

RPDC

Data Collection

Why are RPDCs collecting this data?

1. Monitoring workload, growth & maturation status, and injury

To identify and reduce the risk of overtraining which can lead to burnout, lack of enjoyment and injury

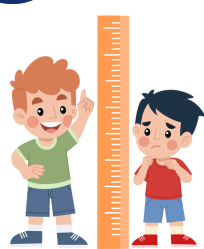
2. Individualised development

To support players development through individualised schedules and training interventions that allow safe training environments and maximise performance

3. Research to inform evidence based practice

The LTA collates this data and analyses trends or patterns that can inform best practice

1 Growth & Maturation Status



Quarterly height & weight measurements to identify your child's growth patterns and maturation status

2 Hours of Tennis

The total number of hours spent on court for either tennis training or competition (to the nearest 15 mins)



3 Hours of Strength & Conditioning



The total number of hours spent on S&C either in the gym, outside, or on court (to the nearest 15 mins). Please include any physical warm ups.

4 Number of training days missed

Any scheduled days training or competition that don't take place due to either injury or illness (if missed due to another reason please don't include)



5 Number of training days modified



Any days training which was adapted due to injury i.e training took place but due to a shoulder injury no serves were hit during the session