



LEVEL C

GENERAL LEVELS AND CHARACTERISTIC OF THE ESTESS EDUCATION PROGRAM		
Course Program:	Level: Strategic Tutoring Mission	ESTESS Top Ten Equivalence „Highlighted Cornerstones“
D. Development Education 1. Discovery Coach, Preparatory Coach & Instructing Coach 2. Teaching Coach 3. Development Coach	Elementary Preparation	Motivation/Dedication <i>5S – Substance & Structure Time & Balance</i>
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, <i>5S – System & Synchronization (Function & Skill) Flow & Coordination</i>
B. Professional National Certification 1. 1st Professional Degree 2. CTP 3. CTP-Spec.	Professional Integration and Special Competence	Controlling, Awareness, Professional Attitude <i>5S – Controlling 4A – Attitude, Awareness Power, Confidence & Success</i>
A. Professional International Certification D.Tr.® 2. DiT®	Analytical Advanced International Integration	Presentation & Performance <i>4A – Adaption, Adjustment 2F – Fact & Feelings Acting and Reacting</i>

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



2. GENERAL FORMAT OF THE COURSE

The courses are of 120 hours duration (2 x 60) which are divided into a 4 x 3,5 – days courses.

Below you can find an indication of the program:

Performance Coaching – Thematic: Showing & Exercising 50 hours

Block 1 – Biomechanik 25 h:

Day 1 Course 9 hours
Day 2 Course 8 hours
Day 3 Course 8 hours

Block 2 - Functional Sports Psychology & Behavioral Science 25 h

Day 1 Course 9 hours
Day 2 Course 8 hours
Day 3 Course 8 hours

Additional required amount of supervised work to attend the next level

High Performance Coaching – Thematic: Learning and Supporting 70 hours

Block III – Functional Training, Medicine & Therapy 25 h:

Day 1 Course 9 hours
Day 2 Course 8 hours
Day 3 Course 8 hours

Block IV – Management & Organisation 20 h:

Day 1 Course 8 hours
Day 2 Course 8 hours
Day 3 Course 4 hours

Block V – Applied Skills On Sport Specific Topics 25 h:

Day 1 Course 9 hours
Day 2 Course 8 hours
Day 3 Course 8 hours

Course hours: 120 hours
Total hours: 1250
Credits: 50

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Course Fact Sheet:

C1. Performance Coaching – 50 hours

- Course Goal: teach, coach and promote tennis at the tournament levels up to the competition performance stage.
- Course Access: School teachers, sport leaders, tennis coaches, officials, etc. with an advanced playing standard.
- Course Duration: 2 x 3,5-day course.

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

- Number of Course Candidates: Maximum is 48.
- Entry pre-requisites:

Age: participants must be a minimum of 21 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.

Qualification: it is necessary to fulfill the requirements of supervised working experience and the courses D1 + D2 or equivalent.

C2. High Performance Coaching – 70 hours

- Course Goal: teach, coach and promote tennis at the tournament levels up to the advanced competition high performance stage.
- Course Access: School teachers, sport leaders, tennis coaches, officials, etc. with an advanced playing standard.
- Course Duration: 2 x 3,5-day course.

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

- Number of Course Candidates: Maximum is 48.
- Entry pre-requisites:

Age: participants must be a minimum of 21 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.

Qualification: it is necessary to fulfill the requirements hours supervised working experience and the course C1 or equivalent.

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BLOCK COURSE CONTENT

ESTESS PERFORMANCE COACH COURSE C1 & HIGH PERFORMANCE COACH COURSE C2 BLOCKS

	HOURS/CREDITS
PERFORMANCE COACH COURSE: I+II	50 h
FUNCTIONAL BIOMECHANICS – Block I	25 h
FUNCTIONAL SPORTS PSYCHOLOGY & BEHAVIOURAL SCIENCE – Block II	25 h
HIGH PERFORMANCE COACH COURSE: III, IV, V	70 h
FUNCTIONAL PHYSICAL TRAINING, MEDICINE AND THERAPY – Block III	25 h
MANAGEMENT & ORGANISATION – Block IV	20 h
APPLIED SKILL - SPORT SPECIFIC COURSES – Block V	25 h
TOTAL AMOUNT OF CLASS HOURS - BLOCKS	120 h
SUPERVISED PRACTICAL WORK – Club or Academy (before course)	1100 h
HOME WORK Q+A	30 h
TOTAL AMOUNT OF HOURS	1250 h / 50 Credits

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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. BASIC COMPETENCY STATEMENTS

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

- Training: Show ability to apply planning, organization and assessment strategies for the training of national players, international juniors and recreational players. Be highly skilled in applying, through drills, fundamentals of functional game situations, strategy, tactics, including applied and useful technical information.
- Competition: organize different tournament formats for recreational and competitive practices adapted and adjusted to development, performance and high performance players.
- Management: apply organization and communication skills and apply strategies to attract and retain players. Differentiate and rotate players in bigger groups on more courts or on one court.
- 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

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