



COACH APPLICATION FORM 2021

AIM OF THE RAINBOW Kidz (RK) PROGRAMME IS TO:

Prioritise FUN – create an enjoyable atmosphere during lessons that motivate players to stay in the game and develop in a group environment.

Competition should complement training – Main objective of training is to help players play the game. Matchplay is used to apply the physical, tactical, mental and technical skills a player should develop.

Develop simple movements and strokes – using tactics to develop technique can help players learn through the different game situations. Learn how to move, receiving and send balls in different parts of the court.

Develop a good athletic base – ABC's (Agility Balance Coordination) provide a good base if developed early and correctly. This can also be developed through other sports in conjunction with tennis– multi skill and multi-lateral development is key.

Provide all players an equal chance – Predicting which players will be champions in the future during the initial stages is difficult. Therefore, all players should be given equal opportunity to develop and improve at their own speed and capabilities.

Do not miss the “windows of opportunity” – Age 6-10 the abovementioned ABC's are key priorities to develop. The long-term player development plan emphasise certain skills are developed during specific stages of development.

Group Sessions – Organising groups (Min 3 players in a group) Playing the game with friends is important and only one on one coaching is discouraged. We recommend playing in a group should be promoted first and additional group sessions may be encouraged. Once players develop and improve and additional session may be added.

Description of the Program:

This programme promotes and include all FUNdamentals to Tennis and is aimed at players AGES 4-12 Years, to introduce and develop players in their formative years. *Develop players in a way tennis is played and ensure players can move, make decisions, implement tactics*

3 GOALS INTRODUCING TENNIS TO KIDS:

1. Fun with friends – be a sport
2. Kids get to play the game from the first lesson – start -rally - score
3. Can play & be successful in competition.

Role of the RK Coach:

- ✓ **PLAYER CENTERED APPROACH / SAFETY**
- ✓ **PROMOTE THE PROGRAMME**
- ✓ **COMMUNICATE AND ORGANISE**
- ✓ **MANAGE THE PROGRAMME**
- ✓ **GROW THE GAME**
- ✓ **HOST AND SUPPORT COMPETITIONS**
- ✓ **ROLE MODEL TO PLAYERS AND TENNIS COMMUNITY**
- ✓ **REPORTING (TSA WILL PROVIDE FEEDBACK FORMS)**

Benefits:

1.No additional fees	2. Structured programme and continuous guidance	3. Lesson plans	4.Exercises/drills/tips every month
5.Advertising/tools	6. Logos	7. Feedback forms	8. Certificates
	9. Competitions	10. Workhops/ Interaction	

Application Process:

The TSA coaching department will process all applications. Interested parties can submit the application form and supporting documents to coaching@tennissa.co.za.

Once an application is successful, applicants will be notified and issued with a Certificate stating they are a RK Coach. The certificate will be valid until 31 March 2022 from the date of issue. Annual renewal is required and renewals will open when coaching registrations open.

PLEASE NOTE: TSA will revoke any certificate if the coach does not represent what the programme aims to fulfil and promote.

The coaching department look forward to receiving your application.





RAINBOW KIDZ COACH Application:

Name of Tennis Business/School/Centre/Academy: _____	
Owner/Directors of Tennis School/Centre/Academy: _____ _____	
Mobile number: _____	E-mail: _____
Town/City: _____	Suburb: _____
Submitted by: _____	
Name	Signature

RAINBOW KIDZ COACH Criteria: 2021	In place (X)	Evidence:
All Coaches working meet the coaching requirements and are licensed with TSA		TSA List of Licensed Coaches
COACH/ACADEMY delivers a minimum of 3 hours RED Ball/Court Coaching per week		Coaching Schedule attached to Application
COACH/ACADEMY delivers a minimum of 3 hours ORANGE Ball/Court Coaching per week		Coaching Schedule attached to Application
COACH/ACADEMY delivers a minimum of 3 hours GREEN Ball/Court Coaching per week		Coaching Schedule attached to Application
Run at least one appropriate/FUN competition per term (RED/ORANGE/GREEN)		Attach planning to application
ALL Coaches have attended/refreshed a PLAY Tennis/Instructor Course since 2015 (recommendation)		List all events attended

- **Include a FULL LIST of coaches at school/academy/club**
- **Submit a weekly coaching schedule of all RED, ORANGE & GREEN ball sessions**

For TSA Official use only:

Date assessed by TSA:	
Approved:	
Declined (with reason):	
TSA Assessor:	

Signature: TSA Coaching