



Rookies/Konkurransen/Toppidrett

2021/2022



Admission criteria

- Ranking: national, international, UTR
- Goals: National level, College tennis, Professional tennis
- Players effort and behavior
- Age
- Coaches' evaluation

Follow up structure

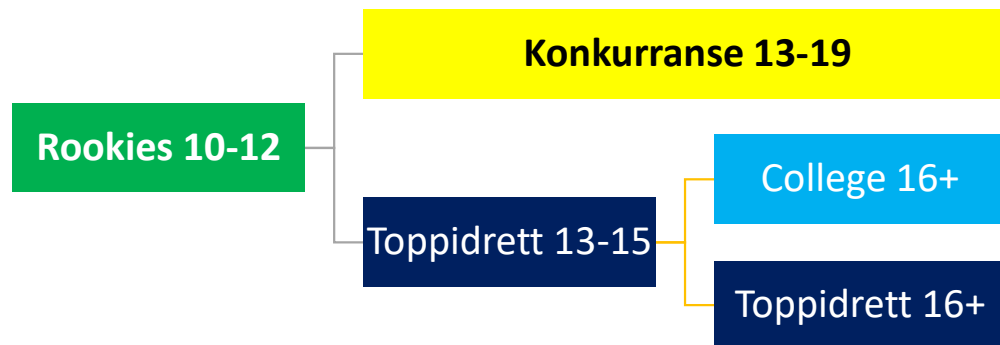
- Self-evaluation, Goal setting, Players meeting
- Weekly or Monthly follow up for players
- Development plan on quarterly or half-yearly basis
- Tournament plan
- Parents meeting and updates

Coaching team & collaborations

- EUREKA - recovery, testing, injury prevention, stretching routines
- Extrenal fitness coach*
- *in agreement with the participants of toppidrett and college groups*
- Cooperation with NTF and other clubs
- Cooperation with NTG and WANG

Follow up & Tournaments

- International or national tournament
- *Some national tournaments not included in the regular price*
- *International tournaments not included in the regular price*
- Junior Team matches
- Senior team matches





Rookies (10-12)			
Recommendations for this age group			Requirements
Competition (yearly)	Tournaments 8-15		min. 8 tournaments per year
	Type of competition		
	NM, LT, U12 race and challenge		mandatory tournaments:
	Rest weeks	6-8	LT innendørs, LT utendørs, Porsche cup (if under 10), Team tournaments
Practice (weekly)	Fitness training	4-6h*	Fitness at NTK min. 2x a week
	Tennis training	6-10h	Tennis at NTK min. 3x a week
	Total fitness + tennis		Be able to play Mon to Thursday 1-1.5h from 15.00 or 16.00 at NTK or Ljan
	Practicing alone		Participate in weekend matches, Friday drop in, camps, social activities
			All other practice or camps must be approved by the responsible coach at NTK
<i>* 2-3h in other sports</i>			
*Players per court ratio: 4-6:1			



Konkurransen 13-19			
Recommendations for this age group			Requirements
Competition (yearly)	Tournaments 10-16		min. 10 tournaments per year
	Type of competition		
	NC, NM, U14 race and challenge, Junior teams, TE		mandatory tournaments:
	Rest weeks	4-6	NM innendørs, NM utendørs, Team matches
Practice (weekly)	Fitness training	3-6h	Fitness at NTK: min. 2x a week
	Tennis training	5-12h	Tennis at NTK: min. 3x a week
	Total fitness + tennis	8-18h	Be able to play Mon to Thursday 1-1.5h from 15.00 or 16.00 at OTA, NTK or Ljan
	Practicing alone	2-5h	Participate in weekend matches, camps, social activities
			All other practice or camps must be approved by the responsible coach at NTK
Goals:			good national level, playing international tournaments in Norway (Tennis Europe, ITF), college tennis
*Players per court ratio: 4:1			



Toppidrett preparation group 13-15

Toppidrett preparation group 13-15			
Recommendations for this age group			Requirements
Competition (yearly)	Tournamnets 15-20		min 15 tournaments per year
	Type of competition		
	NC, NM, U14 race and challenge, Junior teams, TE, ITF		mandatory tournaments:
	Rest weeks	4-6	NM innendørs, NM utendørs, Team tournaments, TE
Practice (weekly)	Fitness training	4-8h	Fitness at NTK min. 3x a week
	Tennis training	12-14h	Tennis at NTK min. 5x a week
			Be able to play Mon to Friday* 1.5-2h from 15.00 or 16.00 at OTA, NTK or Ljan
	Total fitness + tennis	16-22h	Participate in weekend matches, camps, social activities
	Practicing alone	3-5h	All other practice or camps must be approved by the responsible coach at NTK
<i>*Friday practice is replaced by morning practice or reimbursed if the players is in a tournament draw scheduled to play on that day.</i>			
*Players per court ratio: 2-4:1			
Goals:		top national level, playing international tournaments (Tennis Europe, ITF), to play professionally, top college level.	
❖ 30min warm up and 15min cool down is mandatory			



College 16+			
Recommendations for this age group			Requirements
Competition (yearly)	Tournamnets 15-20		min. 15 tournaments per year
	Type of competition		
	NC, NM, U14 race and challenge, Junior teams, TE, ITF		mandatory tournaments:
	Rest weeks	4-6	NM innendørs, NM utendørs, ITF, Junior teams, Senior teams
Practice (weekly)	Fitness training	4-8h	Fitness at NTK min. 3x a week
	Tennis training	12-14h	Tennis at NTK min. 5x a week
	Total fitness + tennis	16-22h	Be able to play Mon to Friday* 1.5-2h from 15.00 or 16.00 at OTA, NTK or Ljan
	Practicing alone	3-5h	Participate in weekend matches, camps, social activities
All other practice or camps must be approved by the responsible coach at NTK			
<i>*Friday practice is replaced by morning practice or reimbursed if the player is in a tournament draw scheduled to play on that day.</i>			
Goals: high national level, playing international tournaments (Tennis Europe, ITF), high college level.			
*Players per court ratio: 3-4:1			



Toppidrett 16+			
Recommendations for this age group			Requirements
Competition (yearly)	Tournamnets 22-26		Min. 22 tournaments per year
	Type of competition		
	NC, NM, U14 race and challenge, Junior teams, TE, ITF		mandatory tournaments:
	Rest weeks	4-6	NM innendørs, NM utendørs, Team tournaments, ITF, Junior teams, Senior teams, GP
Practice (weekly)	Fitness training	4-8h	Fitness at NTK min. 4x a week
	Tennis training	16-22h	Tennis at NTK min. 5x a week
			Be able to play Mon to Friday* 1.5-2h from 15.00 or 16.00 at OTA, NTK or Ljan
			Participate in weekend matches, camps, social activities
	Total fitness + tennis	22-28h	All other practice or camps must be approved by the responsible coach at NTK
Practicing alone	4-6h		
<small>*Friday practice is replaced by morning practice or reimbursed if the players is in a tournament draw scheduled to play on that day.</small>			
*Players per court ratio: 2-3:1			
Goals:		top national level, playing international tournaments (Tennis Europe, ITF) to play professionally, top college level.	
❖ 30min warm up and 15min cool down is mandatory			