



THE ATHLETE PATHWAY

ASSESSMENT GUIDE

Find the right starting point for your athlete — from Spark to Elite.

Silver • Self-Assessment

Gold • Diamond • Elite • Coach Assessment

2026-2027 Season



How to Use This Guide

This guide is designed to help families determine the most appropriate starting point within The Athletic Centre's Athlete Pathway. Follow the steps below to understand which assessment process applies to your athlete.

Spark & Bronze

No assessment required. Athletes may register directly for any Spark or Bronze program.

Silver

Self-assessment. Review the assessment criteria for your athlete's age group and register only if your athlete meets the majority of the listed competencies. If you're unsure, we're happy to help.

Gold, Diamond & Elite

Athlete Assessment required before registration. Review the assessment criteria to better understand the skills and performance benchmarks our coaches evaluate. If you believe your athlete is ready, please contact us to book an Athlete Assessment.

Need Help?

If you're unsure which level is the best fit for your athlete, please contact us at noah@thetenniscentre.ca. Our team is happy to answer your questions and help guide your athlete to the most appropriate starting point.



SILVER

U10 Silver Assessment

Silver is the first level in the Athlete Pathway that requires a self-assessment before registration. The criteria below outline the skills and movement competencies athletes should already possess before entering the program. If your athlete is unable to demonstrate most of these skills, they will likely be better suited to one of our Bronze programs, where they can continue building a strong foundation before progressing to Silver. If, after the program begins, our coaches determine that a different level would better support your athlete's development, we may recommend a change in placement. If you are unsure which level is right for your athlete, please contact us—we're happy to help.

Skill	Your Athlete Can...
☐ Movement Comfort	Move confidently through basic movements such as running, skipping, jumping, and changing direction without significant coordination issues.
☐ Body Control	Balance on one leg for 3–5 seconds and land from a small jump without falling or their knees collapsing inward.
☐ Basic Squat	Perform a bodyweight squat with heels on the ground without falling backward.
☐ Push Pattern	Perform a push-up (from knees or toes) with a straight body line (no sagging hips).
☐ Listening & Coachability	Follow multi-step instructions and transition between activities with minimal redirection.
☐ Training Attitude	Participate successfully in a structured group activity (sport, PE class, or recreation program) while staying focused and following instructions.

ASSESSMENT RESULT

- ☐ **4 or more boxes checked:** Silver U10 is likely the right fit.
- ☐ **Fewer than 4 boxes checked:** We recommend registering in Bronze U10 to continue building the foundational skills needed for Silver.



SILVER

U12 Silver Assessment

Silver is the first level in the Athlete Pathway that requires a self-assessment before registration. The criteria below outline the skills and movement competencies athletes should already possess before entering the program. If your athlete is unable to demonstrate most of these skills, they will likely be better suited to one of our Bronze programs, where they can continue building a strong foundation before progressing to Silver. If, after the program begins, our coaches determine that a different level would better support your athlete's development, we may recommend a change in placement. If you are unsure which level is right for your athlete, please contact us—we're happy to help.

Skill	Your Athlete Can...
☐ Movement Patterns	Demonstrate the basic movement patterns: squat, hinge, and push-up, even if technique is not yet perfect.
☐ Squat Quality	Perform a bodyweight squat with feet flat, knees tracking over the toes, and a neutral spine.
☐ Hip Hinge	Perform a basic hip hinge (such as a bodyweight Romanian deadlift) while maintaining a flat back.
☐ Push-Up	Complete 3–5 full push-ups on their toes with good technique.
☐ Jump & Land	Jump from two feet and land softly on two feet without the knees collapsing inward.
☐ Conditioning	Sustain moderate physical activity (running, jumping, circuits, etc.) for 20–30 minutes without needing to stop.
☐ Training Experience	Have participated in at least one season of organized sport or structured physical activity within the past 12 months.
☐ Coachability	Accept coaching feedback, apply corrections, and work well within a group environment.

ASSESSMENT RESULT

- ☐ **5 or more boxes checked:** Silver U12 is likely the right fit.
- ☐ **Fewer than 5 boxes checked:** We recommend registering in Bronze U12 to continue building the foundational skills needed for Silver.



SILVER

U16 Silver Assessment

Silver is the first level in the Athlete Pathway that requires a self-assessment before registration. The criteria below outline the skills and movement competencies athletes should already possess before entering the program. If your athlete is unable to demonstrate most of these skills, they will likely be better suited to one of our Bronze programs, where they can continue building a strong foundation before progressing to Silver. If, after the program begins, our coaches determine that a different level would better support your athlete's development, we may recommend a change in placement. If you are unsure which level is right for your athlete, please contact us—we're happy to help.

Skill	Your Athlete Can...
☐ Foundational Movement Patterns	Demonstrate the six foundational movement patterns: squat, hinge, push, pull, carry, and brace.
☐ Bodyweight Squat	Complete 10 controlled bodyweight squats with heels down, a neutral spine, and knees tracking over the toes.
☐ Hip Hinge	Perform a Romanian deadlift movement pattern (bodyweight or light load) with a flat back and proper hip drive.
☐ Push-Up	Complete 5–8 full push-ups on their toes with good technique.
☐ Pull Pattern	Perform a ring row or inverted row with proper body alignment and controlled movement.
☐ Jump & Land	Demonstrate soft, controlled landing mechanics on both two-leg and single-leg landings.
☐ Conditioning	Sustain 20–25 minutes of moderate-intensity training without significant breakdown in technique.
☐ Training Mindset	Understand basic training concepts such as sets, reps, and rest, and can track their own work during a session.
☐ Training Experience	Have participated in organized sport or structured physical activity for at least one year.

ASSESSMENT RESULT

- ☐ **6 or more boxes checked:** Silver U16 is likely the right fit.
- ☐ **Fewer than 6 boxes checked:** We recommend registering in Bronze U16 to continue building the foundational skills needed for Silver.



SILVER

U18 Silver Assessment

Silver is the first level in the Athlete Pathway that requires a self-assessment before registration. The criteria below outline the skills and movement competencies athletes should already possess before entering the program. If your athlete is unable to demonstrate most of these skills, they will likely be better suited to one of our Bronze programs, where they can continue building a strong foundation before progressing to Silver. If, after the program begins, our coaches determine that a different level would better support your athlete's development, we may recommend a change in placement. If you are unsure which level is right for your athlete, please contact us—we're happy to help.

Skill	Your Athlete Can...
☐ Movement Foundation	Demonstrate the six foundational movement patterns: squat, hinge, push, pull, carry, and brace with good body control.
☐ Bodyweight Squat	Complete 10 bodyweight squats with good technique, including proper depth, a neutral spine, and knees tracking over the toes.
☐ Hip Hinge	Perform a bodyweight or lightly loaded Romanian deadlift with a flat back and controlled movement.
☐ Push-Up	Complete 8–10 full push-ups on their toes with good technique.
☐ Pull Pattern	Perform ring rows or at least one band-assisted pull-up with proper shoulder engagement.
☐ Landing Mechanics	Step down from a moderate height (approximately a 12" box) and land on one leg with good balance and control.
☐ Conditioning	Sustain 30 minutes of moderate-intensity training and recover within 2–3 minutes between working sets.
☐ Training Awareness	Understand sets, reps, and rest periods, and apply coaching feedback during a training session.
☐ Commitment & Mindset	Have previous experience in sport or structured training and understand that improvement comes through consistent effort.

ASSESSMENT RESULT

- ☐ **6 or more boxes checked:** Silver U18 is likely the right fit.
- ☐ **Fewer than 6 boxes checked:** We recommend registering in Bronze U18 to continue building the foundational skills needed for Silver.



GOLD

U12 Gold Assessment

Gold, Diamond, and Elite athletes are placed through an Athlete Assessment prior to registration. During the assessment, our coaches evaluate movement quality, athletic ability, coachability, and overall readiness to determine the most appropriate level for each athlete. Below, we've outlined the competencies and performance benchmarks assessed at each level to help families understand what coaches are looking for and determine whether this is the appropriate next step for their athlete. If you're unsure which level is right for your athlete, please contact us—we're happy to help.

Assessment Area	During the Assessment, Coaches Will Look For...
Bodyweight Squat	Perform 10 bodyweight squats with good depth, heels on the ground, a neutral spine, and knees tracking over the toes.
Hip Hinge	Demonstrate a proper hip hinge with a flat back and good body control.
Push-Up	Complete at least 5 full push-ups on the toes with good technique.
Ring Row	Perform 5 controlled ring rows with good body alignment and shoulder control.
Single-Leg Balance	Balance on each leg for 5 seconds with good stability and control.
Jump & Land	Perform a broad jump and land with balance and good control.
10m Sprint	Complete a 10-metre sprint in under 2.3 seconds.
Broad Jump	Jump at least 110 cm.
Plank Hold	Hold a strong plank for 30 seconds.
Conditioning	Complete the conditioning assessment (Beep Test Level 3 or a 400 m run in under 2:30).
Coachability & Attitude	Demonstrate a positive attitude, strong effort, and the ability to listen, apply coaching feedback, and work well with others.

ASSESSMENT OUTCOME

Athletes are assessed using a combination of movement quality, athletic performance, and coach observations. Athletes who demonstrate the required movement competency, meet the majority of the athletic benchmarks, and show strong coachability and effort will likely be placed in U12 Gold.



GOLD

U16 Gold Assessment

Gold, Diamond, and Elite athletes are placed through an Athlete Assessment prior to registration. During the assessment, our coaches evaluate movement quality, athletic ability, coachability, and overall readiness to determine the most appropriate level for each athlete. Below, we've outlined the competencies and performance benchmarks assessed at each level to help families understand what coaches are looking for and determine whether this is the appropriate next step for their athlete. If you're unsure which level is right for your athlete, please contact us—we're happy to help.

Assessment Area	During the Assessment, Coaches Will Look For...
Goblet Squat	Perform 10 goblet squats with good depth, heels on the ground, a neutral spine, and proper knee alignment.
Romanian Deadlift	Demonstrate a proper Romanian deadlift movement with a flat back and controlled hip hinge.
Push-Up	Complete at least 8 full push-ups on the toes with good technique.
Ring Row / Dumbbell Row	Demonstrate good pulling mechanics with full range of motion and proper shoulder control.
Lunge / Split Squat	Perform 5 repetitions per leg with good balance, control, and knee alignment.
Box Jump	Jump onto a 12" box and land with good balance and control.
10m Sprint	Complete a 10-metre sprint in under 2.1 seconds.
40m Sprint	Complete a 40-metre sprint in under 6.5 seconds.
Broad Jump	Jump at least 140 cm.
Conditioning	Complete the conditioning assessment (Beep Test Level 4 or a 400 m run in under 2:10).
Coachability & Attitude	Demonstrate strong effort, apply coaching feedback, manage the training environment appropriately, and show good body awareness throughout the assessment.

ASSESSMENT OUTCOME

Athletes are assessed using a combination of movement quality, athletic performance, and coach observations. Athletes who demonstrate the required movement competency, meet the majority of the athletic benchmarks, and show strong coachability and effort will likely be placed in U16 Gold.



GOLD

U18 Gold Assessment

Gold, Diamond, and Elite athletes are placed through an Athlete Assessment prior to registration. During the assessment, our coaches evaluate movement quality, athletic ability, coachability, and overall readiness to determine the most appropriate level for each athlete. Below, we've outlined the competencies and performance benchmarks assessed at each level to help families understand what coaches are looking for and determine whether this is the appropriate next step for their athlete. If you're unsure which level is right for your athlete, please contact us—we're happy to help.

Assessment Area	During the Assessment, Coaches Will Look For...
Goblet Squat	Perform 10 goblet squats with good depth, a neutral spine, and proper knee alignment.
Romanian Deadlift	Demonstrate a proper Romanian deadlift movement with a flat back, controlled technique, and good hip hinge mechanics.
Push-Up	Complete at least 10 full push-ups on the toes with good technique.
Ring Row / Bent-Over Row	Demonstrate proper pulling mechanics with full range of motion and good body control.
Lunge	Perform 5 lunges per leg with good balance, stability, and knee alignment.
Box Jump	Jump onto a 12–18" box and land with balance and control.
10m Sprint	Complete a 10-metre sprint in under 2.0 seconds.
40m Sprint	Complete a 40-metre sprint in under 6.2 seconds.
Broad Jump	Jump at least 155 cm.
Conditioning	Complete the conditioning assessment (Beep Test Level 4+ or a 400 m run in under 2:00).
Coachability & Attitude	Demonstrate strong effort, apply coaching feedback, show consistent training habits, and display the physical readiness for a twice-weekly performance program.

ASSESSMENT OUTCOME

Athletes are assessed using a combination of movement quality, athletic performance, and coach observations. Athletes who demonstrate the required movement competency, meet the majority of the athletic benchmarks, and show strong coachability and effort will likely be placed in U18 Gold.



DIAMOND

U16 Diamond Assessment

Diamond athletes are placed through an Athlete Assessment prior to registration. Diamond is intended for athletes with previous training experience who are ready for a more advanced, individualized training environment. During the assessment, our coaches evaluate movement quality, athletic ability, training maturity, and overall readiness to determine whether Diamond is the most appropriate level. Below, we've outlined the competencies and performance benchmarks assessed at this level to help families understand what coaches are looking for and determine whether Diamond is the appropriate next step for their athlete. If you're unsure, please contact us—we're happy to help.

Assessment Area	During the Assessment, Coaches Will Look For...
Goblet Squat	Perform 10 goblet squats with a moderate load, demonstrating good depth, control, and technique.
Romanian Deadlift	Perform 10 Romanian deadlifts with a moderate load, maintaining a flat back and proper hip hinge throughout.
Push-Up	Complete at least 15 full push-ups with good technique.
Pull-Up / Chin-Up	Complete at least 1 unassisted pull-up or chin-up, or demonstrate strong mechanics using a band-assisted variation.
Single-Leg Strength & Stability	Demonstrate good balance and control during a single-leg Romanian deadlift or lateral lunge.
Power Development	Demonstrate explosive power during a medicine ball throw or slam, using the whole body effectively.
10m Sprint	Complete a 10-metre sprint in under 1.95 seconds.
40m Sprint	Complete a 40-metre sprint in under 6.0 seconds.
Broad Jump	Jump at least 165 cm.
Conditioning	Complete the conditioning assessment (Beep Test Level 6 or an 800 m run in under 4:30).
Training Maturity & Coachability	Demonstrate previous structured training experience, a strong work ethic, resilience during challenging activities, and a desire to improve.

ASSESSMENT OUTCOME

Athletes are assessed using a combination of movement quality, athletic performance, and coach observations. Athletes who demonstrate the required movement competency, meet the majority of the athletic benchmarks, and show the training maturity expected of a Diamond athlete will likely be placed in U16 Diamond.



DIAMOND

U18 Diamond Assessment

Diamond athletes are placed through an Athlete Assessment prior to registration. Diamond is intended for athletes with previous training experience who are ready for a more advanced, individualized training environment. During the assessment, our coaches evaluate movement quality, athletic ability, training maturity, and overall readiness to determine whether Diamond is the most appropriate level. Below, we've outlined the competencies and performance benchmarks assessed at this level to help families understand what coaches are looking for and determine whether Diamond is the appropriate next step for their athlete. If you're unsure, please contact us—we're happy to help.

Assessment Area	During the Assessment, Coaches Will Look For...
Deadlift	Demonstrate proper technique during a trap bar or barbell deadlift using a light to moderate load.
Squat	Perform barbell or goblet squats with a moderate load, demonstrating good depth, control, and technique.
Push-Up	Complete at least 15 full push-ups with good technique.
Pull-Up / Chin-Up	Complete at least 3 unassisted pull-ups or chin-ups with full range of motion.
Single-Leg Stability	Demonstrate good balance and control during a single-leg Romanian deadlift.
Power Development	Demonstrate explosive power during a medicine ball throw, using the hips and trunk effectively.
10m Sprint	Complete a 10-metre sprint in under 1.9 seconds.
40m Sprint	Complete a 40-metre sprint in under 5.8 seconds.
Broad Jump	Jump at least 180 cm.
Conditioning	Complete the conditioning assessment (Beep Test Level 6+ or an 800 m run in under 4:15).
Training Maturity & Coachability	Demonstrate previous structured training experience, mental resilience, competitive drive, and the ability to maintain good technique under load.

ASSESSMENT OUTCOME

Athletes are assessed using a combination of movement quality, athletic performance, and coach observations. Athletes who demonstrate the required movement competency, meet the majority of the athletic benchmarks, and show the training maturity expected of a Diamond athlete will likely be placed in U18 Diamond.



ELITE

U15 Elite+ Assessment

Elite athletes are placed through an Athlete Assessment prior to registration. Elite is reserved for athletes who have demonstrated an exceptional commitment to their athletic development and are ready for our highest level of training. During the assessment, our coaches evaluate movement quality, athletic ability, training maturity, leadership, and overall readiness to determine whether Elite is the appropriate environment for the athlete. Below, we've outlined the competencies and performance benchmarks assessed at this level to help families understand what coaches are looking for and determine whether Elite is the appropriate next step for their athlete. If you're unsure, please contact us—we're happy to help.

Assessment Area	During the Assessment, Coaches Will Look For...
Barbell Squat	Demonstrate proper technique during a barbell squat using an appropriate working weight.
Deadlift	Demonstrate proper technique during a trap bar or barbell deadlift using an appropriate working weight.
Push-Up	Complete at least 20 full push-ups with good technique.
Pull-Up	Complete at least 5 unassisted pull-ups with full range of motion.
Explosive Power	Demonstrate explosive power and control during a box jump or broad jump.
Movement Under Fatigue	Maintain good movement quality and technique throughout the assessment, even as fatigue increases.
10m Sprint	Complete a 10-metre sprint in under 1.8 seconds.
40m Sprint	Complete a 40-metre sprint in under 5.5 seconds.
Broad Jump	Jump at least 200 cm.
Conditioning	Complete the conditioning assessment (Beep Test Level 8+ or an 800 m run in under 3:50).
Training Maturity & Leadership	Demonstrate exceptional training habits, accountability, leadership, resilience, and a commitment to long-term athletic development.

ASSESSMENT OUTCOME

Athletes are assessed using a combination of movement quality, athletic performance, and coach observations. Athletes who demonstrate the required movement competency, meet the majority of the athletic benchmarks, and show the training maturity and leadership expected of an Elite athlete will likely be placed in the Elite Program.