



Rookies/Konkurranse/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

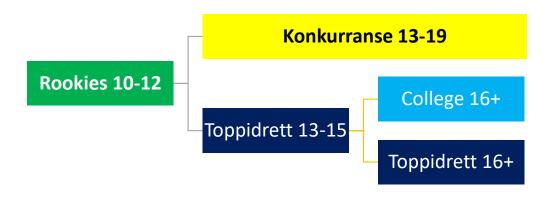
Coaching team & collaborations

- •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)
Recomm	nendations for this age group	Requirements	
Competition (yearly)	Tournaments		
	8-15		min. 8 tournaments per year
	Type of competition		1
	NM, LT, U12 race and challenge		mandatory tournaments:
	Rest weeks	6-8	LT innendørs, LT utendørs, Porsche cup (if under 10), Team tourname
	Fitness training	4-6h*	Fitness at NTK min. 2x a week
		6-10h	Tennis at NTK min. 3x a week
Practice (weekly)	Tennis training		Be able to play Mon to Thursday 1-1.5h from 15.00 or 16.00 at NTK or
Practice (weekly)			Participate in weekend matches, Friday drop in, camps, social acitiviti
	Total fitness + tennis	10-16h	All other practice or camps must be approved by the responsible coacl
	Practicing alone	2-5h	NTK
	* 2-3h in other sports		
yers per court ratio: 4-6:1	* 2-3n in other sports		



		Konkurranse 13-19	
Recommendations for this age group			Requirements
	Tournamnets		min. 10 tournaments per year
Competition (yearly)	10-16		
	Type of competition		
	NC, NM, U14 race and challenge, Junior teams, TE		mandatory tournaments:
	ive, ivivi, 014 race and challenge, Juli	iioi tealiis, it	NM innendørs, NM utendørs, Team matches
	Rest weeks	4-6	NW Illienagis, NW atenagis, Team matches
	Fitness training	3-6h	Fitness at NTK: min. 2x a week
		5-12h	Tennis at NTK: min. 3x a week
Practice (weekly)	Tennis training		Be able to play Mon to Thursday 1-1.5h from 15.00 or 16.00 at OTA, NTK or Lj
Fractice (weekly)			Participate in weekend matches, camps, social lactivities
	Total fitness + tennis	8-18h	All other practice or camps must be approved by the responsible coach at NT
	Practicing alone	2-5h	All other practice of camps must be approved by the responsible coach at Wi
Goals:	good national level, playing international tournaments in Norway (Tennis Europe, ITF), college tennis		
layers per court ratio: 4:1			



		Toppidrett preparation g	roup 13-15
	Recommendations for this age group		Requirements
	Tournamnets	min 15 tournaments per year	
	15-20		
Competition (yearly)	Type of competition		7
Competition (yearly)	NC, NM, U14 race and challenge, Junior	tooms TE ITE	mandatory tournaments:
	NC, NIVI, 014 race and challenge, Junior	teams, ie, iir	NISS in an addres NISS standard Town towns on the TE
	Rest weeks	4-6	NM innendørs, NM utendørs, Team tournaments, TE
!		!	
	Fitness training	4-8h	Fitness at NTK min. 3x a week
	Tennis training		Tennis at NTK min. 5x a week
Dractice (weekly)		12-14h	Be able to play Mon to Friday* 1.5-2h from 15.00 or 16.00 at OTA, NTK or Ljan
Practice (weekly)			Participate in weekend matches, camps, social activities
	Total fitness + tennis	16-22h	All other prostice or compare prost he appropried by the recognistic coach at NTV
	Practicing alone	3-5h	All other practice or camps must be approved by the responsible coach at NTK
•		•	*Friday practice is replaced by morning practice or reimburssed if the players is in a tournament draw scheduled to play on that day
Players per court ratio: 2-	4:1		
Goals:	top national level, playing international tournaments (Tennis Europe, ITF), to play professionally, top college level.		
			1 , n p . p p p p
	☆ 20min	warm up and 15min coo	I down is mandatory



		College 16) +
Recommendations for this age group			Requirements
Tournamnets			
	15-20		min. 15 tournaments per year
Competition (yearly)	Type of competition		
	NC, NM, U14 race and challenge, Junior teams, TE, ITF		mandatory tournaments:
			NING in condens NING standard ITT Invited to come Conjugate and
	Rest weeks	4-6	NM innendørs, NM utendørs, ITF, Junior teams, Senior teams
•		•	
	Fitness training	4-8h	Fitness at NTK min. 3x a week
	Tennis training		Tennis at NTK min. 5x a week
Practice (weekly)		12-14h	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	16-22h	All other practice or camps must be approved by the responsible coach at NTK
	Practicing alone	3-5h	All other practice of camps must be approved by the responsible coach at win
			*Friday practice is replaced by morning practice or reimburssed if the player is in a tournament draw scheduled to play on that day.
Goals:	high national lev	el, playing international	tournaments (Tennis Europe, ITF), high college level.
Players per court ratio: 3-4:	1		



		Toppidrett 1	L6+
	Recommendations for this age group		Requirements
	Tournamnets		
Competition (yearly)	22-26		Min. 22 tournaments per year
	Type of competition		
	NC, NM, U14 race and challenge, J	unior teams TE ITE	mandatory tournaments:
	Ne, Nivi, 014 face and chanenge, J	unior teams, rc, m	NM innendørs, NM utendørs, Team tournaments, ITF, Junior teams, Senior teams, GP
	Rest weeks	4-6	initial initiality is, Nivi atenapis, Team tournaments, 117, Junior teams, Semor teams, Gr
	Fitness training	4-8h	Fitness at NTK min. 4x a week
			Tennis at NTK min. 5x a week
Practice (weekly)	Tennis training	16-22h	Be able to play Mon to Friday* 1.5-2h from 15.00 or 16.00 at OTA, NTK or Ljan
Tractice (weekly)			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	All other practice of camps must be approved by the responsible coach at Wik
			*Friday practice is replaced by morning practice or reimburssed if the players is in a tournament draw scheduled to play on that day
Players per court ratio: 2	-3:1		
Goals:	top national level, playing	g international tourname	nts (Tennis Europe, ITF) to play professionally, top college level.
	. • 3	Omin warm up and 15min co	and down is mandatory