, wellness and personal excellence through strength and conditioning services that enable the players we train to be the most complete tennis athletes possible.

The Strength and Conditioning department recognizes six main principles that are the foundation for elite athletic development. The six principles are: strength, power, mobility, movement, conditioning and coordination. These six systematic and evidence-based principles are applied by following progressions and parameters to maximize the development in each area.

For more information and resources, visit: playerdevelopment.usta.com/Strength_Conditioning/
MENTAL PERFORMANCE

The Mental Performance Team supports professional players in a one-on-one, customized approach. Specific mental goals are identified, and game plans for training those in the dynamic environment of professional tennis are created. We provide mental health support off the court and help players pursue a healthy, happy lifestyle and, as needed, refer to a professional network outside of PD. Professional players can apply for mental health grant support by contacting Dr. Larry Lauer. playerdevelopment.usta.com/sports_psychology/

ATHLETIC MEDICINE SERVICES

The USTA has forged a partnership with the Andrews Institute and Nemours Children’s Health System to provide the highest level of medical services to 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. The services provided by this team include but are not limited to:

- Medical testing
- Treatment
- Rest and recovery
- Referral network
- Nutrition consultation

WHEELCHAIR INTERNATIONAL TEAM EVENTS

As the National Governing Body (NGB) of both the Olympic and Paralympic sides to tennis, the USTA has helped the Paralympic side thrive in three major international events:

- BNP Paribas World Team Cup
- Parapan American Games
- Paralympic Games

playerdevelopment.usta.com/international_team_events/
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