



Konkurranse

For deg som ønsker et mer omfattende helhetlig tennisprogram og som aktivt deltar i nasjonale/internasjonale turneringer. NTK har tradisjon for, og et sterkt ønske om å utvikle flere toppspillere i Norge. Du kan være en av disse. Samtidig skal vi holde på et godt treningsmiljø med mye moro og høy sosial faktor.

Nordstrand Tennisklubb har et svært kompetent trenerteam, flotte anlegg samt lange tradisjoner både når det gjelder gode sportslige resultater og et hyggelig treningsmiljø. Konkurransgruppen trener på utebanene i Seterveien, i NTK-hallen og på Oslo Tennisarena (Hasle) og på Kolbotn i vinterhalvåret, men kan også benytte andre anlegg ved behov.

Konkurransgruppen består av utøvere med ulike ønske om treningsmengde og ambisjoner, men man må spille minimum fire ettermiddager i uken og ha et ønske om å konkurrere. Gjestespill utover dette må godkjennes av ansvarlig trener før påmelding.

Spillerne i Konkurransgruppe kjøper en pakke med minimum fire¹ ettermiddager i uken + 2 NTK fys-økter². Pakken gir spillerne tilgang til følgende tillegg til den organiserte treningen:

NTK's Competition groups follow [NTF's playe's guide](#) model and recommendations.

Age	Konkurranse	
8-12y	Rookies	
12-14y	Konkurranse	
15y+	Konkurranse	Toppidrett

NTK's recommendation for each group is in the charts below and it should be used as a guideline when signing up. If unsure, contact marin@nordstrantk.no

Admission to tournament group is based on:

- playing skills according to official ranking
- player's goals
- coaches' evaluation

For more info see full [terms and conditions >>](#)

- **Practice groups are based on playing skills, players' goals, coaches' evaluation, and available court capacity.**
- **Competition group players, depending on player's level may have joint practices with other groups.**
- *Practices for the Tournament group are mostly at OTA. Mon to Thu, between 15 – 20, at OTA/Kolbotn/NTK. Fridays usually at NTK or OTA. Other locations might be used as well.*
- *Practices will be between 1h – 2h long.*

¹ Påmeldinger for mindre enn 4 ganger i uken må godkjennes av hovedtreneren og spillerne vil ikke bli prioritert i tilfelle det ikke er nok ledige plasser. Hvis du registrerer deg for mindre enn 4x, har ikke spillerne tilgang til tilleggsfordelene nedenfor.

² Se pris og forklaring i betingelser



Minimum signup requirements

- **4x a week tennis** - *due to limited capacity, players might be offered morning practice (instead or in addition to afternoon) on some days. If the player is available every day, Monday to Friday, the chances of getting the desired nr. of practices or being placed in the right group are much higher.*
 - **To have a chance of getting 4x or 5x a week afternoon practice:**
 - **2013 players** need to be ready to start most days at 15:00 at OTA/Kolbotn/NTK
 - **2012 players** need to be ready some days to start at 15:00 at OTA/Kolbotn/NTK
 - **All other players** need to be available Mon - Thu to start at 16:00 at OTA/Kolbotn/NTK
 - **All Players** need to be available to practice on Friday afternoon at NTK or OTA

- **2x a week fitness.** We will try to arrange and schedule fitness before or after practices, Mon – Thu, between 15 and 20, at the same locations as the tennis practice. If this is not possible, we will try to arrange fitness on a different day at NTK indoor hall.



Konkurransen 13-19y

Description:

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spillerguiden.no/guide/spiller/16-2/konkurransen/

Players who enjoy competing and desire to do so at the national and international* level.

Players who are aiming to play **college tennis**.

NTK suggestion:

Tennis: min. 5x a week - recommended 6 - 7x a week

- available Monday to Friday between 15 - 20 NTK, OTA, Kolbotn TK

- 1 or 2x out of 5 - 7x can be morning practices at NTK, 07 - 08

Fitness: 2x a week with NTK + 2x week alone (before or after afternoon tennis practice if possible)

Tournaments:

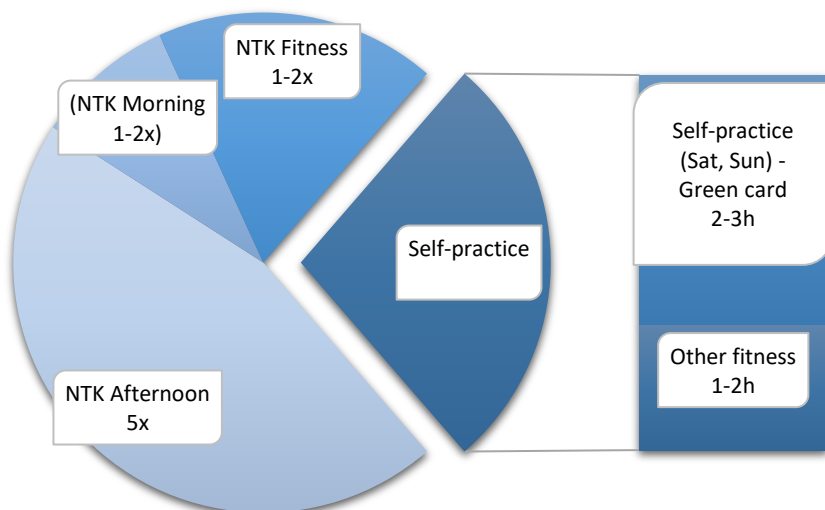
- min. 15 tournaments per year

- mandatory tournaments: NC, NM indoors & NM outdoors, Regionsmesterskap, Team tournaments

- suggested: TE, ITF, GP

**those aiming to play at an international level are strongly recommended to play at least 6x (4 - 5x in the afternoon + 1 - 2x in the morning) a week at NTK and play between 12 - 14h hours of tennis a week in total.*

Recommended weekly structure of practice



NTF recommendation:

Tennis 12 – 14h

Fitness 4 – 8h

■ NTK Afternoon ■ NTK Morning ■ Fitness ■ Self-practice (Sat, Sun) - Green card ■ Other fitness



Toppidrett 16y +

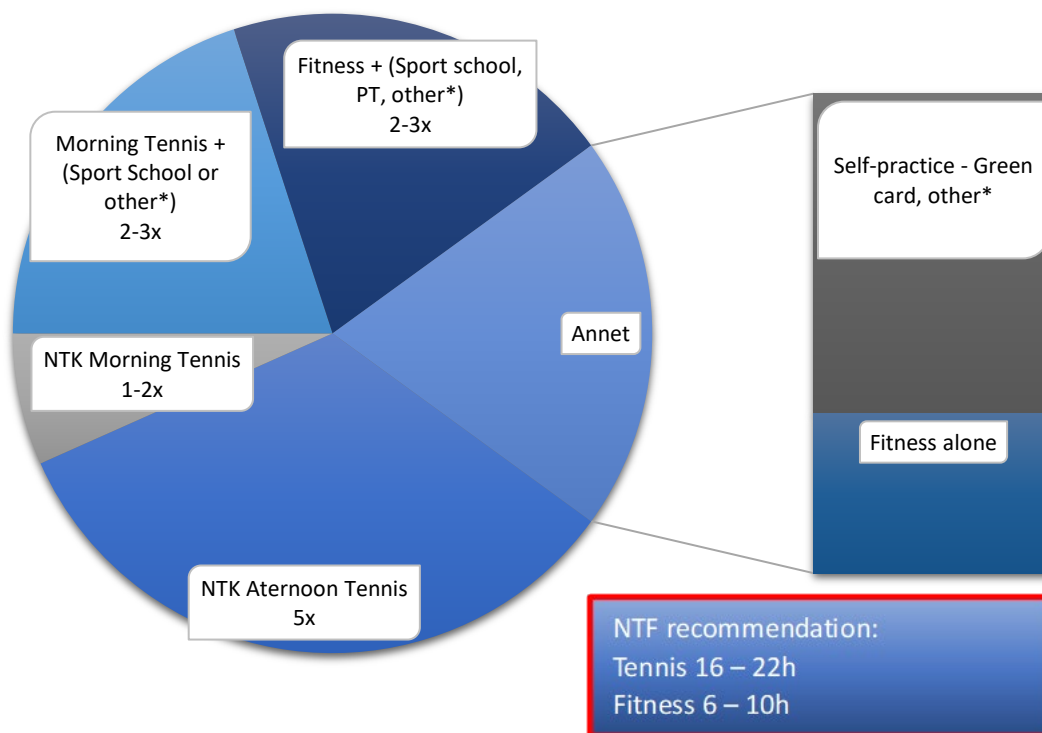
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Players who enjoy competing and desire to do so at the highest national and international* level.

Players who are aiming to play college tennis at a high level.

Schedule for the toppidrett group may differ from player to player and is made for each player individually in agreement with the coach.

Recomended weekly structure of practice



- NTK Aternoon Tennis
- Morning Tennis + (Sport School or other*)
- Self-practice - Green card, other*

- NTK Morning Tennis
- Fitness + (Sport school, PT, other*)
- Other fitness