

# Hamilton Performance Criteria

## Performance Strand 1

- 1) Commitment to the Programme.
- 2) Represent the club in all Junior Comps / Teams.
- 3) To Conduct yourself at all times.
- 4) Be young role models - (hit with players from strands 2+3)
- 5) Record all results in the performance diary.
- 6) Give print outs of all results to performance coach every 4 months.
- 7) Enter at least 5 Tournaments in summer and in the winter. - (to include Leics Open, Leics Closed, Ariels and Grand Prix)
- 8) To have at least 1 to 2 hours Individual coaching a week.
- 9) To play a minimum of 6 hours a week. - (include organised hits)
- 10) To Train once a week with a session at Loughborough.
- 11) Work as part of a team.

## Performance Strand 2

- 1) Represent the club at all Junior Teams/Comps.
- 2) To play a minimum of 4 hours a week.
- 3) To Conduct yourself at all times.
- 4) Work as part of a team.
- 5) To enter at least 4 tournaments in the summer and 2 in the winter. - (to include Leics Open, Leics Closed)
- 6) To have at least 1 hours Individual coaching a week.
- 7) To record all results in performance diary.
- 8) Give print outs of all results to performance coach every 6 months.

## Performance Strand 3

- 1) To play a minimum of 3 hours a week.
- 2) To record all results in the performance diary.
- 3) Give print outs of all results to performance coach every 6 months.
- 4) Represent the club in all Junior Teams/Comps.
- 5) To Conduct yourself at all times.
- 6) To enter at least 4 tournaments in the summer and 2 in the winter. - (to include Leics Open, Leics Closed)
- 7) Should be considering Individual lessons in order to improve.
- 8) Work as part of a team.

