



香港網球總會  
HONG KONG TENNIS ASSOCIATION

HKTA  
**talentGroup**  
2008-2009  
*Player's Diary*

Be Part of the Junior High Performance Team!



# **talentGroup Player Profile**

**Name:** \_\_\_\_\_

**Gender:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Nationality:** \_\_\_\_\_

**Age Started Tennis:** \_\_\_\_\_

**Favorite Players:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Parent's Name:** \_\_\_\_\_

**Parent's Phone Number:** \_\_\_\_\_

**Parent's Email:** \_\_\_\_\_

**Plays: Left-handed / Right-handed \* (delete as appropriate)**

## **talentGroup Expectations:**

1. Players are expected to attend **ALL** training sessions except under the following circumstances: illness, prior school commitments, tournaments, other prior arrangements with HKTA. Failure to attend training without above mentioned reasons or phone call to your coach could see you excluded from future training sessions.
2. Be punctual and organised for every session. If you are experiencing problems getting to training on time, please inform the coach via a phone call or text message prior to commencement of session
3. Be dressed in suitable tennis attire.
4. Always conduct yourself in an appropriate manner on and off the court, be respectful of yourself, your fellow team members, coaches, parents and your opponents.
5. To compete in designated tournaments as specified in your individual annual plan.
6. Pack your own tennis racquet bag for every training session and include:
  - a snack,
  - racquets, ideally the same type, strung, balanced and weighted the same,
  - court shoes as well as running shoes for other training
  - water bottles to be full before training (no water bottle no training),
  - towel (big enough to lie on without touching the ground), and a
  - skipping rope (plastic), or other essential warm up items.

### **7. Players need to carry player notebook at all times**

***Failure to meet and uphold these expectations will see you removed from the programme and replaced by another player who will.***

# talentTGroup Private Coach Evaluation

(Half Year)

Coach's Name \_\_\_\_\_

Coach's Contact Number \_\_\_\_\_

Hours spent with Player per week \_\_\_\_\_

Forehand: \_\_\_\_\_

Backhand: \_\_\_\_\_

Serve: \_\_\_\_\_

Volley: \_\_\_\_\_

Smash: \_\_\_\_\_

Strengths: \_\_\_\_\_

Weaknesses: \_\_\_\_\_

Mental Skills: \_\_\_\_\_

Physical Skills: \_\_\_\_\_

Additional Comments: \_\_\_\_\_

Evaluation Date: \_\_\_\_\_ Signature (Coach): \_\_\_\_\_

# talentGroup Private Coach Evaluation

(Half Year)

Coach's Name \_\_\_\_\_

Coach's Contact Number \_\_\_\_\_

Hours spent with Player per week \_\_\_\_\_

Forehand: \_\_\_\_\_

Backhand: \_\_\_\_\_

Serve: \_\_\_\_\_

Volley: \_\_\_\_\_

Smash: \_\_\_\_\_

Strengths: \_\_\_\_\_

Weaknesses: \_\_\_\_\_

Mental Skills: \_\_\_\_\_

Physical Skills: \_\_\_\_\_

Additional Comments: \_\_\_\_\_

Evaluation Date: \_\_\_\_\_ Signature (Coach): \_\_\_\_\_

# talentGroup Player's Goals Setting Worksheet

I, \_\_\_\_\_ commit myself to giving my best effort to achieve the following goals for the next six months.

This agreement with myself will start on \_\_\_\_\_.

## Technical goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Tactical goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Physical goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Mental goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Match play / Competitive goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

The obstacles that possibly could stop me achieving these goals are:

\_\_\_\_\_  
\_\_\_\_\_

So I will try to overcome these by: \_\_\_\_\_

\_\_\_\_\_

Date of setting these goals: \_\_\_\_\_

# talentGroup Player's Goals Setting Worksheet

**DREAM GOALS** (What thing would I like to achieve in tennis?) (Write them in order of importance)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LONG TERM GOALS** (e.g. 1 to 3 years)

**ACHIEVEMENT DATES**

- |          |   |
|----------|---|
| 1. _____ | / |
| 2. _____ | / |
| 3. _____ | / |

**MID TERM GOALS** (e.g. 4 to 9 months)

**ACHIEVEMENT DATES**

- |          |   |
|----------|---|
| 1. _____ | / |
| 2. _____ | / |
| 3. _____ | / |

**SHORT TERM GOALS** (e.g. 1 to 12 weeks)

**ACHIEVEMENT DATES**

- |          |   |
|----------|---|
| 1. _____ | / |
| 2. _____ | / |
| 3. _____ | / |

**ACTION STEPS FOR SHORT TERM GOALS**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Signature (Player): \_\_\_\_\_ Signature (Coach): \_\_\_\_\_

# talenTGroup Player Goal Setting Worksheet

I, \_\_\_\_\_ commit myself to giving my best effort to achieve the following goals for the next six months.

This agreement with myself will start on \_\_\_\_\_.

## Technical goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Tactical goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Physical goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Mental goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Match play / Competitive goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

The obstacles that possibly could stop me achieving these goals are:

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\_\_\_\_\_

So I will try to overcome these by: \_\_\_\_\_

\_\_\_\_\_

Date of setting these goals: \_\_\_\_\_

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**DREAM GOALS** (What thing would I like to achieve in tennis?) (Write them in order of importance)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LONG TERM GOALS** (e.g. 1 to 3 years)

**ACHIEVEMENT DATES**

- |          |   |
|----------|---|
| 1. _____ | / |
| 2. _____ | / |
| 3. _____ | / |

**MID TERM GOALS** (e.g. 4 to 9 months)

**ACHIEVEMENT DATES**

- |          |   |
|----------|---|
| 1. _____ | / |
| 2. _____ | / |
| 3. _____ | / |

**SHORT TERM GOALS** (e.g. 1 to 12 weeks)

**ACHIEVEMENT DATES**

- |          |   |
|----------|---|
| 1. _____ | / |
| 2. _____ | / |
| 3. _____ | / |

**ACTION STEPS FOR SHORT TERM GOALS**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Signature (Player): \_\_\_\_\_ Signature (Coach): \_\_\_\_\_

# talentGroup Matchplay Performance Worksheet

Player's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Conditions: \_\_\_\_\_

Tournament: \_\_\_\_\_

Surface: \_\_\_\_\_

Round: \_\_\_\_\_

Opponent's Name: \_\_\_\_\_

Performance goals set prior to match	Rating of achievement (1-10)
1. _____	/10
2. _____	/10
3. _____	/10
Performance tips set prior to match	Rating of achievement (1-10)
1. _____	/10
2. _____	/10
3. _____	/10

Outcome of the match: \_\_\_\_\_

Opponents style of play: Net rusher  Aggressive Baseline   
 Counter puncher  All-court player

Personal rating of effort/fight: \_\_\_\_/10

Personal rating of playing satisfaction: \_\_\_\_/10

<p><b>The "Positive" area from the match</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p><b>The area to be improved</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>

If you would play the match again what would you do differently?

\_\_\_\_\_

Evaluation Date: \_\_\_\_\_

# talentGroup Matchplay Performance Worksheet

Player's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Conditions: \_\_\_\_\_

Tournament: \_\_\_\_\_

Surface: \_\_\_\_\_

Round: \_\_\_\_\_

Opponent's Name: \_\_\_\_\_

Performance goals set prior to match	Rating of achievement (1-10)
1.	/10
2.	/10
3.	/10
Performance tips set prior to match	Rating of achievement (1-10)
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Tournament: \_\_\_\_\_

Surface: \_\_\_\_\_

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Outcome of the match: \_\_\_\_\_

Opponents style of play:    Net rusher                Aggressive Baseline      
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Personal rating of effort/fight: \_\_\_\_/10

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Evaluation Date: \_\_\_\_\_

For player  
use only

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Player's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Conditions: \_\_\_\_\_

Tournament: \_\_\_\_\_

Surface: \_\_\_\_\_

Round: \_\_\_\_\_

Opponent's Name: \_\_\_\_\_

Performance goals set prior to match	Rating of achievement (1-10)
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Outcome of the match: \_\_\_\_\_

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<b>The "Positive" area from the match</b> 1. _____ 2. _____ 3. _____
<b>The area to be improved</b> 1. _____ 2. _____ 3. _____

If you would play the match again what would you do differently?

\_\_\_\_\_

Evaluation Date: \_\_\_\_\_

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Player's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Conditions: \_\_\_\_\_

Tournament: \_\_\_\_\_

Surface: \_\_\_\_\_

Round: \_\_\_\_\_

Opponent's Name: \_\_\_\_\_

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1.	/10
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Evaluation Date: \_\_\_\_\_

















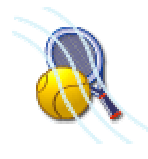




# talentGroup Contact List



Name: Hong Kong Tennis Association  
Contact: 2504 8266



Name: \_\_\_\_\_  
Contact: \_\_\_\_\_



Name: \_\_\_\_\_  
Contact: \_\_\_\_\_



Name: \_\_\_\_\_  
Contact: \_\_\_\_\_



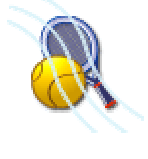
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