



## LEVEL A

<b>GENERAL LEVELS AND CHARACTERISTIC OF THE ESTESS EDUCATION PROGRAM</b>		
<b>Course Program:</b>	<b>Level: Strategic Tutoring Mission</b>	<b>ESTESS Top Ten Equivalence „Highlighted Cornerstones“</b>
D. Development Education 1. Discovery Coach, Preparatory Coach & Instructing Coach 2. Teaching Coach 3. Development Coach	Elementary Preparation	Motivation/Dedication 5S – Substance & Structure Time & Balance
C. Performance Education 1. Performance 2. High Performance I. Functional Biomechanics – Block I II. Functional Sports Psychology & Behavioral Science – Block II III. Functional Physical Training, Medicine & Therapy – Block III IV. Management & Organisation – Block IV V. Applied Skill & Sport Specific Topics – Block V	Functional Applied Development, Performance and High Performance	Determination, Responsibility, Concentration, Preparation, Discipline, 5S – System & Synchronization (Function & Skill) Flow & Coordination
B. Professional National Certification 1. 1st Professional Degree 2. CTP 3. CTP-Spec.	Professional Integration and Special Competence	Controlling, Awareness, Professional Attitude 5S – Controlling 4A – Attitude, Awareness Power, Confidence & Success
A. Professional International Certification D.Tr.® 2. DiT®	Analytical Advanced International Integration	Presentation & Performance 4A – Adaption, Adjustment 2F – Fact & Feelings Acting and Reacting

### 1. GENERAL INFORMATION

This document outlines the general characteristics of the EAU Coaching Development Course (Level 1,2,3 course).

#### EAU Grants

Grants for coaches' courses are available from EAU. Official ESTESS Partners interested in hosting a course should contact their National EAU Committee for further details.

#### SPECIFIC INFORMATION

Entering the ESTESS education program leading to the D.Tr.® and DiT® means the start on a journey that will not only give the students a lot of knowledge and big network but also an education that is merging into different aspect of the professional sports world. The fundamental and deep tuition of medical subjects and the specific course work of biomechanics and medical training give the participants the option to work as a tennis coach but also as a physical coach and massage sports therapist. ESTESS only guarantees for the knowledge and the specific level of the students and participants that has graduated with the full status of an PD, CTP, CTP-Specialist, D.Tr., and DiT including equivalent h.c. – coaches (honoris causa)

#### Operated by:

##### International Office

Sports Consulting Dahlbo-Johansson OG  
Mösererstrasse 632  
6100 Seefeld/Austria

##### European Office

Tennis Sport International GmbH  
20, rte de Bettembourg  
1899 – Kockelscheuer/Luxembourg



**ESTESS ATHLETIC  
UNIVERSITY**  
SEEFELD LUXEMBURG  
STOCKHOLM

Accredited by:  
**GROUP ESTESS**

THE SPORT OF EXCELLENCE



## 2. GENERAL FORMAT OF THE COURSE

The courses (classes) are of 66 hours duration (2 x 24 and 1x18) and are divided into a 2 x 3 – days course and 1 x 2 days course.

Below you can find an indication of the program:

### **Diplomate of Training, D.Tr.® Course – Thematic: 82 hours**

Course 1: Day 1 Course 8 hours  
Day 2 Course 8 hours  
Day 3 Course 8 hours  
Course 2: Day 5 Course 8 hours  
Day 6 Course 8 hours  
Day 7 Course 8 hours

### **Diplomate of International Tennis DiT® Course – Thematic: 40 hours**

Course 1: Day 1 Course 9 hours  
Day 2 Course 9 hours

***Additional 1200 hours of supervised work and 450 hours of home studies to earn the D.Tr.® and DiT® - Titles***

<b>Course hours: 122 h</b>
<b>Total hours: 1772 h</b>
<b>Credits: 71</b>

#### **Operated by:**

##### **International Office**

Sports Consulting Dahlbo-Johansson OG  
Mösererstrasse 632  
6100 Seefeld/Austria

##### **European Office**

Tennis Sport International GmbH  
20, rte de Bettembourg  
1899 – Kockelscheuer/Luxembourg



ESTESS ATHLETIC  
UNIVERSITY  
SEEFELD LUXEMBURG  
STOCKHOLM

Accredited by:  
**GROUP ESTESS**

THE SPORT OF EXCELLENCE



## Course Fact Sheet:

### A.1-2

#### **A1. Master Class / Diplome of Training, D.Tr.® – 832 hours**

- Course Goal: working as a high level professional national coach at all levels. The Master Coach, D.Tr.® should be able to educate other coaches and be a great role model to other coaches.

- Course Duration: 2 x 3 - day courses.

- Number of Course candidates: various candidates depending on the student status approval.

- Entry pre-requisites:

Age: participants must be a minimum of 26 years of age at the time of taking this course.

Fitness and health level: participants are obliged to have a suitable personal health and fitness level to physically meet the course requirements.

Playing ability: participants has to show a solid playing ability and be technical skilled with both hands. The participants has to be able to play/hit decently with a pro player.

#### **A2. International Class / Diplome of International Tennis, DiT® – 940 hours**

- Course Goal: working as a high level professional international coach at all levels. The International Master Coach should be able to educate other coaches and be a great role model to other coaches. International Coaching and tutoring is the field of the DiT®

- Course Access: School teachers, sport leaders, tennis coaches, officials, etc. with an ANALYTIC playing standard.

- Course Duration: 1 x 2-day course.

The candidates need an ANALYTIC level of play (ability to rally / demonstrate ANALYTIC strokes / feed ball to student). There will be a demonstration test.

- Number of Course candidates: various candidates depending on the student status approval.

- Entry pre-requisites:

Age: participants must be a minimum of 28 years of age at the time of taking this course.

Fitness and health level: participants are obliged to have a suitable personal health and fitness level to physically meet the course requirements.

Playing ability: participants has to show a solid playing ability and be technical skilled with both hands. The participants has to be able to play/hit decently with a pro player. It is an advantage to have an international ranking or a national high ranking.

Additional advantages: Experience as a national coach, international WTA/ATP/ITF

#### **Operated by:**

##### **International Office**

Sports Consulting Dahlbo-Johansson OG  
Mösererstrasse 632  
6100 Seefeld/Austria

##### **European Office**

Tennis Sport International GmbH  
20, rte de Bettembourg  
1899 – Kockelscheuer/Luxembourg



**ESTESS ATHLETIC  
UNIVERSITY**  
SEEFELD LUXEMBURG  
STOCKHOLM

Accredited by:  
**GROUP ESTESS**

THE SPORT OF EXCELLENCE



<b>COURSE CONTENT</b> <b>MASTER CLASS</b> <b>ESTESS DIPLOMATE OF TRAINING, D.Tr.® - COACH COURSE A1</b>	
<b>ANALYTIC HUMAN BIOLOGY</b>	<b>HOURS/CREDITS</b>
• Biomechanics	4 h
• Visual Coaching	5 h
• Nutrition & Biochemistry	6 h
<b>ANALYTIC BEHAVIOURAL SCIENCES</b>	
• Sports Psychology & Mental Coaching	4 h
<b>ANALYTIC MEDICINE AND THERAPY</b>	
• Medical Physical Training	8 h
<b>ANALYTIC SPORT SPECIFIC COURSES</b>	
• Touring Coaching	4 h
• Applied Tactics and Strategy	7 h
• Applied Integral Technique	8 h
• TEST SERIES - General	4 h
• TEST in 4 individual Specialized Topics	4 h
• Playing Ability Test	8 h
• Fitness Test	8 h
<b>ADDITIONAL SESSIONS</b>	
• Analytical Thinking	4
• Presentations	4
• Reasearch Basics	4
SUPERVISED PRACTICAL COURSE WORK	500
HOME STUDIES SPECIALIZED TOPICS + THESIS	250 h
CLASS HOURS	82 h
<b>TOTAL AMOUNT OF HOURS</b>	<b>832 h / 33 Credits</b>

**Operated by:**  
**International Office**  
Sports Consulting Dahlbo-Johansson OG  
Mösererstrasse 632  
6100 Seefeld/Austria

**European Office**  
Tennis Sport International GmbH  
20, rte de Bettembourg  
1899 – Kockelscheuer/Luxembourg



<b>COURSE CONTENT</b> <b><i>INTERNATIONAL CLASS</i></b> <b>ESTESS DIPLOMATE OF INTERNATIONAL TENNIS, DIT® - COACH COURSE A2</b>	
<b>ADVANCED HUMAN BIOLOGY</b>	<b>HOURS/CREDITS</b>
• Biomechanics – Questions and Answers	6 h
• Visual Coaching – Biomechanical Research – Video Analyzis	4 h
• Nutrition & Biochemistry	6 h
<b>ADVANCED BEHAVIOURAL SCIENCES</b>	
• Sports Psychology – Advanced Mental Coaching - Paper	6 h
<b>ADVANCED MEDICINE AND THERAPY</b>	
• Sports Medicine – Injuries and Prevention - Research	6 h
<b>ADVANCED SPORT SPECIFIC COURSES</b>	
• Choice of 1 Speciality within International Tennis – Paper + Publications (Internet or Tennis Magazine)	4 h
<b>ADDITIONAL SESSIONS</b>	
• Tests	4 h
• Presentations – International Perspectives -Talk	4 h
• Thesis – International Development	200 h
SUPERVISED PRACTICAL WORK – Club, Tour or Academy (During Course)	700 h
CLASS HOURS	40 h
<b>TOTAL AMOUNT OF HOURS</b>	<b>940 h / 38 Credits</b>



## 2. NECESSARY FACILITIES AND EQUIPMENT

The Official ESTESS Partner is obliged to provide the following facilities and equipment for the course:

- Equipment on Court:
  - Balls: 40 x normal tennis balls per basket
  - Complimentary Tools: Nets, net tape, cones & markers, 10 x skipping ropes, 10 x cones, 10 x hoops
- Tennis courts: 4-6 courts
- Room facilities and additional equipment:
  - 1 indoor lecture room adjacent to the courts containing chairs and tables for the participants (48) and one table for the tutors.
  - Sufficient lighting, ventilation and other health and safety issues must be met.
  - Lecture Room equipment:
    - Computer with internet access for use by course participants
    - DVD Player or Laptop, LCD projector and large screen TV
    - flip-chart: For use on and off court with markers and eraser.
- Notice: Students – it is recommended to organize children and adult players suitable for all activities as students for the participants.
- The Official ESTESS Partner is obliged to deliver the material for the course sent by the EAU.

## 3. COMPETENCY STATEMENTS

The participants should be able to achieve the following specialized competencies after completing the courses

- Training: Show ability to develop planning, organization and assessment strategies for the training of high level players as well as educate other coaches and to lead and supervise such coaches in coaching junior and recreational players. Be highly skilled in applying, through drills, fundamentals of advanced game situations, strategy, tactics, including integral, applied and advanced technical information.
- Competition: organize different tournament formats for recreational and competitive practices adapted and adjusted to development, performance and high performance/professional players.
- Management: apply organization and communication skills and apply strategies to guide and educate players, parents, coaches, managers and other specialist of the field. Differentiate and coach players on tour and apply his/her knowledge in an individual manner.
- Education: Understand the role of the coach and at all times be a role model for other coaches and players, be a good colleague and follow the ethical rules of PTCA and EGASP.

## 4. DISCLAIMER

Acceptance of a candidate's entry and participation in the Course is without responsibility of any kind by the GroupEstess (EAU) and any other entity sponsoring the event. Participants should hereby for and on behalf of themselves and their heirs and legal representatives release and forever discharge EAU, its representatives, from all claims, demands and injuries, however arising, such claims are hereby waived and released, and covenant not to sue, therefore.

Questions regarding the course program should be directed to the EAU Development Officer or to the EAU Coaching / Development Department Staff

E-mail: [office@estess-athleticuniversity.eu](mailto:office@estess-athleticuniversity.eu)

Tel: +436502628184

### Operated by:

#### International Office

Sports Consulting Dahlbo-Johansson OG  
Mösererstrasse 632  
6100 Seefeld/Austria

#### European Office

Tennis Sport International GmbH  
20, rte de Bettembourg  
1899 – Kockelscheuer/Luxembourg