



# Tennis Academy

## HANDBOOK - 2019



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# Introduction

## STAR FIELD SPORTS LTD

Star Field Sports Ltd. was established in January 2017 and with the sole purpose of developing East African Sports and removing barriers to participation. In our first two years of operation we have worked with four schools, opened two academies and organised two major tournaments. We have also given over 200 underprivileged children the opportunity to participate in Sport. In 2019, we aim to accelerate this growth and build on the foundations that we've laid out by giving our players top quality coaching, regular fixtures and tournaments, international tours and guidance.

## The Star Field Vision

At Star Field, we believe that sports can be used to transform lives and develop communities. Our Company ethos is based around our vision of **Global Sports Development**. We will achieve this by constantly challenging the status quo through innovative sports programmes and initiatives, sports coaching and academies, sports events, coach education and sports marketing. We see sports development from two angles i.e. development of the sport itself or using the sport as a tool for wider societal development.



# Our Programme



# Overview

Star Field Sports has implemented a Long-Term Athlete Development (LTAD) pathway for players developed by Tennis Canada. It progresses through 7 steps from a players first exposure to the sport, to being a professional player.

Partway through the development, the path splits and players can choose a more "High Performance" stream or, continue to enjoy and improve in the "Tennis for life" stream.

The program follows the 'Progressive Tennis System' which is fully endorsed by the International Tennis Federation (ITF) and is designed to give players of all abilities an opportunity to develop their skills in a fun and engaging environment. The program is divided into 3 termly blocks wherein players can enrol to play one, two, three, four or five times a week.

## LTAD

Our program aims to develop our players using the Long Term Athlete Development Model, which looks at Technical Development, Tactical Awareness, Physiological Fitness, Psychological Toughness and Social Understanding. Through this, we identified four skills that are required to play tennis successfully. These are called the "I CAN" skillsets, as follows:

1. "I CAN" Rally
2. "I CAN" Start a Point
3. "I CAN" Play Net
4. "I CAN" Play a Point

Additionally, all players are exposed to the "I am a Good Sport" behaviours, which include:

1. Hug the racquet when the coach is talking
2. Pick up the balls quickly
3. Shake hands after every game
4. Keep score out loud
5. Co-operate with partners
6. Compliment opponents after good shots
7. Make clear and fair line calls

# Sessions

## **ONCE A WEEK (KES 1,000/- Per Week)**

This program is designed to give participants a chance to learn and develop the key basic skills of tennis. It has been created to ensure that all areas of the game are touched upon and provides a strong platform to build on.

## **TWICE A WEEK (KES 1,800/- Per Week)**

Participants enhance their key basic skills and develop their tactical understanding of the game. This program ensures that all areas of the game are touched upon and provides a strong platform to build on and works perfectly for recreational players.

## **THRICE A WEEK (KES 2,400/- Per Week)**

This program provides players of all levels a comprehensive program covering all the key aspects of the modern game. Physiological fitness is introduced at this level and sessions are aimed at using body weight exercises to develop tennis specific strength and anaerobic fitness (interval training).

## **FOUR TIMES A WEEK (KES 3,000/- Per Week)**

This elite program combines all basic tennis skills with advanced tactical sessions aimed at maximising performance levels in a competitive environment. Players at this stage are put through an intense fitness program and players will undergo fitness testing.

## **FIVE TIMES A WEEK (KES 3,500/- Per Week)**

This elite program combines all basic tennis skills with advanced tactical sessions aimed at maximising performance levels in a competitive environment. Players at this stage are put through an intense fitness program and players will undergo fitness testing. The additional session works on match situations against coaches and players (internally and from other academies)

# Session Information





# Group Sessions

The Star Field Tennis Academy runs all year round with a short break for the New Year. Our programme is designed to maximise the development of all children as tennis players, sportspeople and members of society. The group sessions are crucial for development as players learn to work in a team and compete against other players at their level.

## Fees

**Once a Week:** KES 1,000/- Per Week

**Twice a Week:** KES 1,800/- Per Week

**Thrice a Week:** KES 2,400/- Per Week

**Four Times a Week:** KES 3,000/- Per Week

**Five Times a Week:** KES 3,500/- Per Week

**NB:** Payment for the term will have to be made in advance.

## Timings

Group sessions are conducted as follows:

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
9AM - 10AM						✓	✓
10AM - 11AM						✓	✓
11AM - 12PM						✓	✓
12PM - 1PM							
1PM - 2PM							
2PM - 3PM							
3PM - 4PM	✓	✓	✓	✓	✓		
4PM - 5PM	✓	✓	✓	✓	✓		
5PM - 6PM	✓	✓	✓	✓	✓		



# One-on-Ones

Our one-on-one sessions are a great way for coaches to develop and correct technical skills. We work with each individual player and create bespoke programmes to maximise their learning and enjoyment. The sessions last an hour long and are conducted by our team of top-quality coaches.

## Fee

Pricing for one-on-one's will be based on the number of sessions taken per week and will be as follows:

**Once a Week:** KES 2,000/-

**Twice a Week:** KES 4,000/- (KES 2,000/- per session)

**Thrice a Week:** KES 5,250/- (KES 1,750/- per session)

**Four Times a Week:** KES 6,000/- (KES 1,500/- per session)

**Five Times a Week:** KES 6,750/- (KES 1,350/- per session)

**6+ per Week:** KES 1,250/- per session

**NB:** Payment for the week will have to be made prior to the start of sessions

## Timings

Group sessions are conducted as follows:

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
9AM - 10AM	✓	✓	✓	✓	✓		
10AM - 11AM	✓	✓	✓	✓	✓		
11AM - 12PM	✓	✓	✓	✓	✓		
12PM - 1PM							
1PM - 2PM	✓	✓	✓	✓	✓	✓	✓
2PM - 3PM	✓	✓	✓	✓	✓	✓	✓
3PM - 4PM					✓	✓	✓
4PM - 5PM					✓	✓	✓
5PM - 6PM					✓	✓	✓

**NB:** Sessions can be booked at other times subject to availability of Coaches

# Bookings

All One-on-One sessions require prior booking. Slots can be booked over the phone (Call, text or WhatsApp), in person or via email as follows:

## Phone:

Harsh Patel: + 254 701 831 000

Veer Dave: +254 735 879 219

Karan Kaul: +254 722 655 338

## Email:

info@starfieldsports.com



## Block Bookings

Longer-term bookings can be made to secure a particular time slot and these can be done Monthly or termly. To confirm the booking, we ask for the full monthly or termly payment amount prior to the start of sessions. Please note, in the event of any missed sessions, we will follow the cancellation policy (Below).



## Cancellation Policy

To cancel a pre-booked session, please contact any of the above booking contacts\*. Cancellation charges are as follows:

- 24 Hours or more before the scheduled slot – No Charge.
- 24 Hours to 1 Hour before the scheduled slot – 50% of Session Amount
- Less than 1 Hour to the scheduled slot – 100% of the Session Amount

**NB:** Extenuating circumstances will be considered. Also, if a session is cancelled by Star Field the session will be carried forward to the next agreeable slot. However, if the session is cancelled less than 2 Hours to the scheduled slot the session will be moved to the next agreeable slot **AND** one additional **FREE** session.



## Rain Affected Sessions

Cricket is a weather sensitive sport and therefore sessions may get affected by unfavourable conditions. We will do our best to ensure that this does not happen by offering indoor theory and practical sessions. Indoor sessions are used for **Technical Drills**, **Tactical knowledge** and **Theory**. For more information about these, please contact a Star Field rep.



# Code of Conduct

Our main focus is to develop each player that we work with and to ensure this is achieved the following codes of behaviour identify a selection of key principles upon which Coaches, Parents & Players should base their cricket involvement. The codes ensure that participants develop good sporting behaviours and an inherently positive cricketing experience. Please take some time to go through them.

## Coaches

- Teach students that rules of the sports are mutual agreements which no-one should evade or break.
- Never ridicule or shout at players for making mistakes or not performing up to expectations. Instead, coaches are encouraged to use positive behaviour management techniques.
- Encourage players to respect all their teammates, opponents, coaches, officials and support staff.
- Avoid over-playing talented players.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players
- When officiating matches, ensure that you do so with integrity.
- Do not publicly criticise or react to the umpires judgement and decision. Player's need to understand that officials make errors and the coach should reinforce this.
- Make a personal commitment to keep yourself informed of current officiating, coaching and training principles.
- Remember that your prime duty of care is to the students.
- Maintain a standard of dress complimentary to the presentation of the team.
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion

# Code of Conduct

## Players

- Players should respect all their teammates, opponents, coaches, officials and support staff.
- Never argue with an umpire – if you disagree with a decision you should have your captain or coach deal with the umpire in an appropriate manner at the innings break or after the game.
- Always wear appropriate sports clothing for training sessions and correct uniform for matches.
- All players have the responsibility to ensure that they
- Be a good sport. Compliment and appreciate good play from teammates and opponents.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour.
- Players have the responsibility to play and train in the spirit of sportsmanship and fair play.
- All players are expected to be role models; any behaviour contravening this will be strongly dealt with.
- Always respect your coaches' decisions. Remember, they always have your best interests in mind.
- Verbal or physical abuse will not be tolerated. This includes bullying and provoking teammates or opponents.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion

# Code of Conduct

## Parents

- Cooperate with Star Field to achieve the best outcomes for your child.
- Ensure all fees are paid by their relative deadlines.
- Encourage your child to participate fairly and abide by the rules of the game.
- Focus on your child's efforts and performance rather than the results
- Never ridicule or yell at any child for making a mistake or any other reason.
- Respect the judgement of coaches or officials. Remember, they have your child's best interests in mind.
- Support team and event officials in maintaining a safe and respectful learning environment for all players.
- Support all efforts to remove verbal and physical abuse from sporting activities
- Refrain from engaging with your child or interfering with sessions or the coaches training method during sessions
- Remember, children are involved in tennis for their enjoyment, not yours
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Be courteous and constructive in your communication with players, team officials, game officials and sport administrators
- Encourage honest effort, skilled performance and team loyalty.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion
- Provide a model of good sportsmanship for your child to follow
- Make any new parents feel welcome on all occasions
- Remember, students play for enjoyment; please don't let your behaviour detract from their enjoyment.





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