



**Inspire Mentorship Program**  
**Helping Females Find Their Pathway To Success Through Tennis**

***What is the Inspire Mentorship Program?***

We believe that through tennis, females can gain valuable life experience in a safe environment. They acquire knowledge in goal setting, discipline, independence, time management, responsibility, and so much more. We have created a collaborative environment that brings young females together to learn, grow, and lead. We believe there are various pathways to success and this program will work with each individual to reach their full potential.

The girls will be learning in a team environment that allows them to build friendships, work together, and grow in a non-competitive environment. They will work collaboratively with the mentees to provide a support network and assist them in achieving their personal goals. We provide Tennis Canada Instructor Course training throughout the duration of the program. All participants will receive a Community Tennis Facilitator training upon completion of the Inspire Mentorship Program and those that are eligible will have the opportunity to complete the Instructor Course certification simultaneously.

***Who is the program for?***

This program is for female teenage tennis players or females that have an interest in coaching tennis and are looking to develop their skills in life, tennis, and coaching. The skills that they will acquire will help guide them in any career path they decide to pursue. The qualities we are looking for in our candidates are: passionate, committed, and team-orientated.

***What will I learn?***

In this program you will experience and develop the qualities associated with a positive, motivating and inspiring leader. As well, you will be trained in all elements to be an Instructor.

This program includes the following components: career planning, coaching development, collaboration, mentorship and contributing to your community.

Throughout the program you will learn:

**Leadership**

- Effective communication
- To be resourceful

- Problem solving
- Control the focus and attention of a group
- Present clear and correct visual demonstrations with concise explanations
- Provide a positive interventions that apply tactical and technical tools to improve performance Manage play and practice environments

#### Personal Development and Career Planning

- Career exploration/preparation (ex. resume building)
- Opportunities to meet inspiring female leaders (coaches/guest speakers)
- Resources and guidance for finding work opportunities
- Networking
- Self-advocacy
- Goal setting

#### Professionalism

- Display professionalism and enthusiasm
- Follow a process for making ethical decisions consistent with the Tennis Canada Code of Ethics

#### Coaching

- Coaching training and program planning
- Opportunities to teach and lead others
- Plan and implement “Learn to Play” curriculum employing Progressive Tennis so starter players can successfully serve, rally and score.
- Set up and maintain a group environment that is active, safe, and challenging while applying group organizational tools
- Organize play and apply competition tools using a variety of competitive formats, set-ups and scoring
- Awareness of Tennis Canada’s Wheelchair course and “Active Start” initiatives
- Awareness of Tennis Canada’s Pathway programs including Learn to Play curriculum

#### ***What is the program schedule?***

10 month program: October 2022 - July 2023

#### Program Breakdown

- October 2022 - December 2022 | Online Only
- January 2023 - June 2023 | Online & Live Regroupings
- June 2022 | Instructor Certification Testing
- July 2022 - Final Individual Mentorship and Course Completion

Online regroupings will take place Sunday evenings and live in person regroupings will take place over two weekends (full days).

Detailed program outline will be sent out upon program registration.

***Where is the program taking place?***

- Online Webinars
  - Zoom
- On Court Regroupings:
  - Alberta - Location TBD

***What are the program prerequisites?***

- Age range: 14 years old - 17 years old
- Tennis background OR interest in coaching tennis (part-time or full time)

***What are the required program materials and resources?***

- Participants must have access to a computer with a webcam and microphone.
- Participants must have access to email, Google Classroom, and Zoom.
- Participants must be able to produce documents electronically (WORD and PDF)

***How will I be evaluated?***

The mentorship program is designed to cater to each participant's individual needs. Inspire Through Sport values integrity, inclusion, empowerment, passion, leadership, and appreciation. We hold all participants accountable for their actions through the program and they are expected to implement our core values throughout the duration of the program. Any participant that acts in a way that disregards our core values will be subject for review in order to complete the program.

There are 4 categories of competencies candidates must complete to achieve Instructor certification:

1. Knowledge
2. Leadership/Professionalism
3. Demonstration (Playing and Fundamental Skills)
4. Teaching (Unfolding a Lesson)

In addition, candidates are required to complete the Coaching Association of Canada's Making Ethical Decisions online evaluation.

Candidates must achieve a "met standard" rating on all of the evaluations to be certified.

***Who will lead the course?***

The course will be led by Inspire Through Sports founders and coaches, Nikki Carnovale & Rachel Gould. They are both Tennis Canada Course Facilitators who are trained and developed in accordance with the Coaching Association of Canada's NCCP Learning Facilitator and Evaluator Competency requirements. To learn more about the program leaders, you can read their complete bios on [www.inspirethroughsport.com](http://www.inspirethroughsport.com).

***Who will deliver the course?***

Nikki Carnovale, Rachel Gould, local Provincial Course Facilitators, and your Provincial Tennis Association.

***What is a typical program schedule/structure?***

The program is broken up with 50% online sessions and 50% in person regroupings with additional development opportunities available to all participants.

***How much does it cost?***

Cost: \$950

What the price includes:

- Tennis Canada Instructor Course (valued at \$750)
- 60 hours of mentoring/training with course leaders both online and in person.
  - Instructor Course - 30 hours
  - Online webinars & individual mentorship - 30 hours
- An Inspire Through Sport uniform.
- Emerged in our network of coaches and leaders within the tennis community.
- Assignments and worksheets that assist individual learning.

***Who do I contact for more information?***

Please contact [info@inspirethroughsport.com](mailto:info@inspirethroughsport.com) OR visit our website at [www.inspirethroughsport.com](http://www.inspirethroughsport.com) for more information and the registration process.