

# THE PERFORMANCE AUDIT CODE

STOP THE RACE. START THE BUILD.



The Gomesee Way

## The Performance Code Audit

**The Hard Truth:** Most junior tennis systems fail not because of a lack of effort, but because they solve the wrong problem. They confuse **exposure** (tournaments) with **adaptation** (growth). Use this diagnostic to determine if you are building a world-class foundation or falling into the "Tournament Trap."

### Part 1: The 10x Performance Scorecard

*Rate your current program on a scale of 1 to 5 for each statement. (1 = Strongly Disagree | 5 = Strongly Agree)*

1. **The Weapon Test:** In the last 90 days, my child has successfully implemented a *new* technical skill (e.g., a specific serve variation or transition play) in a high-pressure match.

**Score:** \_\_\_\_\_

2. **The 3:1 Ratio Test:** We strictly maintain a development schedule of at least 3 hours of deliberate, high-intensity "Laboratory" training for every 1 hour of tournament match play.

**Score:** \_\_\_\_\_

3. **The 30-30-40 Test:** Our schedule is balanced: 30% matches against lower-level opponents (to practice dominance), 30% against higher levels, and 40% against peers.

**Score:** \_\_\_\_\_

4. **The Identity Test:** My child has a stable "Competitive Persona" and consistently resets their nervous system to a neutral state within 15 seconds of a major error.

Score: \_\_\_\_\_

5. **The Neural Rest Test:** In the last 6 months, we have completed at least one 4-to-6-week "Laboratory Block" where the player had **zero** tournament registrations.

Score: \_\_\_\_\_

**TOTAL SCORE:** \_\_\_\_\_ / 25

## **Part 2: The Diagnosis**

- **20 – 25 Points: The Architect.** You are building an elite foundation. You prioritize long-term skills over short-term trophies. **Action:** Stay the course and ignore the ranking noise.
- **15 – 19 Points: The Danger Zone.** You are "racing the car while the engine is broken." You are extracting talent without replenishing it. **Action:** Reduce the tournament calendar by 30% immediately.
- **Below 15 Points: The Tournament Trap.** Your child is at high risk for a permanent technical plateau or burnout. They are in "Survival Mode." **Action:** Stop all tournament registration for 8 weeks. Return to the Laboratory.

The Gomesee Way

[gomesee.lens@gmail.com](mailto:gomesee.lens@gmail.com)

9824060060

