



SINGAPORE TENNIS ASSOCIATION

15 Stadium Walk #01- 03 (Kallang Tennis Hub) Singapore 397694

Email: info@singtennis.org.sg Website: <http://www.singtennis.org.sg> GST Reg. No.: M90068048L

Rising Stars Program Guidelines and Expectations

1. Attendance Policy

Consistent training attendance is a fundamental requirement of the Rising Stars Program

- Trainees are expected to maintain **100% attendance** at all scheduled training sessions.
- Absences are permitted **only for valid reasons**, such as:
 - Medical reasons
 - School examinations or official school events
 - Participation in tournaments.
 - Medical certificates and official school documentation should be submitted to ashlina.ali@singtennis.org.sg and cc: radekalsports@gmail.com for record purposes.
- **Notification of Absence:** Parents or players must inform the coaches at least one day in advance if a trainee is unable to attend training via the WhatsApp group. Where this is not possible, notification should be given as early as possible.
- **Study Leave:** Trainees may be granted up to **10 days of study leave per calendar year**. Requests must be submitted to the Head Coach **at least one month in advance** and are subject to approval.
- **Holiday Leave & Overseas Training Camp**
 - In addition to the scheduled **year-end break of two (2) weeks**, trainees may apply for an **additional 3 weeks of holiday leave 2 times per year**.
 - Holiday leave requests must be submitted to the Head Coach **at least one month in advance** and are subject to approval.
 - For trainees attending overseas training program the absence will be counted under holiday leave.
 - **No rebates or fee adjustments** will be provided for any approved holiday leave taken.
- **Unnotified or Excessive Absences:** Repeated unnotified absences, prolonged absences, or extended periods away from training may result in a **formal review and issuance of written warning letter** and may affect the trainee's continued participation in the program. Attendance will be **reviewed quarterly**. Trainees whose attendance falls below program expectations may be placed under review and, if necessary, removed from the program.



SINGAPORE TENNIS ASSOCIATION

15 Stadium Walk #01- 03 (Kallang Tennis Hub) Singapore 397694

Email: info@singtennis.org.sg Website: <http://www.singtennis.org.sg> GST Reg. No.: M90068048L

To align with the STA's development pathway, all Rising Stars trainees are required to participate in the following competitions, **subject to age eligibility**:

- **ATF U14 & U16 tournaments**
- **ITF Junior tournaments**
- **STA Age Group tournaments and other local competitions**, to build match experience and enhance competitive readiness

In line with program expectations, all Rising Stars trainees are expected to participate in a minimum of fifteen (15) tournaments per calendar year, subject to age eligibility and individual development plans.

Participation in competitions is considered an integral component of the program and contributes to each trainee's overall development and performance evaluation.

The number and type of tournaments required for each age-group category are guided by the STA Selection Methodology, which outlines the minimum competition exposure expected at each developmental stage. For all Rising Stars trainees, trainees are expected to participate in at least 15 tournaments a year.

Trainees and parents may refer to the methodology available on the STA website. If any guidance is required in understanding the competition requirements, they are welcome to approach the STA for clarification.

Attendance Consideration for Tournament Participation

For trainees who are travelling to participate in approved tournaments, training attendance during the competition period **will not be penalized**. Trainees are required to submit proof of tournament entry, such as the official draw sheet or equivalent confirmation, to the coaches for record purposes.

3. Behaviour & Conduct

Trainees are expected to uphold the values of **discipline, respect, and sportsmanship** always.

- Show respect towards coaches, teammates, opponents, and staff.
- Demonstrate a positive attitude during training and competition.
- Follow coaches' instructions promptly and respectfully.
- Display good sportsmanship during both training sessions and tournaments.



SINGAPORE TENNIS ASSOCIATION

15 Stadium Walk #01- 03 (Kallang Tennis Hub) Singapore 397694

Email: info@singtennis.org.sg Website: <http://www.singtennis.org.sg> GST Reg. No.: M90068048L

4. Training Commitment

To support long-term athlete development, trainees are expected to:

- Arrive **on time** for all training sessions.
- Be properly prepared with appropriate attire, equipment, hydration, and recovery items.
- Maintain full focus, effort, and commitment throughout training.

5. Communication Protocol

Clear and timely communication is essential for the smooth running of the program.

- Parents should communicate absences and administrative matters via email.
- Feedback, concerns, or requests should be directed to the **Head Coach or STA staff via email**.
- Important updates (e.g. schedule changes, venue updates) will be communicated via **WhatsApp and/or email**.