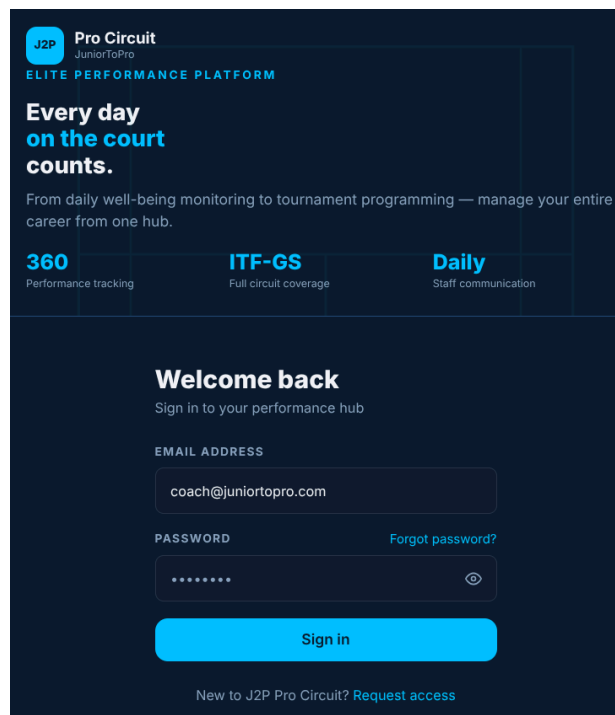


J2P Pro Circuit — Parent Guide

Staying close to your child's journey — with clarity and peace of mind.

Welcome. J2P Pro Circuit is the platform we use to manage your child's development as an athlete — day by day, season by season. This guide walks you through everything: how to get set up, what you'll find in your space, how communication works, and why this tool matters for the long road ahead.

In one sentence: it gives you a clear, reassuring window into how your child is doing — well-being, tournaments, progress — while keeping the technical and medical work in expert hands. You stay informed and involved, without ever getting in the way of the work.



1. Why this tool matters for your child's career

Elite tennis is a long game — the road from junior to professional is built over years, not weeks. What makes the difference isn't a single great session; it's **consistency, smart monitoring, and everyone pulling in the same direction.**

J2P Pro Circuit — JuniorToPro · Built for elite tennis performance.

That's what J2P is for:

- **Protecting your child.** Daily well-being tracking catches fatigue, stress and soreness *early* — the warning signs that, ignored, lead to injury or burnout. Prevention beats cure, every time.
- **Data-driven development.** Instead of guesswork, your child's training adapts to how their body and mind are actually responding. This biomechanical, data-led approach is the core of how we coach.
- **One source of truth.** Player, parents, coach and staff all work from the same picture. No mixed messages, no lost information.
- **The long view.** Quarterly and annual reports turn day-to-day data into a clear story of your child's growth over time.

Your role in all this is real and important: an **informed, reassured partner** in your child's career — not a spectator on the sidelines.

2. Getting set up — step by step


The golden rule: the coach validates every account and every link before it becomes active. This is deliberate — it keeps the platform secure, especially for minors. Nothing happens behind your back, and nothing is exposed without approval.

There are two ways to get started, depending on who registers first.

Path A — your child is already registered

1. You receive an **invitation** (a link, by email or directly from the coach).
2. You **create your parent account** through it.
3. You're **approved automatically** (the link vouches for you).
4. You can now see your child's space.

Path B — you register first

1. **Create your account** and choose the **"Parent"** option.
2. You can log in straight away — but you **won't see anything yet**. That's completely normal: your space stays empty until your child is linked.
3. On your home screen, tap " **Invite my child**". Enter their **first name, last name, and email** — the child's email must be **different from yours**.
4. You'll get an **invitation link**. Your child opens it and creates their own player account.
5. Your **coach validates the link**.
6. **Log out and log back in** — and now you'll see your child. (The app rebuilds your access when you sign back in.)

2. Select parent and continue

3. Fill out the form

J2P Pro Circuit
Request access

Who are you?
Select your role on the platform.

Player
I am the athlete

Parent
I follow my child

Staff
Coach, physio, or medical team

Continue

J2P Pro Circuit
Request access

Personal information

FIRST NAME: Rafael

LAST NAME: Nadal

EMAIL ADDRESS: you@example.com

PASSWORD: Min. 8 characters

PHONE: +33 6 12 34 56 78

NATIONALITY: Select nationality... | DATE OF BIRTH: jj/mm/aaaa

Back **Continue**

4. Account created. Click "Back to sign in" and log in.

Account created

Your parent account is ready — you can sign in right now (we've emailed you the details). Once in, invite your child from your dashboard; the coach validates the link before access is granted.

Back to sign in

Following the invitation in real time

1st connection : invite your child

Welcome, Sophie!

You're all set. One last step: invite your child to create their account. Once they register, the head coach validates the link — then their well-being, tournaments and reports appear right here.

Invite my child

Already sent the invite? Your child just needs to register — the coach will then approve the link.

Fill out the form

Invite your child

Generate a link for your child to create their player account. The coach will validate the link before any access is granted.

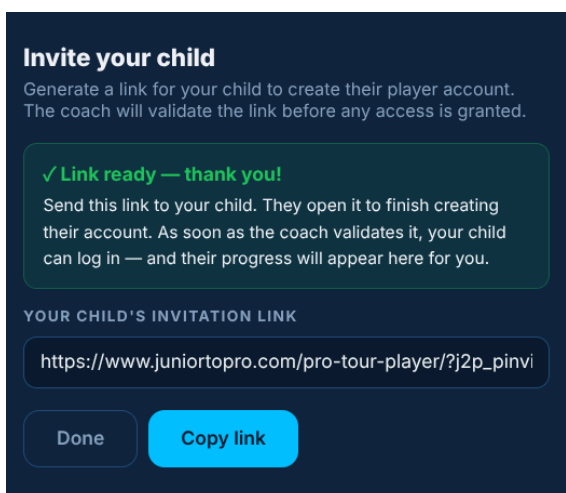
CHILD'S FIRST NAME

CHILD'S LAST NAME

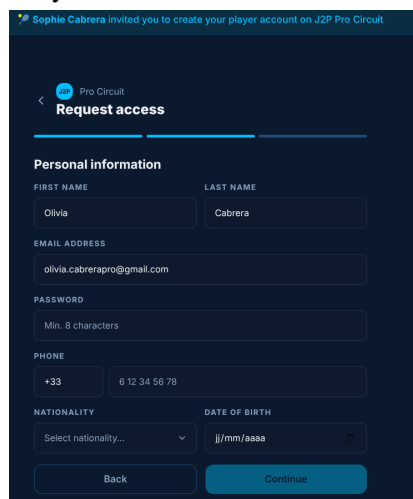
CHILD'S EMAIL (MUST DIFFER FROM YOURS)

Cancel **Generate link**

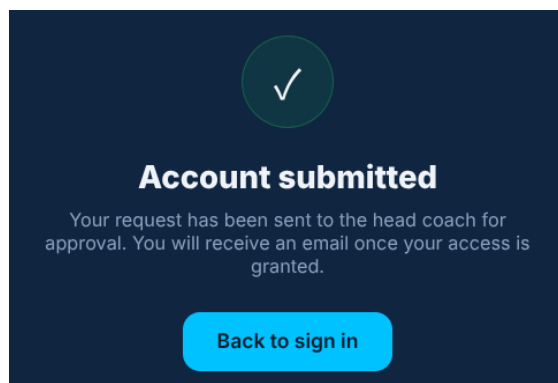
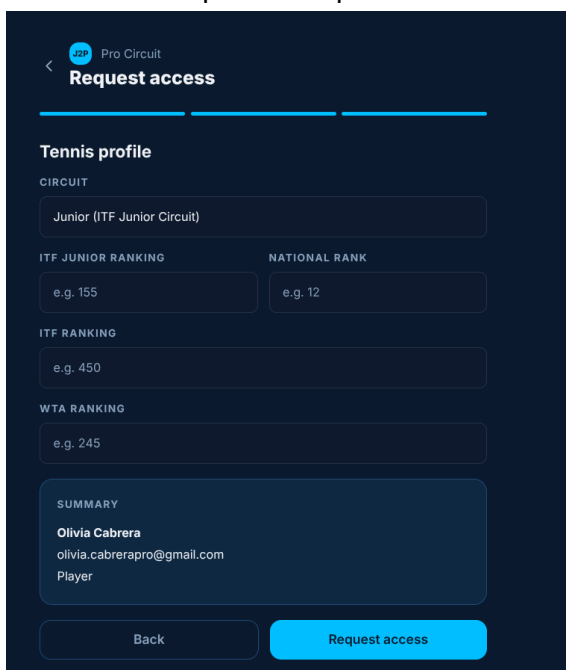
Copy and share the link with your child



your child fill out the form



Last step : Tennis profile

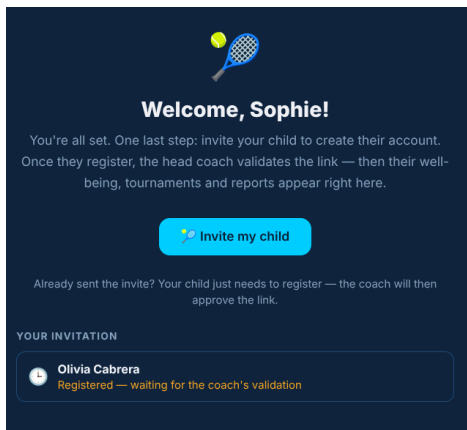


Your home screen shows you exactly where things stand, even if an email is slow to arrive:

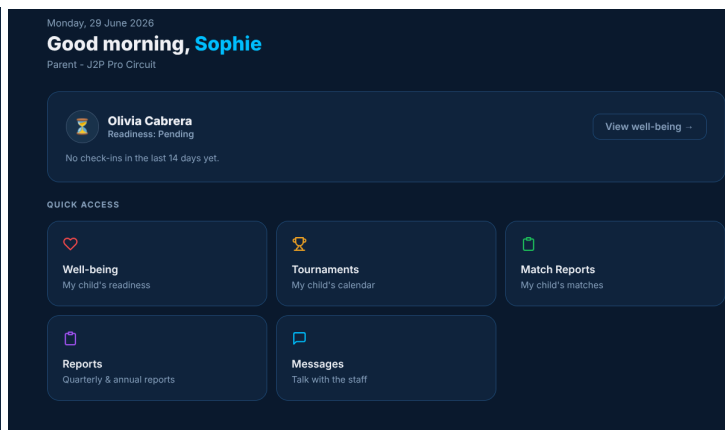
Waiting to register → *Registered* — *waiting for coach* → *Linked* ✓

So you're never left wondering.

Waiting for the coach's validation



Coach validation (parent and player are linked)



Please, note the player received an email after the coach's validation

[J2P Pro Circuit] Your account has been approved

JuniorToPro <geoffroy@juniorpro.com>

À moi ▾

Hello Olivia Cabrera,

Your J2P Pro Circuit account has been approved by the head coach. You can now sign in:

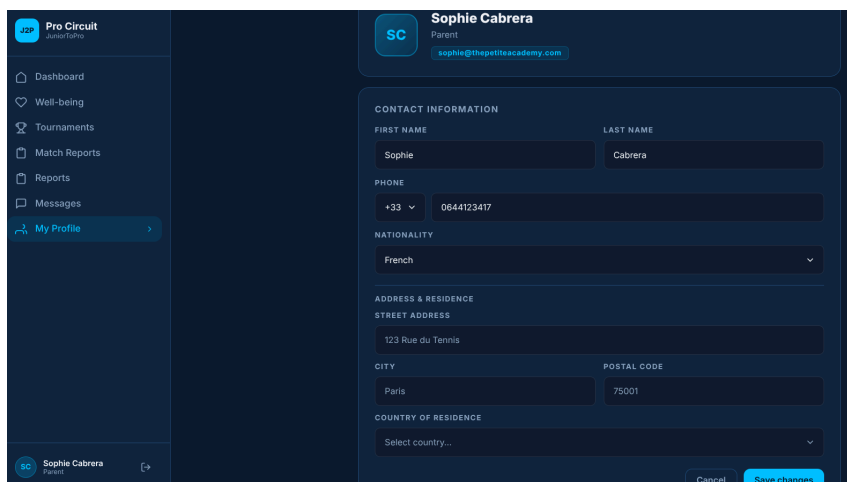
<https://www.juniorpro.com/pro-tour-player/>

- JuniorToPro Team

Two parents (mum and dad)

Both parents can have their own access to the same child. Just ask your coach to add the second parent — multiple parents per child are fully supported.

Update your profile at anytime



3. Installing the app on your phone

J2P installs from your browser — no App Store needed. Once installed, it opens full-screen like any app.

- **Android (Chrome):** open the app, tap the ☰ menu → **"Install app"**.
- **iPhone (Safari):** tap **Share** → **"Add to Home Screen"**.

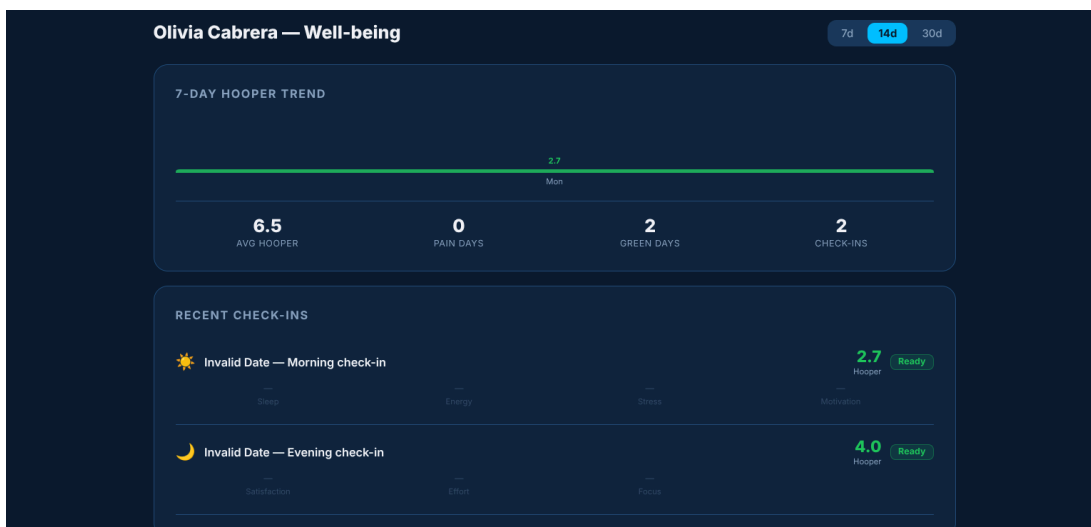
4. What you'll find in your space

Your space is focused on what matters to you as a parent: **how your child is doing**.

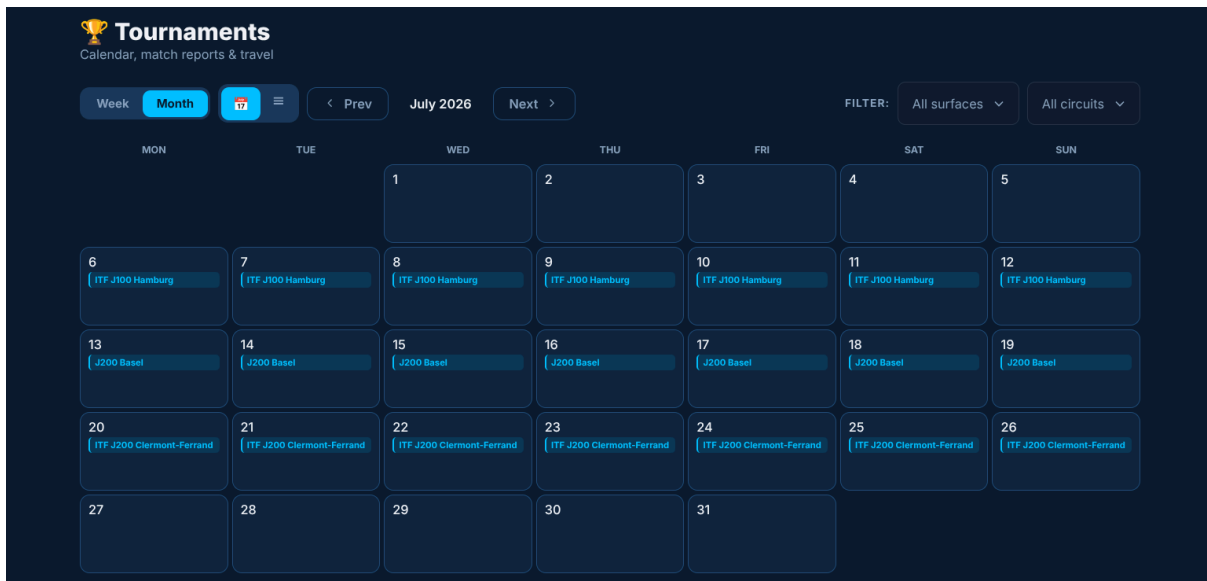
- **Well-being overview** — your child's **readiness** for the day, their average well-being score, **green days** (days they felt good), **pain days**, and how consistently they've been checking in. A simple, honest pulse on how they're holding up.
- **Tournaments** — their competition schedule.
- **Match reports** — the reports shared with you after matches.
- **Quarterly & annual reports** — the big-picture view of your child's development: trends, progress, and the coach's assessment.

Think of it as a flight tracker for your child's season: you can follow the journey clearly and confidently, without needing to be in the cockpit.

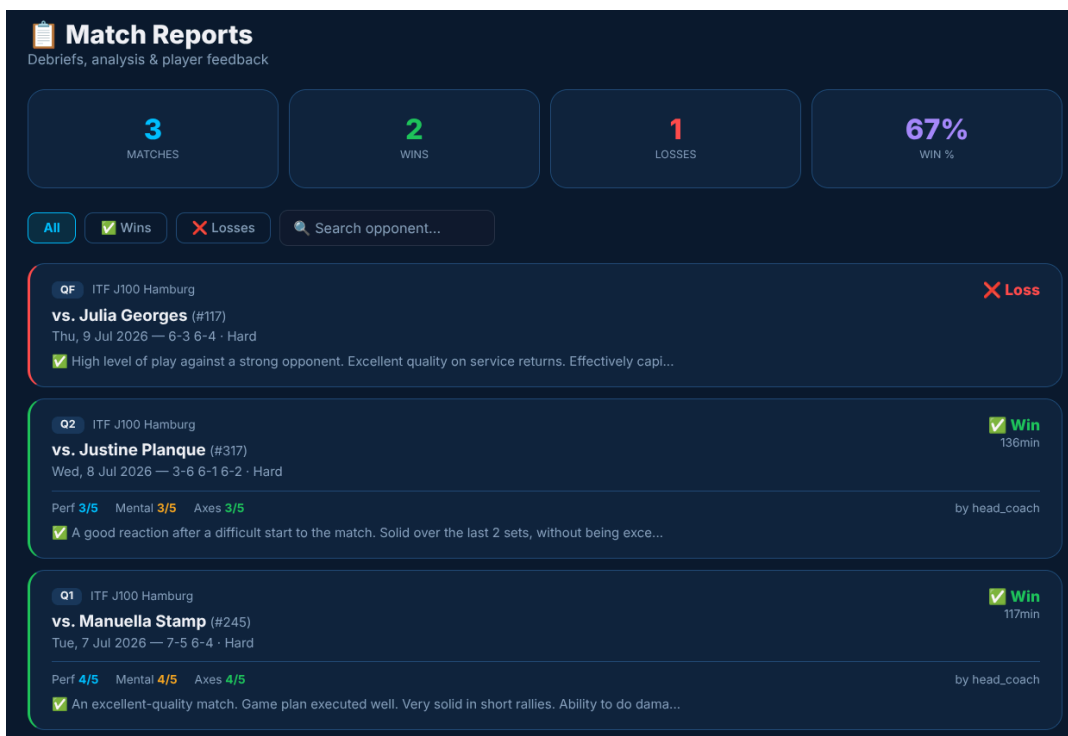
Well-being overview



Tournaments overview



Match reports (click for details)



Details of the match. As a parent, you can add your feedback.

QF ITF J100 Hamburg

vs. Julia Georges (#117) Loss

Thursday, 9 July 2026 · Hard

6-3 6-4

STRENGTHS
High level of play against a strong opponent. Excellent quality on service returns. Effectively capitalized on the opponent's second serves.

AREAS TO IMPROVE
There is a lot of stress during key moments against this type of player, who gives away few points.

CONDITIONS
30°C full sun Wind: light Humidity: dry

YOUR FEEDBACK (PARENTS)
Your observations as a parent...

Submit Feedback

Quarterly report

Performance Reports

Quarterly and annual reports shared by the coaching staff. Tap a report to read it or save it as PDF.

2026-Q2
1 Apr - 30 Jun 2026
Shared by your coach View

2026-FULL
1 Jan - 31 Dec 2026 View



FM

J2P PRO CIRCUIT · PERFORMANCE REPORT

Fabienne Manuelli

2026-Q2 · 01 Apr 2026 – 30 Jun 2026

COACHING BY
JuniorToPro
juniortopro.com

 QUARTER AT A GLANCE

7 sessions — total 8.3h volume. TRIMP: 2400 · ACWR: 1.00 (Optimal ). Avg morning well-being: 3.7/10 — Excellent readiness.

 TRAINING LOAD OVERVIEW

7 <small>SESSIONS</small>	8.3 <small>VOLUME (H)</small>	2400 <small>TRIMP</small>	343 <small>AVG TRIMP</small>	3.7/10 <small>AVG HOOPER</small>
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CATEGORY	SESSIONS	VOLUME	TRIMP
Tennis — Technical	2	3h	900
Tennis — Tactical	2	3h	1260
Mental	1	0.5h	150
Fitness	2	1.8h	90

TRIMP = Duration × Intensity · Avg Hooper = Morning readiness 1–10 (lower = better, above 6 = significant fatigue) · ACWR = Acute/Chronic Workload Ratio (optimal: 0.8–1.3)

 TOURNAMENTS

TOURNAMENT	LOCATION	SURFACE	RESULT	POINTS
ITF J200 Nice	Nice, France	Hard	--	--
ITF J200 Lyon	Spain, France	Hard	--	--

 MATCH REPORTS

DATE	OPPONENT	SCORE	RESULT	PERF	MENTAL
25/06	Ksenia Eframovo (#200)	6-2 6-4	 Win	4/5	4/5
25/06	Julia Georges (#270)	6-4 7-5	 Loss	3/5	2/5

Coach: 😊 Let's go girls. difficult moment. But that's the life of pro player. We are all here for the same things : building succeed step by step

2 MATCHES	1 WINS	1 LOSSES	50% WIN %
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♥ WELL-BEING VS TRAINING LOAD

WEEK	TRIMP	AM HOOPER	PM HOOPER	SIGNAL
01 Apr	—	—	—	● Balanced
08 Apr	—	—	—	● Balanced
15 Apr	—	—	—	● Balanced
22 Apr	—	—	—	● Balanced
29 Apr	—	—	—	● Balanced
06 May	—	—	—	● Balanced
13 May	—	—	—	● Balanced
20 May	—	—	—	● Balanced
27 May	—	—	—	● Balanced
03 Jun	—	—	—	● Balanced
10 Jun	—	—	—	● Balanced
17 Jun	—	—	—	● Balanced
24 Jun	2400	3.7/10	9.1/10	● Balanced

Hooper score: lower = better · ● Balanced · ● Monitor · ● Overload risk · ● Low load

📅 COACH EVALUATION

Engagement & Attitude ★★★★★	Technical Progress ★★★★★
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KEY OBSERVATIONS

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OBJECTIVES FOR NEXT QUARTER

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5. What you won't see — and why that's a good thing

Your space intentionally does **not** include: detailed **medical** records, **training-load** internals, **goals**, or the **private notes** staff keep.

This isn't to keep you out — it's to keep things healthy:

- It **protects your child's direct working relationship** with their coach and medical team, where the sensitive, technical work happens.
- It keeps clinical and biomechanical detail **in expert hands**, where it's correctly interpreted.
- It gives your child a **professional space to grow**, with the dignity and trust that come with it — exactly what shapes a young athlete into a pro.

You get the part that reassures you — *is my child well? recovering? progressing?* — without the noise. It's like a good team doctor: you trust the diagnosis is handled properly, and you receive the summary that actually matters to you.

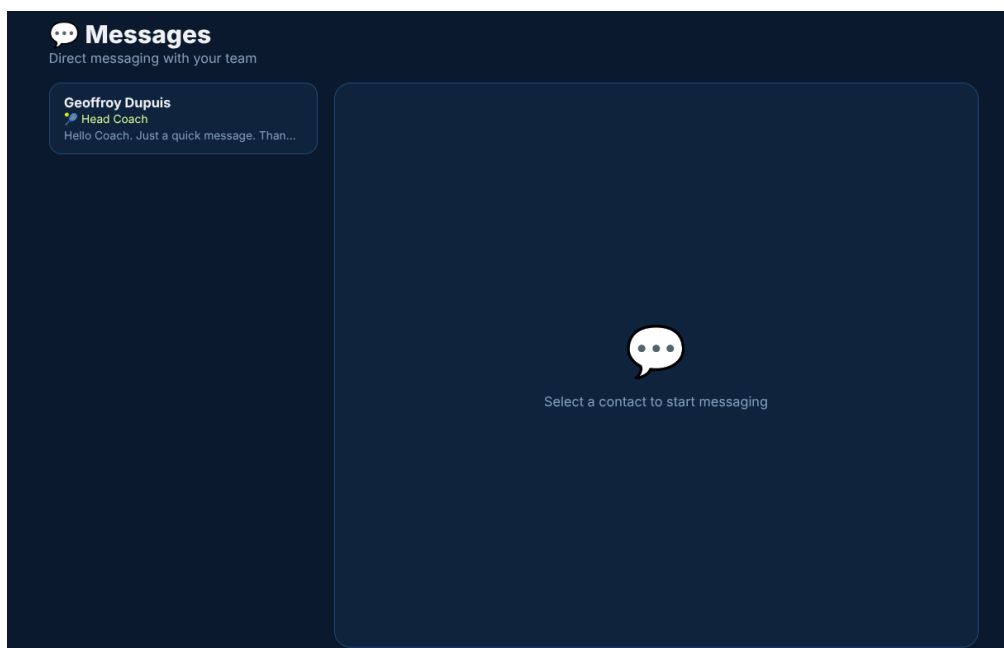
6. Communicating with the team

- **You can message the coaches directly** (head coach and assistant coaches). This is your line for questions, planning, and anything about your child's journey.
- **You cannot message** the physio, the doctor, the mental coach, or other parents and players.

This is by design, and it works in everyone's favour: the specialists feed back **through the coaching channel**, so communication stays coordinated and your child is never caught between conflicting voices. Your coach is your **single, clear point of contact** — simpler for you, and better for your child.

A small ask: keep messages constructive and trusting. The strongest results come when parent and coach work as genuine partners.

Direct messages



7. The daily habit — and how you can help

Twice a day, your child submits a quick well-being check-in (morning and evening) — a few ratings on sleep, fatigue, soreness and stress. It takes about 30 seconds, and it's the foundation everything else is built on.

How you can support it, without pressure:

- **Encourage consistency** — a gentle reminder helps, especially early on.
- **Value honesty over green.** A red or yellow day is not bad news — it's the system doing its job and catching something early. The worst thing your child can do is fake a good day. Praise the honesty, not the colour.

8. Understanding the indicators

- **Green** — feeling good, ready.
- **Yellow** — caution, something to keep an eye on.
- **Red** — needs attention. *This is not a cause for alarm* — it's exactly what the tool is meant to surface, so the team can adjust.
- **Hourglass** **Pending** — not submitted yet.

When your child is **in a tournament or recovering**, the app relaxes automatically — check-in times shift, and nothing is held against them. Rest and competition are treated differently from normal training weeks, just as they should be.

9. Your peace of mind: privacy & data

- **The coach validates everything.** No account, link or access is active without approval — by design, and especially for minors.
 - **Your child's data is private** to the coaching and assigned staff — it is not shared beyond the team.
 - **Your rights:** you can ask your coach at any time for a **copy** of your child's data, or its **deletion**. The platform supports this directly.
-

10. Quick FAQ

I was validated but I still don't see my child. Log out and log back in — your access is rebuilt at sign-in.

I didn't receive the invitation email. Check your spam folder. If it still hasn't arrived, your coach can **send you the link directly** (by WhatsApp or text) — and you can always follow the invitation status on your home screen in the meantime.

Can I message the physio or doctor? No — parents message the **coaches** only. Raise medical questions with your coach, who coordinates with the medical team.

Can both parents have access? Yes. Ask your coach to add the second parent.

The app opened in my browser instead of full-screen. You added a shortcut rather than installing. Remove it and reinstall using **"Install app"** (Android) or **Share → Add to Home Screen** (iPhone, in Safari).

A shared project

Your child's career is a long, demanding, exciting road — and it's never walked alone. J2P keeps everyone who cares about your child aligned: you, the coach, the staff, and your child themselves. The clearer the picture, the better the decisions — and the better the decisions, the further your child can go.

Thank you for being part of it.