



6th SBTTFW 2020

Presentation & Application

24th of April – 1st of May 2021 (1st week – first time attending Alumni)

2nd of May – 9th of May 2021 (2nd week – also for Alumni who already attended SBTTFW)

...an opportunity to experience the Smrikva Bowl heritage and learn about elements useful for your long term tennis talent development...

SMRIKVA BOWL TENNIS TALENTS FAMILY WEEK - (SBTTFW)

SBTTFW is a unique long term impact development experience for Smrikva Bowl children and their families founded in 2015 by Mio, Smrikva Bowl and „La Bottega“ di Smrikve founder, and Luca Appino, Tennis Talents founder.

Smrikva Bowl traditionally gathers high level oriented players and SBTTFW is an opportunity for selected players and their families to get to know the Tennis Talents Method, his founder Luca Appino and learn more about Momentum – the invisible force in tennis, how the game of tennis is played, and for the more experienced players to fine tune the path towards a stable peak performance experience (the balance and mutual respect between the body and mind).

Luca Appino dedicated important part of his tennis career to the tennis talent scouting. He selected, at the time, unknown players from 11 to 15 years old; five of them reached #1 position on the ATP/WTA ranking: Rafael Nadal, Andy Roddick, Kim Clijsters, Dinara Safina, Caroline Wozniacki, and over 20 players reached TOP 50 ATP/WTA level. He coached several ATP/WTA players and with two different players won two junior Grand Slam titles. He founded “Tennis-Talents” and is dedicating most of his time at the moment in leading individual projects of high performance player as coach, mentor, advisor.

Mio's tennis experience developed through developing Smrikva Bowl and selecting talents for the event he founded; foundation of “La Bottega” di Smrikve tennis school had impact on several emerging tennis players who visited and fine tuned their skills with him, his father and coach Miro Hrvatin. There are over 280+ tennis and sports books he had pleasure to go through so far over the years to support the empirical knowledge he is buildin day by day.

Mio is, among others, PTR Certified Professional Tennis Coach, certified member of ISMCA International Sport Mental Coach Association , and is Certified Chair and Line Umpire by Association of Croatian Tennis Umpires.

The first Tennis Talents session for the Smrikva Bowl players was held in Smrikve in June 2010 when Luca attended for the first time the Smrikva Bowl event:



- | | | |
|------------------------|--------------------------|---------------------|
| • Jovana Vuković (Srb) | • Alexa Butera (Usa) | • Claire Liu (Usa) |
| • Tamara Dlačić (Srb) | • Kiro Paul Barra (Ger) | • Kiran Dhull (Uk) |
| • Kosta Petrov (Srb) | • Andreja Petrović (Nor) | • Max Motlagh (Usa) |

During 2014, Mio and Luca developed an idea to create special learning experience and give the possibility to selected Smrikva Bowl players and their families to live knowledge intense experience.

Over the years the Family Weeks proved to be a valuable and unique quality experiences for both players and families.

There are many SBTTFW Alumni and families that are currently followed on individual basis by Luca Appino. In spring 2015 the Smrikva Bowl Tennis Talents Family Week was born.

April 2015, 1st SBTTFW Alumni:



- June Bjork (Swe)
- Leah Gonzales Edwards (Uk)
- Tadej Mihajlović (Srb)
- Vardhan Karkal (Ind)
- Ivan Sabanov (Cro)
- Matej Sabanov (Cro)
- Anđela Skrobonja (Srb)
- Tara Sladaković (Cro)

April 2016, 2nd SBTTFW Alumni:



- Matthias Uwe Kask (Can)
- Ana Tara Praček (Slo)
- Lorenzo Sciahbasi (Ita)
- Maria Timofeeva (Rus)
- Tara Sladaković (Cro)

April 2017, 3rd SBTTFW Alumni:



- Yannick Ngantcha (E,I,C)
- Roben Gavani (Bul)
- Sofia Segui Edmundson (E,UK)
- Ana Tara Praček (Svn)
- Malwina Rowinska (Pol)
- Stefan Sladaković (Cro)
- Edit Cosmo (Swe)
- Tara Sladaković (Cro)
- Ayline Ngantcha (E,I,C)

April 2018, 4th SBTTFW (1st week) Alumni:



- Žiga Šeško (Svn)
- Uxue Azurza Frade (Esp)
- Paolina Pieragostini (Sv)
- Staša Bulatović (Mne)
- Rares Golescu (Rou)
- Stefan Sladaković (Cro)
- Trian Lakha (UK)
- Tara Sladaković (Cro)

April 2018, 4th SBTTFW (2nd week) Alumni:



- Jaša Cvek (Svn)
- Stefan Sladaković (Cro)
- Sofia Segui Edmundson (E,UK)
- Ana Tara Praček (Svn)
- Edit Cosmo (Swe)
- Jacob Shen (Hk)
- Hannah Shen (Hk)
- Michele Mecarelli (Ita)
- Manuella Persson (Cro)
- Tara Sladaković (Cro)

April 2019, 5th SBTTFW (1st week) Alumni:



- Karlo Brkić (Cro)
- Stefan Sladaković (Cro)
- Fabian Đitko (Cro)
- Alessia Beatrice Chiriac (Rom)
- Manuella Persson (Cro)
- Tara Sladaković (Cro)

April 2019, 5th SBTTFW (2nd week) Alumni:



- Žiga Šeško (Svn)
- Stefan Sladaković (Cro)
- Sofia Segui Edmundson (E,UK)
- Paolina Pieragostini (Sv)
- Angelica Sara (Ita)
- Annathea Sara (Ita)
- Ana Tara Praček (Svn)
- Tara Sladaković (Cro)
- Kaaviyan Pradhaban (UK)

2020 SBTTFW weeks were moved to spring 2021 due to coronavirus pandemic.

SBTTFW experience proved to be a unique experience for both players and their families. Time dedicated to Alumni and their families during the Family Week is always around 50 hours of Mental, Physical, Technical and Tactical knowledge sharing.

There is always individual on court and off court assessment, interviews, and dedication to each Alumni by using various knowledge sharing channels to impact the players and families long term memory makes the gathering unique.

MORE ABOUT 6th SBTTFW 2021 PROGRAM:

- Family week is traditionally limited to **maximum 8 families** per week
- In 2021 there will be 2 weeks arranged in total. Both weeks will be held in spring period (April-May)
 - **1st week** (will be open for the players and families who are **attending for the first time** SBTTFW)
 - **2nd week** (will be open also **for the players** and families **who already attended** SBTTFW)
- **All the families** during their **stay** are based in **Smrikve**
- **Deadline for the 1st week** is traditionally **8th of April** 2021 (we also reserve the right to bring forward this deadline date once the number of invited families equal the number of players-families we can invite),
- **Deadline for the 2nd week** is **1st of March** 2021.
- SBTTFW is in general dedicated to players who attended Smrikva Bowl or have been selected to play Smrikva Bowl. In addition:
 - Brothers or sisters of the SB player are allowed to apply

- Players who stayed and trained in Smrikve are allowed to apply
 - Players who are supported by the past Smrikva Bowl player's family or SBTTFW Alumni's family can also present their candidacy and get evaluated.
- 6th SBTTFW 2021 week will be, as per tradition, dedicated to players born in various age groups. During SBTTFW each alumni experience on their own the elements that have been shared during the day.
 - 6th SBTTFW 2021 will be held in the following days:
 - Saturday 24th of April – Saturday 1st of May 2021 – SBTTFW 1
 - dedicated to players attending for the first time SBTTFW – getting to know the basics of TT method, formula, system, getting first individual assessment of the current tennis talent level state, and getting to know the basics related with the mental part of tennis game: Momentum and how the knowledge of this invisible part in tennis can help you to manage at best the matches you play.
 - Sunday 2nd of May – Sunday 9th of May 2021 – SBTTFW 2
 - dedicated also to players who already attended SBTTFW. More fine tuning details about TT method, formula, system; getting a new individual assessment of the current tennis talent level state; getting more insights about tactical elements; and getting to know about the path towards a stable peak performance experience - the balance and mutual respect between the body and mind; emotions and mindfulness.

PROGRAM WEEK 1 (dedicated to players who never attended SBTTFW)

6th Smrikva Bowl Tennis Talents Family Week (SBTTFW) 2021
24th of April – 1st of May 2021

Arrival: Saturday, 24th of April

7:00 -8:30 PM Introductory Presentation: human individual - sport development and TT System overview

First Day SBTTFW: Sunday, 25th of April

10:00 -10:30 AM Introduction and Activation

10:30 - 0:30 PM work on the courts with focus on **5 Senses (#1 TT)**

3:00-5:00 PM work on the courts with focus on **Tactics (plan A)**

7:00 -8:30 PM classroom: Momentum – the hidden force in tennis (introduction movie)

Second Day SBTTFW: Monday, 26th of April

8:30 – 9:00 AM Activation time

9:00 – 11:00 AM work on the courts with focus on: **Fluidity of movements** and **acceleration** (individual style and technics of the strokes)

11:00 -0 :30 PM Players on court assessment

2:00 - 4:00 PM work on the courts with focus on **Tactics (plan B)**

4:15 -5:15 PM individual interview with the parents of a player

5:15 -6:15 PM individual interview with the parents of a player

7:00 -8:30 PM classroom: Management of the hidden force in tennis

Third Day SBTTFW: Tuesday, 27th of April

8:30 – 9:00 AM Activation time

9:00 – 11:00 AM work on the courts with focus on: **Ideal hitting zone**

11:00 -0 :30 PM Players on court assessment

2:00 - 4:00 PM work on the courts with focus on **Tactics (C)**

4:15 -5:15 PM individual interview with the parents of a player

5:15 -6:15 PM individual interview with the parents of a player

7:00 -8:30 PM classroom: Game management when the Momentum is not with you

Fourth Day SBTTFW: Wednesday, 28th of April

8:30 – 9:00 AM Activation time

9:00 – 11:00 AM work on the courts with focus on: : **Footwork, timing and rhythm** (overall movement)

11:00 -0 :30 PM Players on court assessment

2:00 - 4:00 PM work on the courts with focus on **Tactics (plan D)**

4:15 -5:15 PM individual interview with the parents of a player

5:15 -6:15 PM individual interview with the parents of a player

7:00 -8:30 PM classroom: Momentum individual experience

Fifth Day SBTTFW: Thursday, 29th of April

8:30 – 9:00 AM Activation time

9:00 – 11:00 AM work on the courts : **overall review**

11:00 -0 :30 PM Players on court assessment

2:00 - 4:00 PM work on the courts with focus on **Tactics (plan E)**

4:15 -5:15 PM individual interview with the parents of a player

5:15 -6:15 PM individual interview with the parents of a player

7:00 -8:30 PM classroom: Momentum and emotions (second revealing movie)

Sixth Day SBTTFW: Friday, 30th of April

8:30 – 9:00 AM Activation time

9:00 – 12:00 AM matches

2:00 - 4:00 PM matches

6:00 -7:30 PM classroom: Graduation

Departure home: Saturday, 1st of May

Each alumni will receive a brief written report

MOMENTUM:

There is an invisible energy present in every tennis match. Can be sensed by the player but also by people attending and watching the match and knowing a bit more about it can help us to manage this invisible energy. The players able to manage the momentum are usually named by others mentally tough players.

Tennis matches are not won by the players with the nicest looking strokes but by those who do not beat themselves. For many players toughest competition does not come from the player standing on the opposite side of the net but rather from the opponent located between our ears. We can call the opponent located between our ears the “dark side of tennis”. When the things do not go our way, the „dark side of tennis“ springs to life and uses his weapons – impatience, anger and fear – to take over our minds and destroy our games!

PROGRAM WEEK 2 (dedicated also to players who already attended SBTTFW)

6th Smrikva Bowl Tennis Talents Family Week (SBTTFW) 2021
2nd – 9th of May 2021

Arrival: Sunday, 2nd of May

7:00 -8:30 PM Introductory Presentation: human individual - sport development and TT System overview

First Day SBTTFW: Monday, 3rd of May

10:00 -10:30 AM Introduction and Activation

10:30 - 0:30 PM work on the courts with focus on **5 Senses - #1 of TT Pillars**

3:00-5:00 PM work on the courts with focus on **service/return**, points and **Tactics (plan A) - #2 of TT Pillars**

7:00 -8:30 PM classroom: Emotions & peak performance (movie)

Second Day SBTTFW: Tuesday, 4th of May

8:30 – 9:00 AM Activation time

9:00 – 11:00 AM work on the courts with focus on: **Impact Accuracy**, Coordination and Footwork - **#3 TT of Pillars**

11:00 -0:30 PM Players on court assessment

2:00 - 4:00 PM work on the courts with focus on **service/return**, points and **Tactics (plan B) - #2 of TT Pillars**

4:15 -5:15 PM individual interview with the parents of a player

5:15 -6:15 PM individual interview with the parents of a player

7:00 -8:30 PM classroom: Emotions & peak performance

Third Day SBTTFW: Wednesday, 5th of May

8:30 – 9:00 AM Activation time

9:00 – 11:00 AM work on the courts with focus on: **Effectiveness**, Ball feel, Shot selection and Balance - **#4 of TT Pillars**.

11:00 -0 :30 PM Players on court assessment

2:00 - 4:00 PM work on the courts with focus on **service/return**, points and **Tactics (plan C) - #2 of TT Pillars**

4:15 -5:15 PM individual interview with the parents of a player

5:15 -6:15 PM individual interview with the parents of a player

7:00 -8:30 PM classroom: Emotions & peak performance

Fourth Day SBTTFW: Thursday, 6th of May

8:30 – 9:00 AM Activation time

9:00 – 11:00 AM work on the courts with focus on: **Efficiency**, Fluidity of movements, explosiveness and ideal hitting zone - **#5 of TT Pillars**

11:00 -0 :30 PM Players on court assessment

2:00 - 4:00 PM work on the courts with focus on **service/return**, points and **Tactics (plan D) - #2 of TT Pillars**

4:15 -5:15 PM individual interview with the parents of a player

5:15 -6:15 PM individual interview with the parents of a player

7:00 -8:30 PM classroom: Emotions & peak performance

Fifth Day SBTTFW: Friday, 7th of May

8:30 – 9:00 AM Activation time

9:00 – 11:00 AM work on the courts with focus on: **Overall review of all TT Pillars**

11:00 -0 :30 PM Players on court assessment

2:00 - 4:00 PM work on the courts with focus on **service/return**, points and **Tactics (plan E) - #2 of TT Pillars**

4:15 -5:15 PM individual interview with the parents of a player

5:15 -6:15 PM individual interview with the parents of a player

7:00 -8:30 PM classroom: Emotions & peak performance

Sixth Day SBTTFW: Saturday, 8th of May

8:30 – 9:00 AM Activation time

9:00 – 12:00 AM matches

2:00 - 4:00 PM matches

6:00 -7:30 PM classroom: Graduation

Departure home: Sunday, 9th of May

Each alumni will receive a brief written report

PEAK PERFORMANCE:

Spontaneous performance occurs only when the mind is calm and seems at one with the body. This process does not have to be learned; we already know it. It is similar to the process we used as we learned to walk and talk. All that is needed is to unlearn those habits which interfere with peak performance and then just let it happen.

Development of inner skills is required to learn how to focus your attention and how to trust in yourself. The skill of mastering the art of effortless concentration is invaluable in whatever you set your mind to.

MORE ABOUT LUCA's TENNIS TALENTS

At Tennis-Talents (TT) you find focus on young, high level oriented players. TT guide a PLAYER and his/her FAMILY on the path to professional tennis helping to define the best possible individual PROJECT.

Many years of success in scouting, coaching and advising are the guarantee of TT's way of working, based on TT Formula and TT Method. It is matter of fact that a lot of players, who have a good potential, do not succeed, mainly for not having an appropriate project of career. Families without expertise are trying to "walk" and very often fail.

To assess an individual player we follow the TT Formula that represents knowledge distilled from years of succesful experience in the world of tennis. With it we establish the parameters for understanding the present situation of a PLAYER and the FAMILY, we identify the priorities to work on and help to set up the best possible PROJECT to achieve the goals agreed together.

With the TT Method, a philosophy and set of principled guidelines (Mental, Physical, Technical and Tactical) once identified the priorities to work on with the TT Formula, we guide the PLAYER to improve in the best possible way in order to express his/her potential.

„A player can be only as good as the team working with.“



MORE ABOUT LUCA APPINO

Luca started his carrier in Italy and for over 10 years was dedicated to the development of tennis schools in various clubs. He has experience in management and marketing working for famous companies in the tennis industry such as: Alto, Maxima, Dunlop and Babolat. The evolution of Babolat from stringing to a racket company needs to thanks Luca Appino's ability in talent scouting.

For Babolat he selected various young and, at that time, almost unknown players from 11 to 15 years old; five of them reached the #1 position in the ATP and WTA: Rafael Nadal, Andy Roddick, Kim Clijsters, Dinara Safina and Caroline Wozniacki.

In 2007, Luca received the PTR Industry Award for the results obtained in talent scouting and for the development of the tennis industry in general. In 2009, his first book : "The world of Rafael Nadal, secrets of his success", written in collaboration with Toni Nadal, was published in English, French and Spanish.

In 2008 Luca founded Tennis-Talents and implemented the TT Formula and TT Method; He leads seminars and workshops around the world. During his coaching experience, Luca guided the Estonian player Kaia Kanepi from #60 WTA to #18 WTA ranking.

From August 2010 to July 2011, he was the Executive Tennis Director of the Tunisian Tennis Federation and coach of Ons Jabeur, the Roland Garros Junior 2011 winner.

In 2013 and 2014 worked with Ante Pavic (CRO). In less than one year his ranking went from #495 to #130 in the ATP World Singles Ranking. Later on he coached Tadeja Majerić and Donna Vekić.

Over the last years Luca is advising several Smrikva Bowl players and families who attended Smrikva Bowl Tennis Talents Family Weeks around the World to develop and fully express their potential.



APPLICATION FORM (WEEK 1)

6th Smrikva Bowl Tennis Talents Family Week (SBTTFW) 2021
(24th of April – 1st of May 2020)

NAME: _____ SURNAME: _____

Date of Birth: _____ Played Smrikva Bowl in (year) : _____

SB player or SBTTFW Alumni supporting my candidacy: _____

My level of English: _____ very good _____ basic _____ very poor

Other Languages I am fluent in: _____

Family e-mail: _____

Current ranking: _____ (national) _____ (international)

Best ranking: _____

Most important result: _____

People coming: 1+ _____ Arrival Date: _____ Departure Date: _____

Name of my current coach: _____

I started to play tennis when I was _____ years old

Currently I practice: _____ hours per week, of WHICH:

_____ hours individually

_____ hours with other players (or sparing)

_____ hours I dedicate to coordination-footwork exercises

_____ hours I spend in massage and body stretching

_____ hours to improve mental part of my game

_____ hours practicing other sports. Such as: _____

MY STRENGTHS ARE: _____

AREAS THAT I WISH TO IMPROVE ARE: _____

ACCOMMODATION:

SMRIKVE LOUNGE: _____ WIMBLEDON, _____ AUSTRALIAN OPEN, _____ ROLAND GARROS, _____ US OPEN;

Villa SMRIKVE: _____ Villa SMRIKVA Charme, _____ TRS Apartment, _____ ULIKA Apartment, _____ ARMULIN.

APPLICATION FORM (WEEK 2)

6th Smrikva Bowl Tennis Talents Family Week (SBTTFW) 2020
(2nd of May – 9th of May 2021)

NAME: _____ SURNAME: _____

Date of Birth: _____ Played Smrikva Bowl in (year) : _____

SB player or SBTTFW Alumni supporting my candidacy: _____

My level of English: _____ very good _____ basic _____ very poor

Other Languages I am fluent in: _____

Family e-mail: _____

Current ranking: _____ (national) _____ (international)

Best ranking: _____

Most important result: _____

People comming: 1+ _____ Arrival Date: _____ Departure Date: _____

Name of my current coach: _____

I started to play tennis when I was _____ years old

Currently I practice: _____ hours per week, of WHICH:

_____ hours individually

_____ hours with other players (or sparing)

_____ hours I dedicate to coordination-footwork exercises

_____ hours I spend in massage and body stretching

_____ hours to improve mental part of my game

_____ hours parcticing other sports. Such as: _____

MY STRENGTHS ARE: _____

AREAS THAT I WISH TO IMPROVE ARE: _____

ACCOMMODATION:

SMRIKVE LOUNGE: ____ WIMBLEDON, ____ AUSTRALIAN OPEN, ____ ROLAND GARROS, ____ US OPEN;

Villa SMRIKVE: ____ Villa SMRIKVA Charme, ____ TRS Apartment, ____ ULIKA Apartment, ____ ARMULIN.