

Female Performance Coach Engagement Programme

Application Form

Research has shown that only 16% of performance coaches currently working on the LTA performance player pathway are female. Built upon the work last year of engaging with this group of coaches and from what we have learnt, this programme seeks to improve the representation of female coaches, across all stages of the player pathway.

This bespoke performance programme has been designed to engage female coaches through tailored support from specialised mentors, creating opportunities and exposure to the LTA player pathway. Coaches will connect through performance focused workshops, on and off court, where they can share ideas and discuss best practice, whilst establishing a future network of support.

The programme is for passionate and committed female coaches, who are looking to progress in performance coaching. Coaches do not need to already be working in performance coaching but must be able to demonstrate how they are actively pursuing it.

The two pre-requisites for this programme are:

- Minimum of Level 3 qualified
- Holding valid Coach Accreditation and working towards Accreditation+

Programme dates:

Activity	Date	Time
Programme Introduction Call	15 th December 2022	12.30pm – 1pm
Workshop 1	Tues 10 th January 2023	10am – 4pm
Workshop 2	Tues 4 th April 2023	10am – 4pm
Workshop 3	Thurs 20 th July 2023	10am – 4pm
Workshop 4	Weds 1 st November 2023	10am – 4pm
Programme Conclusion	Weds 1 st November 2023	Evening

Please fill in the application form below in full.



Personal Details

Please do not leave any fields blank.

First Name	Last Name	Coach Code	Email	Contact Number

Venue and Role

What role do you have in your venue and how many hours do you work delivering coaching?

Please specify for each age and stage of player/s you work with.

Venue	Region	Role	No. of hours you coach	Age/Stage of Players

If you currently coach/have previously coached with any Performance players, please provide their names below.

Player Name	Age and Stage	Past or Current

Current Situation

Please fill in the below by selecting which of the options best describes your current situation.

Please indicate with an "x" in the appropriate box and choose only one.

Aspiring to work in Performance Coaching	Currently working in Performance Coaching

Future Aspirations

What stage of the pathway would you like to predominantly coach in?

Please indicate in the boxes whether it's a **short** or **long** term aspiration (multiple answers welcome).

Regional Performance (7-10 yrs)	National Performance (10-14 yrs)	Junior International (14-18 yrs)	Pro Transition (18-24 yrs)	Pro (24+ yrs)



Coaching Qualification Details

Please do not leave any fields blank.

Current Qualification Level	Awarding Body	Date Passed

Coach Accreditation

Accredited +	Accredited	Not Accredited

Playing Level

Please fill in all the boxes below that are relevant to your playing level.

If you competed, please indicate at which level and if you did not compete, please indicate if you have a play test grade or rating.

Highest ever ATP/WTA ranking (singles)	Highest ever ATP/WTA ranking (doubles)	Competed at University (Y/N)	Competed at National Level (Y/N)	Competed at County Level (Y/N)	Highest ever rating	Play Test Grade (1/2/3)	Didn't Compete (mark with an 'x')

Did you ever train in a performance programme?

YES (Please detail below)	NO



Motivation to join the programme

Why are you applying for this programme?

What is it about this programme that you feel will be particularly beneficial to you and your career?

Within a coaching context, please give an example of a time when you worked with a variety of individuals in order to achieve a shared goal.



Within a coaching context, please give an example of a time where a new situation presented itself and how you navigated it.

Excluding traditional CPD (i.e., qualifications, courses, webinars, podcasts, books etc.) can you explain how you pursue your own self-development?



Experiences

Will you commit to all quarterly workshops?

Please note these will be predominantly face-to-face at the NTC.

Please indicate with an "x" in the appropriate box.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Are you willing to travel to other venues, tournaments and sports (linked to your PDP)?

Please indicate with an "x" in the appropriate box.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Are you willing to have a National Coach work with you on-court?

Please indicate with an "x" in the appropriate box.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Would you be willing to move into an existing Performance programme? (If not already fully involved with one).

Please indicate with an "x" in the appropriate box.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

If you answered **No** to any of the above questions, please could you elaborate below.

Thank you for taking the time to apply. We will be in touch shortly.

Performance Coach Education & Development team

