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What we do and why we do it

For Professional Tennis Registry Master Of Tennis Performance Program



IMPORTANT
INFORMATION FOR
PARENTS
OF PLAYERS WITH
POTENTIAL



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TENNIS CLUB YPER
TENNIS
SQUASH
SPORTCAFÉ
FITNESS



WHY THESE SESSIONS?

TO PROVIDE THE PARENTS VALUABLE INFORMATION TO MAKE THEM UNDERSTAND BETTER:

- x Content, frequency and purpose of the trainings
- x The bigger picture: long term development and what we aim to achieve
- x How the growth - development - maturation process has a huge impact on our children
- x How to cope with win or loss, behaviour and mental strength of our children
- x How we want to increase quality of the trainings and what quality means to us
- x How to contribute positively to the development of our children
- x How to support, guide, encourage and motivate our children
- x How to understand better the needs of our children
- x How our children can become fully and healthy developed athletes
- x How our children can become more independent through the years
- x How to put things in perspective and keep both feet on the ground
- x How to evaluate the results in competition e.G. A lost game is not necessarily a bad game, we need to try to learn something from each game
- x What the recommended volume for training and competition is and the ratio between it
- x What the recommended type of competition is
- x What the content of training is: what - when - why
- x How the tennis program evolves through the years
- x ...

This information needs to make the parents aware of what is important to support the children in the best possible way.

It is difficult to cover all information in some pages, yet we try to provide the parents with the most useful information that has the biggest influence on the development of the children.



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LESSON CONTENT

TRAINING MUST REFLECT THE ESSENCE OF THE TENNIS GAME =

THEMES AND LESSON CONTENT THAT REALLY MATTER

LESSONS DON'T HAVE TO LOOK GOOD, THEY HAVE TO BE GOOD!

Too often, people associate sweaty, panting players coming from the court, with a very good lesson. However, this isn't always the case. For example, it can be much more useful to incorporate some lessons on serve and return, with which the player will win many more points in a match than with heavy fitness training. During training, the coach must always bear in mind the reality of a match! No lessons for the show, but real quality!

INSTRUCTION

= TRAINING OF TECHNICAL AND PHYSICAL SKILLS

TECHNICAL + PHYSICAL (athletic skills) =

BASICS + ACTIONS + REACTIONS + APPLY THEMES IN THE RIGHT PROPORTIONS

For example, there is little point in training TOO MUCH net play if the player is NOT YET GOOD ENOUGH in serve, return, rally and approach. Net play is the finishing touch to well built up (preparatory) work.

Content work points:

- x Serve, return, rally, approach, netgame, passing game
- x Strength x speed = force,
- x Anaerobic physical condition: reactions, speed, footwork, balance, correct pace (40%?), anticipation, acceleration, making the right (quick) decisions

The aim is to form complete players with the content of the lessons.

Importance of technical and physical skills:

"If you've got the guns, there is no need for guile." When one player is much stronger than another in terms of athletic skills (technique and physical condition), tactical and mental skills may not even be relevant, or may be of little value to influence the match.

e.g. opponent cannot catch or control your strokes, then he may be still so tactical or mentally strong, it won't matter

e.g. opponent can't play you away, your footwork and physical skills are superior, you bring everything back, tactical and mental skills won't matter much.

Winning on exclusively technical and physical skills occurs mostly in matches where one is clearly better than the other. Some players are simply athletically superior to others.

Example of a well-balanced programme (right proportions) for the content of the lessons:

Part 1: Each lesson, BASICS

- x Professional and dynamic warm-up (basic physical skills)
- x Serve: correct and in (ready: faster, deeper, more forward)
- x FH and BH: correct and in (ready: faster, deeper, more forward)
- x Explanation theme

Part 2: Every lesson new theme + link tactical/mental/plan

- x 4 lessons controlling pace: serve, FH, BH: How fast and deep can I play so that the ball stays in most of the time? Where is my limit?
- x 4 lessons reactions: handicapped situations: defense: How do I adjust myself when the opponent plays very fast and deep?
- x 6 lessons serve and return: = start of the point = the two most important strokes in tennis!
- x 5 lessons serve +1 and return +1: start of the point is always most important.
- x 2 lessons volley
- x 2 lessons smash
- x 5 lessons approach + netgame and passing game
- x 2 lessons doubles

TOTAL 30 LESSONS: themes spread with the right proportions, according to importance they have in a real match

MATCHTRAINING

= TRAINING OF TACTICAL AND MENTAL SKILLS

TACTICS:
FINDING A SOLUTION THROUGH A PLAN

MENTALLY:
CONTINUE TO SEARCH FOR SOLUTIONS AND ADJUST THE PLAN WHEN NECESSARY

TACTICS:
play smart / play with plan or strategy / find solution

MENTAL:
to accept everything / being able to stand up against everything / attitude - behaviour - mindset / norms and values / being able to deal with everything / continuing to look for solutions / never giving up

...mainly singles, but also doubles

Application in practice of the applied themes in instruction

In each lesson instruction there is a link - tactical and mental - with the match. (How to apply/integrate tactically - and/or mentally - in a match situation?)

The tactical possibilities are then discussed. Do you play everything on the opponent's BH? Or should you play everything in the middle? Where do you aim best? Do you let the other player run a lot? Or just not? Play cross? When to go down the line? Different tactics for your serves? Also for your returns? Combination of different tactics? Different tactics for your service games than for your return games?

So you must have a plan for every match! But it is possible that the plan has to be adjusted during the match. In case of strong opponents, even several times.

- x TACTICS = FINDING A SOLUTION THROUGH A PLAN
- x MENTALLY = CONTINUE TO SEARCH FOR SOLUTIONS AND ADJUST THE PLAN WHEN NECESSARY

Importance of tactical and mental skills:

When one player cannot surpass another with his athletic skills (technique and physical), the match can turn to the advantage of the one who plays the "smar-test" or finds the best solution. The smartest can "neutralize" the other's athletic skills through tactical play.

When both players keep countering each other's tactics or solutions with new solutions, the match can turn to the advantage of the one who best controls himself and his emotions and never gives up but keeps looking for new solutions.

Winning on tactical and mental skills mostly happens in very close matches. The players are worth each other athletically, (one can't beat the other with his athletic skills) and the one who plays the smartest and keeps looking for solutions, without giving up, will usually win.

MOST IMPORTANT SKILLS

PHYSICAL, TECHNICAL, TACTICAL AND MENTAL ARE ALL IMPORTANT IN A MATCH.

THEY MUST BE APPROACHED SENSIBLY DURING TRAINING.

ALL 4 SKILLS MUST AND CAN BE TRAINED!

They are all important. I always look at it as a school report. 4 subjects that determine your end result:

- x Physical
- x Technical
- x Tactical
- x Mental

If you excel in one of the 4 compartments, you can already be a very strong player. (e.g. national top or subtop) Do you excel in two of the four compartments, you are even stronger... And so you can continue the reasoning... So it's not because you're (for the time being) lacking in a certain skill, that you can't be a good player.

Some players are physically so strong that they compensate for their shortcomings in technique, tactics and mentally.

Some players are tactically so smart that they can compensate for their technical and physical shortcomings and still win.

The better the 4 skills are developed, the stronger you will be as a player.

Although the 4 skills are all important in a match, a different approach is needed in training!

Different approach needed in training

In training, the following insights must be taken into account:

The basis for everything is the physical condition. Techniques are only possible if you have the necessary muscle work to be able to perform these techniques.

e.g. Many young players are not yet able to master some of the techniques because they are not yet sufficiently developed muscularly.

e.g. Acceleration is only possible if your muscles allow this.

We can therefore state that physical is a requirement for technique.

Tactics are only possible or useful if you have the athletic skills (physical and technical) to perform those tactics.

e.g. Tactics to let the opponent run a lot through playing short cross, is only possible if you also master short cross technically.

We can therefore state that physical and technical skills are a requirement for tactics.

Being mentally strong means continuing to look for solutions, without giving up, despite setbacks, but is only possible if you know enough tactical solutions.

We can therefore state that physical, technical and tactical skills are a requirement for mental skills.

The coach has to take these insights into account when preparing the lessons: physical > technical > tactical > mental.

Conclusion:

Physical, technical, tactical and mental are all important in a match. They must be approached sensibly during training. All 4 skills must and can be trained!

INJURY PREVENTION

INJURY PREVENTION IS NOT INJURY CREATION!

- x Usually after tennis training, can possibly be used as cool down.
- x The exercises have to train the whole body, not just the legs.
- x Most of the exercises can be done anywhere, including at home.

In terms of content, Injury Prevention focuses on:

- x ABC: Agility Balance Coordination
- x Muscle reinforcement
- x Individual needs
- x Each injury prevention session must end with 15 min static stretching! (for flexibility)

Injury prevention should be pursued several times a week.

Another level of intensity of the exercises should be provided for:

- x less than 15 years old + female gender
- x 15 years and older (male gender)

An attempt is made to tackle areas prone to injury through extra muscle strengthening exercises and extra stretching.

Depending on the individual, the exercises can/may/must be adapted. Coach also has to constantly monitor the correct execution of the exercises.

Injury prevention can be seen as a "light" physical workout.

Heavier, tennis-specific physical training is done on court during the lessons, each time related to a real match, with the aim of improving performance.

In order to prevent injuries, we advise players to check with a podologist if there is a need for soles for a better posture, as well as to go to a physiotherapist if smaller injuries are detected.

Last but not least: INJURY PREVENTION IS NOT INJURY CREATION!

Too often, physical training is made too heavy, and the original main goal, i.e. the prevention of injuries, turns into the opposite: too much workload, and thus the cause of injuries! This can and should never be the case!



TOURNAMENTS

NUMBER OF HOURS OF TRAINING - APPROACH - PEAK PERFORMANCE

1. PREPARATION
2. PRE-COMPETITION
3. COMPETITION
4. RECOVERY

In Belgium it is usually the case that few tournaments are organised during the school year, but a lot during the holiday weeks.

PREPARATION

The preparation for the tournaments takes place during the school year. For players (and parents) with the ambition to get the most out of their tennis, it is recommended to train as many hours as your age. For example, a player of 12 years old trains 12 hours per week.

This simple formula ensures that you find the perfect balance in training load:

- x On the one hand, the training program is sufficient to further realize your ambitions (nobody gets to the top without sufficient training volume)
- x On the other hand, the training programme is not too stressful for the body either (too many hours burden your body and cause injuries = counterproductive)

Note: For players 18+ with further international ambitions, this formula no longer applies. Then more training hours are planned, on the one hand because the demands of the international circuit are high, on the other hand because the body will be more resistant to the higher load by that time. However, it is always important to pay attention and also very individually different to determine which program is the right one and for which player.

PRE-COMPETITION

That's the coach's job. The coach must ensure that the lessons are built up (in terms of content and intensity! - not in hours!) to the tournaments. The intensity and the level of competition in the lessons should grow towards the tournaments.

COMPETITION

As far as possible, competition periods with a maximum duration of 3 to 4 weeks should be sought.

In an ideal scenario, this would be 2 weeks of "preparation tournaments" in order to peak in week 3 and week 4.

For all those who want to get the most out of their possibilities and are passionate about their tennis, it is very useful that player, parents and coach sit together and work out an annual plan with the desired peak moments as an objective.

If, for example, you continue to play the entire summer holiday, the full 9 to 10 weeks, competition, without rest periods, you will achieve the opposite at one or more times, namely a reduction in performance instead of peaks. Good planning can ensure that a player, when playing, is fit, and usually performs well in a consistent way, with a peak at the end of each competition period. You can "manipulate" that to a certain extent.

As an advice for registration in tournaments it is recommended: per week participation in a tournament of your own series + participation in a next-higher series. This combination turns out to be the best way to make progress AND is not overloading.

So it is perfectly possible that the player will be on court for less hours in competition periods than in training weeks, but that is not a problem at all. That's the way it should be.

The transition must be made from:

PREPARATION → A LOT OF TRAINING HOURS → NORMAL INTENSITY to
COMPETITION → LESS HOURS ON COURT → VERY HIGH INTENSITY to get maximum results.

RECOVERY

It is recommended to take one or more rest weeks from time to time, for example after a competition period. Many players tend to want to stretch the good shape a bit longer, but this is usually not how the body works. When the body performs at high intensity, it gets tired after a certain time anyway, and then there are disappointing results. With good planning you can reduce these moments with lesser results, by taking a rest at this moment.

After the rest, the pattern starts again. It is the common thread in planning:

- x After rest, start PREPARATION (one or more training weeks, depending on time of year and planning).
- x After preparation, the coach should gradually increase the content and intensity of the training towards a competitive climate. = PRE-COMPETITION
- x If necessary combined with a few "preparation tournaments", we will try to peak in COMPETITION after a few weeks!
- x After the competition period back to REST.

This cycle repeats itself several times a year.

TOURNAMENT VISITS WITH MATCHANALYSIS

THE COACH NEEDS TO KNOW HOW A PLAYER BEHAVES AND PLAYS IN AN OFFICIAL SITUATION!

It is important that the coach visits his players from time to time when they play at tournaments.

A match at a tournament is not the same as a match at training! The coach needs to know how a player behaves and plays in an official situation! The real work points come up then.

In order to not only rely on impressions, but to try to analyze the match behavior objectively and completely, the coach should use a math-analysis-document. On the base of the findings, training can then be focused on forming a better player.

AEROBIC PHYSICAL CONDITION (ENDURANCE)

THE DURATION OF A TRAINING SESSION SHOULD ROUGHLY REFLECT THE DURATION OF A REAL MATCH.

The duration of a training session should roughly reflect the duration of a real match.

For example, one cannot expect a player to maintain his level in a 2-hour match if his body is used to only 1 hour of training.

Many players go jogging for more than an hour, sometimes several times a week. However, scientific research of such endurance training for a tennis player, is not always positive. The most important arguments for this are:

- x The anaerobic (the explosive) decreases in quality, and this is exactly what a tennis player needs so much.
- x Tennis is an interval sport (rest periods between each point), and thus refers to a "different kind of" endurance.

By adjusting the training duration to the average duration the player has in the tournament, the training meets the right kind of endurance a player needs, namely short points, alternated with short breaks, and this for an average of 1.5 to 2 hours.

(Male grand slam players have to adjust their bodies to longer-lasting loads, which must reflect the match with 3 winning sets.)

For example, players aged 15 years and over can train for 3 hours once a week to train their endurance in the right way, so that the body can handle heavy tournament matches.

THE 7 QUALITIES OF A GOOD PLAYER

1. TECHNIQUE
2. DOSAGE
3. FOOTWORK
4. ENDURANCE
5. TACTICS
6. MENTALLY
7. LUCK

1. Technique:

The correct execution of the strokes is necessary in order to play efficiently and effectively later on.

2. Dosage

The right dosage at the right time for each stroke. Sensible application of the technique.

For example, it is completely useless to hit hard all the time if you only seldom hit a ball in.

3. Footwork

It is just as useless to have good strokes (good technique) if you never make it to the ball in a precise way.

The footwork must ensure that you can reach the ball in balance and perform your technique with support, even when the incoming ball is difficult.

Without balance and support you cannot perform good techniques.

4. Endurance

When technique, dosage and footwork are okay, you also need to be able to maintain them for a period of 1.5 to 2 hours. (= average duration of a match)

Endurance can be helped by taking good care of food and drink before, during and after the match, as well as by sleep.

5. Tactics = Smart play

You can claim the match faster if you find a plan that works for you and not for your opponent.

By being smarter you can even sometimes win a match against a player who actually has better skills than you.

6. Mentally

When both players have similar skills, and always counteract each other's tactical moves with a counter solution, the mentally strongest player will win. Those who never give up, despite setbacks, and keep themselves under control, will usually win.

7. Luck

We should also not forget the factor "luck". Luck also plays a role in very close matches.

But then we can ask ourselves the question: Can luck be earned?

Several scientific studies claim that mental strength can force luck. How else do you explain that it is always the same players who hit the ball on the line at a very critical moment instead of just out? You can strive for "coincidence", but if they are the same players over and over again... Mental strength also means recognizing important opportunities and knowing that you can take them...and then effectively take them!

Science tells us that mental strength can create more chances and opportunities, and also has a greater chance of luck. Think of Roger, Rafa and Novak. They experienced thousands of tense situations, and in the vast majority they came out victorious. Self-confidence and mental strength. It is an attitude, a way of living, that attracts luck to itself...

LONG TERM DEVELOPMENT

IDEALLY IT IS HIGHLY RECOMMENDED TO NOT INCREASE THE HOURS OF TRAINING TOO FAST. IT SHOULD BE A GRADUAL AND SLOW INCREASE THROUGH THE YEARS

We are contributing to constitute the players into fully and healthy developed athletes. There are a lot of aspects in the complete process that need to be developed (physical-technical-tactical-mental). It takes years till all of these skills are absorbed and we cannot tackle them all together at the same time. Tennis is a late performance sport where we need to invest a lot of time before we can see the outcome of all actions made through the years. There's a lot of work to be done and we need to keep the fun in it or else all efforts that have been made risk to be lost.

Ideally it is highly recommended to not increase the hours of training too fast. It should be a gradual and slow increase through the years

(example: 1 hour extra per week every year) for the body and the mind being able to adapt in relation to the increase of the training volume.



THE PROBLEM OF TALENT IDENTIFICATION SELECTION & DEVELOPMENT

EVIDENCE SHOWS THAT VERY OFTEN PLAYERS WHO HAD A SLOWER DEVELOPMENT PACE, ARE CATCHING UP THIS BACKLOG AT A LATER TIME

The problem of talent-identification / talent-selection / talent-development.

A lot of players with potential are never reaching the expectations. So how come that so few players are able to make a break-through in tennis?

Less than 10% of all players that were selected by the federations under the age of 10, have made a break-through to the international level. This is a very low percentage.

A lot of players (and parents) give up hope, stop playing tennis, or decrease the training frequency and intensity, because of not being selected by the federation to their programs or because of disappointing results in competition. Consequently they think the dream is not for them.

This is not necessarily the correct logic. Some children are developing at slower pace and take more time to acquire maturity. For a child which is quite a late bloomer it does not necessarily mean that he will never be able to reach the highest level.

Evidence shows that very often players who had a slower development pace, are catching up this backlog at a later time. Unfortunately these late maturing children are the players that in many cases already gave up tennis too early.

This is really regrettable, because the statistics tell us they should continue and be patient.

THE INFLUENCE OF THE GDM-PROCESS

GROWTH DEVELOPMENT MATURATION

Periods with disappointing results are mainly caused by the GDM-process. The many changes in the body and behaviour of the players makes it very difficult for them to perform at their best continuously. They face restrictions in their performances. In most cases they can't help it.

The GDM-process causes a lot of peaks and valleys and unpredictability. Making a comparison with other players does not make sense, because every child goes through these periods at different times. Comparisons only become relevant as from the age of at least 18, when the development stage is more or less finalized (from child to adult). Only at that stage it can be identified what the real outcome is of all actions and efforts that have been made through the years.

And even then, we might not forget that players might reach their ultimate levels at the end of their twenties. In that case we might see the real value of the efforts even at a later stage.

The GDM-process in fact ensures that everything about selections and results in youth competition is not highly relevant, and many experts therefore recommend that little importance should be attached to it. It is the final outcome, when the player has reached full development or maturity, that counts!

We can prove this logic!

Compare the U9-U11-U13-U15-rankings of the previous years (go back to ten years or more) with the current national rankings (adults) now.

How many top youth players eventually became top adult players?
Very few!

How many top adult players do you find that in youth were not expected to become good players? A lot!

STICK TO QUALITY TRAINING!

ONLY THE FINAL OUTCOME COUNTS = YOUR LEVEL AS AN ADULT PLAYER

Conclusion

For those who perform well in youth competition: Stay with both feet on the ground and stick to quality training! The road is still long! Only a few continue their success. Enjoy tennis but keep up the good work and keep working the utmost you can to be with these few!

For those who perform less well in youth competition: Don't give up! Maybe you will catch up and develop later. Stick to quality training, because there's a good chance that you will perform well in the future ahead!

For those who have volatile results: Hang on! It's not always your fault. Very often the volatile results are due to the GDM-process. Stick to quality training, it is the final outcome that counts!

THE 6 INDISPENSABLE THINGS TO MAKE A BREAKTHROUGH IN TENNIS THE NAKED TRUTH.....

1. QUANTITY
2. QUALITY
3. ATTITUDE OF PARENTS
4. TIME MANAGEMENT
5. FINANCIAL RESOURCES
6. MENTAL-PSYCHO-SOCIAL SKILLS

Most of the time selection-tests are incomplete and are not covering all the needs to detect whether a player has the potential to make a break-through in tennis.

Selection-tests usually consist only of results based on anthropometric measurements and physical tests.

When you test this against the criteria that are necessary to make a break-through in tennis, and you take into account the influences of the GDM-process, then you need to conclude that these tests are too limited. Other knowledge is needed to make a fair judgement of the real potential of the player.

Talent-development is linked to:

1. Quantity of training

Applying the right amount of hours and keeping an eye on increasing the volume of training gradually and slowly over the years.

2. Quality of training

Quality training under the supervision of a fair and challenging quality coach.

- x **Health and well-being:** Are the players encouraged to adopt the necessary discipline? Disciplined to warm up, cool down, do their stretching, ... also in competition or at times when it is not instructed?
- x **Physical:** Are the players encouraged to become fully developed athletes? (agility - balance - coordination - full body - transfer of skills of other sports - endurance - speed - strength - flexibility -)
- x **Technical:** Are the players encouraged to use biomechanically sound tennis strokes? Are they motivated to learn the full arsenal of shots to become a complete player?
- x **Tactical:** Are the players equipped with quality tactical themes in a game-based context? Is the importance of serve and return explained? Is playing points part of the training so the players can learn to integrate the new learned things in their game?.....
- x **Individualization:** Are the players treated as an individual, each with their own needs? Does the coach come and see matches in competition?

3. Attitude of the parents

Do the parents have the right attitude? Are they supportive and encouraging? Do they motivate their child in a positive way? Are they willing to drive their child to the tournaments? Can they cope with the increasing self-independency of their child? Do they show interest but on the other hand give enough space to their child to keep enjoying the sport? Do they help generating the behaviour of the child based on the correct norms and values? Are they capable of expressing their emotions in a positive way during matches or training? Do the parents behave exemplary?...

4. Time management

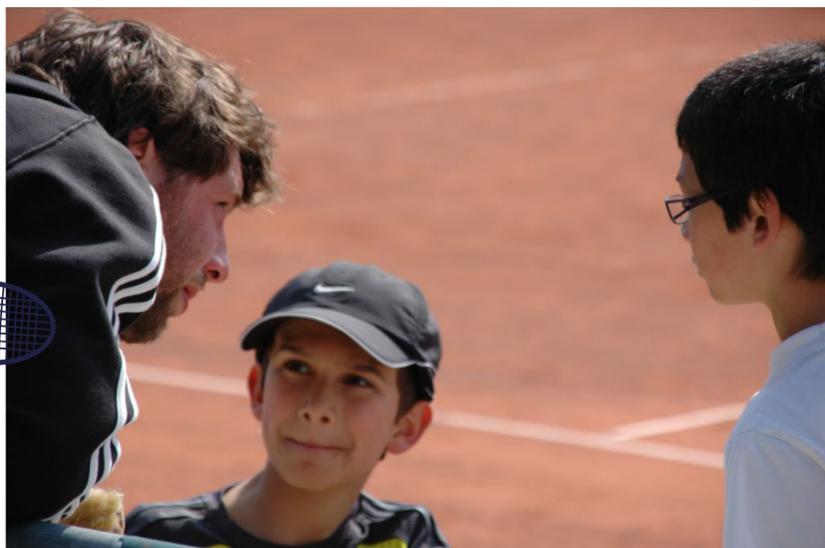
Tennis is a late performance sport. Tennis is a sport where the main results are reached after a lot of investment. Most players reach their best level somewhere in their twenties. Patience is a must. Excellence takes time.

5. Financial resources

Tennis is an expensive sport. Do the parents have enough financial resources? And if not, can they receive support from sponsors or from the federation?

6. Mental-psycho-social skills

Does the player have desire to be competitive? Fight spirit? The right attitude? Is he/she able to seize moments of opportunity and luck? Is the player problem-solving-oriented? How well can he/she concentrate? Does he/she have a high personal drive? Is he/she stimulated by setbacks?....



IMPORTANCE OF NUTRITION, HYDRATION AND SLEEP

PROPER NUTRITION, HYDRATION AND SLEEP HABITS CAN IMPROVE PERFORMANCE BY 30%

In tennis language, 30% improvement could mean: (examples)

- ✗ that you might win the match with 6/2 6/1 instead of 6/4 6/4
- ✗ that you might win the third set with 6/1 instead of losing 5/7

It really makes a difference! It's certainly worth paying attention to it! Here are some guidelines:

Breakfast

- 🕒 Important: carbohydrates + proteins
- 💡 Examples: yoghurt, eggs, full grains, fruit, bread, fibers, rice cake,
- 💧 Fluid: combination of water and chocolate milk (minimum 2 cups)

Lunch

- 🕒 Important: carbohydrates
- 💡 Examples: spaghetti bolognese with beef, potatoes, vegetables,
- 💧 Fluid: combination of water and sports drink (minimum 2 cups)

Dinner

- 🕒 Important: carbohydrates + proteins
- 💡 Examples: pasta + chicken, beef, eggs, potatoes, salmon, bread, rice, fibers, vegetables,
- 💧 Fluid: combination of water and sports drink (minimum 2 cups)

Evening-snack

- 🕒 Important: carbohydrates + proteins
- 💡 Examples: fruit, yoghurt, salted nuts,
- 💧 Fluid: combination of water and chocolate milk (minimum 2 cups)

Before match or training

- 🕒 Important: carbohydrates + electrolytes
- 💡 Examples: energybar or gel, rice cake,
- 💧 Fluid: combination of water and sportsdrink (minimum 2 cups)

During match or training

- 🕒 Important: carbohydrates + electrolytes
- 💡 Examples: one good bite of energy bar (or gel) or one good bite of rice cake at every changeover
- 💧 Fluid: combination of water and sportsdrink: one cup at every changeover

After match or training

- 🕒 Important: carbohydrates + electrolytes
- 💡 Examples: energybar or gel, rice cake,
- 💧 Fluid: combination of water and sportsdrink (minimum 2 cups)

Out of competition

Nutrition and hydration may of course be less strict but should remain well balanced. Also the habits before - during - after training should continue to be respected.

WHAT IS "POTENTIAL"?

POTENTIAL:

GOOD NON-ATHLETIC SKILLS

+ GOOD ATHLETIC SKILLS

+ GOOD PARENTS

= VERY GREAT POTENTIAL

Add:

+ Quality coach

+ Quality training

+ Quality and individualized program (based on players' personal evolution and resistance)

+ Quality environment (positive, stimulating, competitive, ...)

+ Patience: tennis is a late performance sport (where result of investments/efforts are paying off at later stage)

+ Take into account the later influences of GDM

... and the DEVELOPMENT OF A GREAT PLAYER could be in the making!

Potential: Non-athletic skills

- x Motivation of the player (and of the parents)
- x Concentration/focus of the player
- x Competitive spirit of the player
- x Problem-solving capacity of the player
- x Open mind of the player and the parents in terms of the content of training: does the player (and the parents) have the willingness to train all aspects needed to reach the highest level? = Agility, balance, coordination, endurance, flexibility, speed, strength, mental, tactical, transfer of motor skills between sports, proper warmup and cooldown,? And not only 'playing tennis' and 'technique' and the aspects that the player likes the most
- x Willingness and commitment of the player and the parents to work hard and to work a lot
- x Open mind of the player and the parents to train game based (and not only training basket drills)
- x Open mind of the player and the parents to train quality themes like serve, return, serve + 1, ...
- x Does the player (and the parents) have patience? (In terms of results)
- x Does the player (and the parents) have the ability cope with periods of bad results? (Inevitable due to gdm)
- x Desire of the player to be the best he can be / love for the game / high personal drive?
- x Good and positive attitude and behaviour at all times of the player and the parents
- x Mental skills of the player and fight spirit (- financial resources of the parents?) + (- Home area and/or place of residence?)
- x Open mind of the player and the parents to hear the vision and philosophy of the coach
- x Open mind of the player and the parents to work together with the coach (- intelligence of the player and the parents to seize moments of luck and opportunity?)
- x Ability of the player and the parents to understand the impact of gdm on junior competition and the non-existing link with adult succes
- x Willingness of the parents (and the coach) to communicate and inform each other in a positive way
- x Willingness of the parents to drive their child to tournaments and to share the passion of their child
- x Are the parents supportive and encouraging towards their child?
- x Does the player (and the parents) cope well with setbacks? Is he/she stimulated to do better afterwards and learn from it?

Potential: Athletic skills

(= technical, tactical, physical skills)

My gut feeling believes that children/players who perform slightly better than the average of ALL CHILDREN, should be considered as players with potential. This means a lot of children. I've had numerous children that were 'only moderate' in the beginning, but went on to be great players at a later stage. Because of persistence in quality training and influences of GDM, some players turn into very good players at a later stage, what they were not expected to become at an earlier stage.



ABOUT



Tennis School TC Yper

Top reputation in West-Vlaanderen!

A great track-record in terms of results.

Dozens of players of 65 points and above have already been formed in TC Yper.

Every year, TC Yper delivers teams in the national divisions of the interclub, both for the youth and for the adults. Each time, there are teams or players individually who win regional, Flemish or Belgian titles. TC Yper is therefore represented in almost all final rounds.



Yannick Ostyn

Yannick has been head coach of TC Yper since 2006.

He holds the diploma Professional Tennis Registry, Professional grade, and is currently completing his thesis for the prestigious and internationally highest recognised tennis coaching diploma:

"Professional Tennis Registry Master of Tennis Performance".

Yannick frequently visits the biggest international events and symposia. He has been a guest at Hilton Head Island USA (Vandermeer Tennis Academy + PTR International Headquarters), Nice FRANCE (Mouratoglou Tennis Academy), Rome ITALY (Masters 1000 Italian Open), La Foux d'Allos FRANCE (PTR France Headquarters), London ENGLAND (Wimbledon), Paris FRANCE (Roland Garros).

As a player he earned a respectable place in the national sub-top, 100 points (A140). In France he got the ranking 2/6. However, Yannick considers himself to be a better coach than a player.

Next to his tennis school, Yannick also runs the project "Ostyn Competitie Tennis" in which he guides and supports promising youngsters in the form of approximately 200 hours of free extra training throughout the year and tournament visits.





**AUGUSTIJNENPARK
TENNIS CLUB YPER**
TENNIS
SQUASH
SPORTCAFÉ
FITNESS