

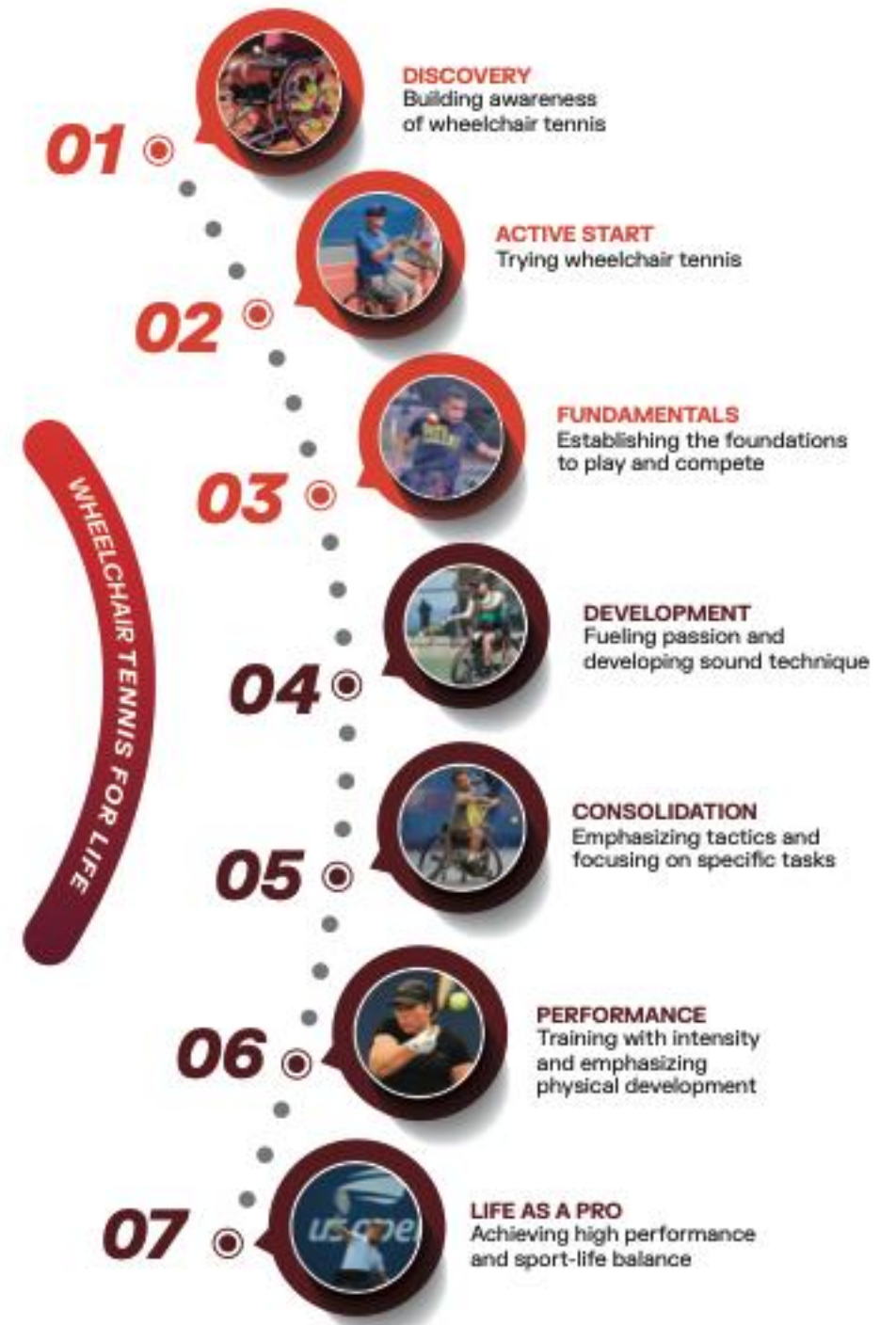


# WHEELCHAIR TENNIS WHOLE PLAYER DEVELOPMENT PATHWAY

January 16, 2025

Janet Petras- Director, HP Programs & Administration

Kai Schrameyer- National Coach, Wheelchair Tennis



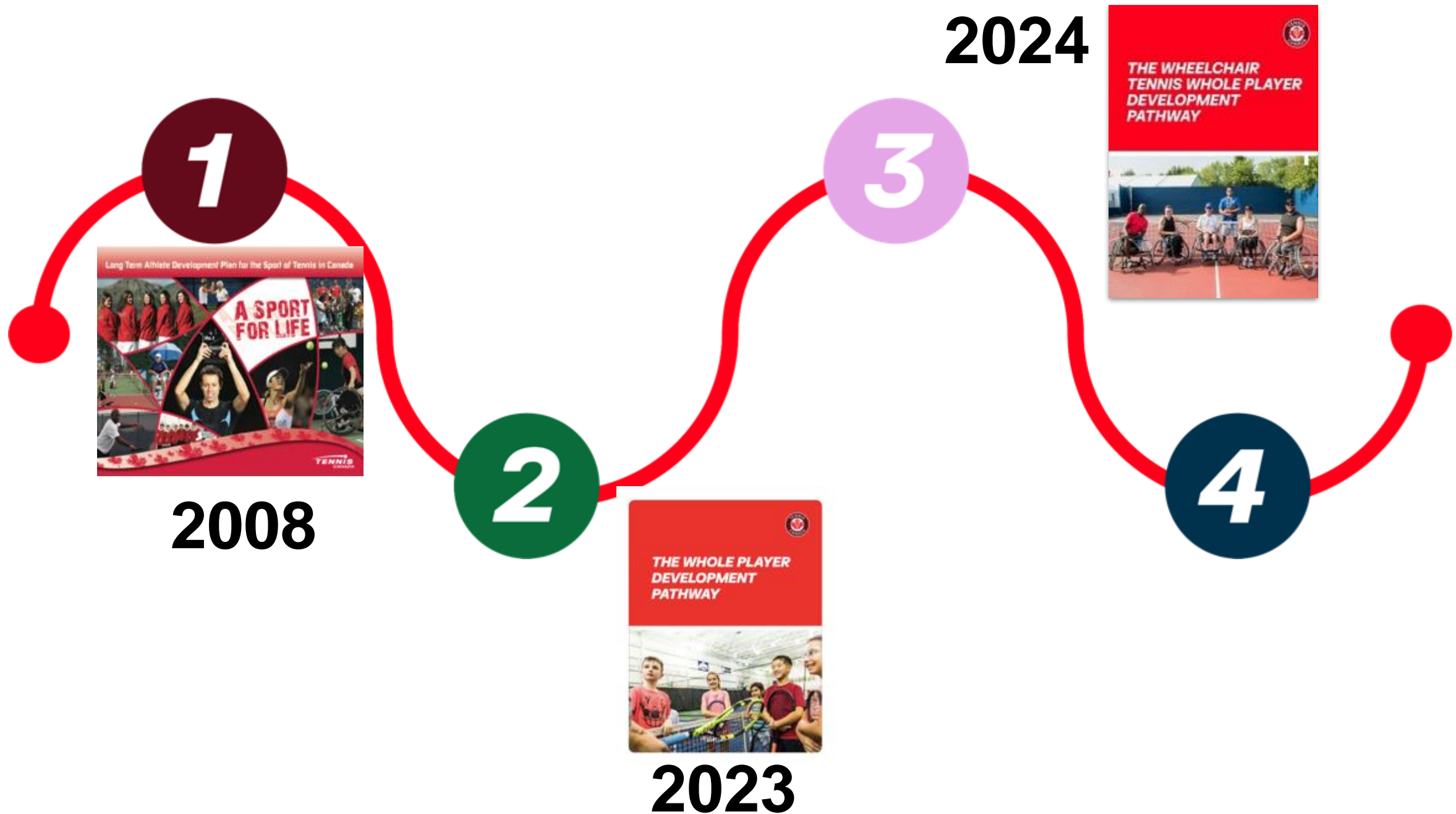
# LAND ACKNOWLEDGMENT



*We recognize that Surrey, BC is situated on the unceded traditional territories of the Coast Salish peoples, including the Katzie, Kwantlen and Semiahmoo First Nations.*

*We also respectfully acknowledge the many other Indigenous nations that are represented among Surrey's population.*

# WHAT ARE THE ORIGINS?



# WHAT IS IT?

- Roadmap & toolbox
- Holistic development pathway
- 5C's of skill development
- Unique content
- WPDP Alignment



# WHO IS IT FOR?

- Coaches, players, families, clubs, provincial/community partners
- Living document
- Feedback is welcome!





# WHY WE DO IT

*“I was amazed at how quickly the kids in wheelchairs improved week after week, no matter what the level of their disability. Witnessing their delight in playing tennis and continued improvement is what inspired me the most. ”*

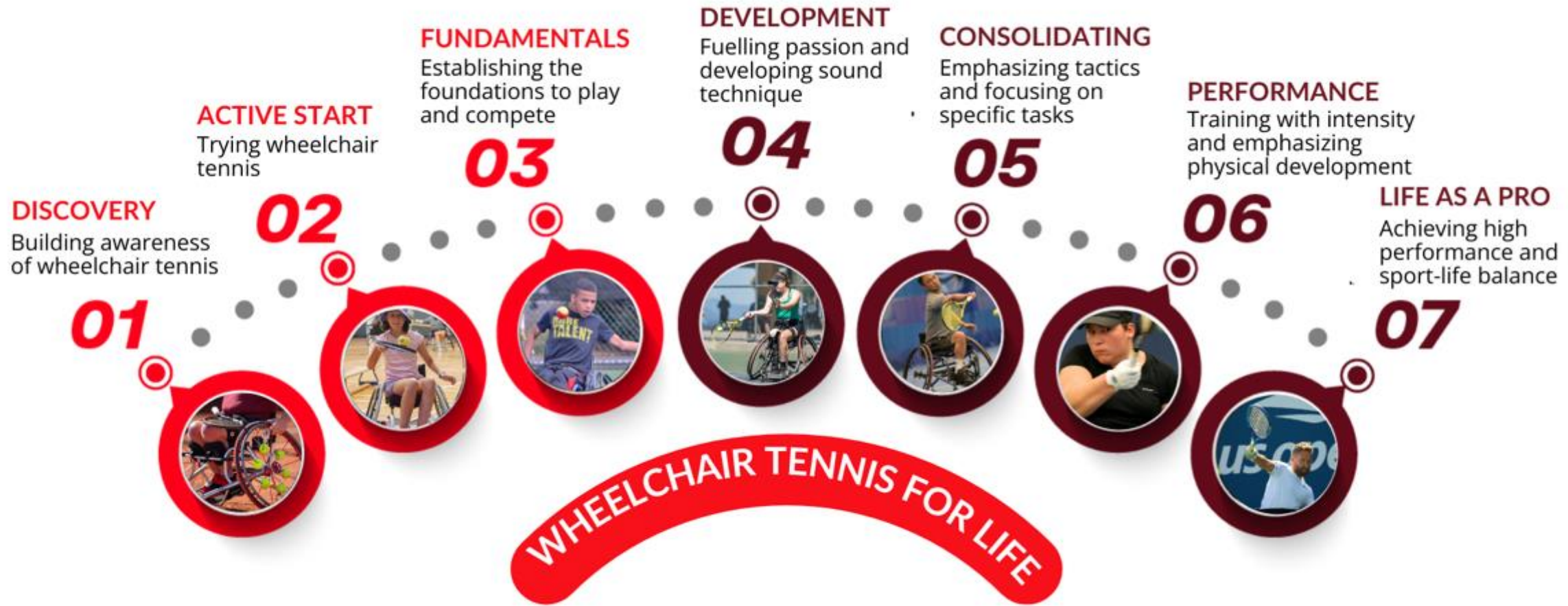
**- Brian Pound, BTC Champion of the Year 2011, Winnipeg, MB**



# THE 7 STAGES



# WHEELCHAIR TENNIS WHOLE PLAYER DEVELOPMENT PATHWAY





# THE 5 Cs



# 5C's OF SKILL DEVELOPMENT



## 1. **Culture**

The sum total of all of our behaviours and actions, verbal and nonverbal, on and off the court: a way of doing the right things.

## 2. **Character**

Leadership skills at each age and stage of development.

## 3. **Confidence**

Psychological development that supports self-confidence: the process on the path to developing resilience.

## 4. **Connection**

Social and emotional development focused on relationships and connectivity in an increasingly disconnected world.

## 5. **Competence**

Tactical, technical, and physical development recommendations, from fundamental movement skills through sport-specific tennis training based on age and level.

# FACTORS INFLUENCING DEVELOPMENT



# FACTORS INFLUENCING DEVELOPMENT

- ✓ Starting age
- ✓ Physical impairment
- ✓ Physical literacy
- ✓ Previous tennis experience
- ✓ Previous wheelchair sport experience
- ✓ Intrinsic motivation, work ethic, goal setting, health, lifestyle, and a support system





# 5 ENTRY POINTS

Tennis Skills



C

Extensive tennis experience/ limited wheelchair mobility skills



E

Extensive tennis experience/ extensive wheelchair mobility skills



B

Extensive sport experience/ no tennis or wheelchair mobility skills



A

Limited sports experience or wheelchair mobility skills



D

No tennis experience/ extensive wheelchair mobility skills

Mobility Skills

# UPCOMING WEBINARS

- Recruitment strategies
- Types of disabilities and impact on coaching
- Mobility cycle
- Tennis Wheelchair Set up
- Key Tactics: ‘Winning style of play’
- Pronated backhand





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A

**Join us for the next Webinar!**  
**Stage 1: Discovery**  
**Thursday, February 20<sup>th</sup>, 12pm EST**

**Featuring:**

Michelle McDonell,  
Executive Director BC Wheelchair Sports Association

