



# SINGAPORE TENNIS ASSOCIATION

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## PRE-REQUISITES TO STA/SSC NCAP LEVEL 1 TECHNICAL COACHING COURSE

### **\*\*IMPORTANT\*\***

To be eligible for the STA/SSC NCAP Level 1 Technical Coaching Course, candidates have to:

- 1) be at least 18 years old
- 2) take the Skills Assessment conducted by STA and attain **at least Grade 5 (245-430 points)**, AND
- 3) have an **NCAP Level 1 Theory** certification [as required by the Singapore Sports Council (SSC)], which can be attained from the SSC. Please visit <http://www.sports.ssc.gov.sg> for more details.

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### **SKILLS ASSESSMENT**

<b>Score</b>	75-104	105-139	140-175	176-209	210-244	245-268	269-293	294-337	338-362	363-430
<b>Grade</b>	10	9	8	7	6	5	4	3	2	1

The skills assessment is conducted to see if applicants have the necessary technical skill to demonstrate the basic strokes of tennis (*as stated below*) with the correct technique. Applicants are also tested on their **playing ability**.

- I. GROUNDSTROKES**
- II. VOLLEY**
- III. OVERHEAD**
- IV. SERVE**

STA requests all candidates to be present on-site regardless of weather conditions on the assessment date. If the Skills Assessment has to be postponed due to inclement weather, it will be finalized and announced on-site. Candidates who fail to turn up will be considered absent, and will have to make a fresh application for the next Skills Assessment.

Date	(i) Tuesday, 8 March 2016 ( <i>deadline 23 February 2016</i> ); <b>OR</b> (ii) Tuesday, 13 September 2016 ( <i>deadline 30 August 2016</i> )
Time	6.00 pm – 10.00 pm
Venue	Kallang Tennis Centre, or any other venue assigned by the SSC.
Assessment Fee (Incl. GST)	SGD\$ 53.50 – Permanent Residents of Singapore & Non Singaporeans SGD\$ 32.10 – Singaporeans (after subsidy from STA)

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**Additional Points to Note for Skills Assessment:-**

- 1) General  
Only candidates who are able to rally and demonstrate the various strokes of tennis should apply.
- 2) Identity Pass  
All candidates please bring along your NRIC / passport for verification on assessment date.
- 3) Absenteeism  
There will be no refund for no-show candidates.
- 4) Deferment / Withdrawal  
Withdrawal or deferment notice must be made in writing:
  - 2 weeks or more before course start date – full refund
  - Less than 2 weeks before course start date – 50% refund
  - On or after course start date – no refund
- 5) Assessment Results  
Results will be released via email within 21 days after the Skills Assessment. Kindly note that all results are **final** and STA will not enter into any correspondence with regard to the results.
- 6) Pre-Level 1 Coaching Course  
The Pre-Level 1 Coaching Course is an intensive 2-month course which takes place twice a week. It is a preparation course to equip candidates with the relevant skills and techniques for the Level 1 technical course. Those who attained **Grade 6 or 7 (176-244 points)** for their Skills Assessment can opt to join this course and then proceed directly into the NCAP Level 1 Technical Coaching Course. Alternatively, they can choose to retake the Skills Assessment.
- 7) STA/SSC NCAP Level 1 Technical Coaching Course  
Those who attained **at least Grade 5 (245-430 points)** for their Skills Assessment can join this course direct, bearing in mind the NCAP Level 1 Theory certification which has to be attained before the commencement of the technical course. They are also encouraged to take up the Pre-Level 1 Coaching Course so that they can be better prepared for the NCAP Level 1 Technical Coaching Course.