

J2P Pro Circuit — Player Guide

Your daily performance hub. Well-being, training load, tournaments, goals, reports and direct messaging with your team — all in one place, on your phone.

Your privacy: You only ever see **your own** data. Only your head coach and the staff assigned to you can see it. Other players and parents never see your information.

1. Installing the app

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

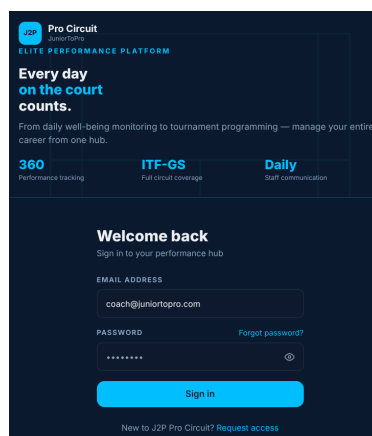
Android (Chrome)

1. Open juniortopro.com/pro-tour-player/ in Chrome.
2. Tap the ☰ menu (top-right) → **"Install app"**.
3. Confirm. The J2P icon appears on your home screen.

iPhone (Safari)

1. Open the app in **Safari**.
2. Tap the **Share** button (square with an arrow) → **"Add to Home Screen"**.
3. Tap **"Add"**.

Tip: choose **"Install app"** on Android, not just "Add to Home screen" — that's what gives you the real full-screen app with the proper icon.



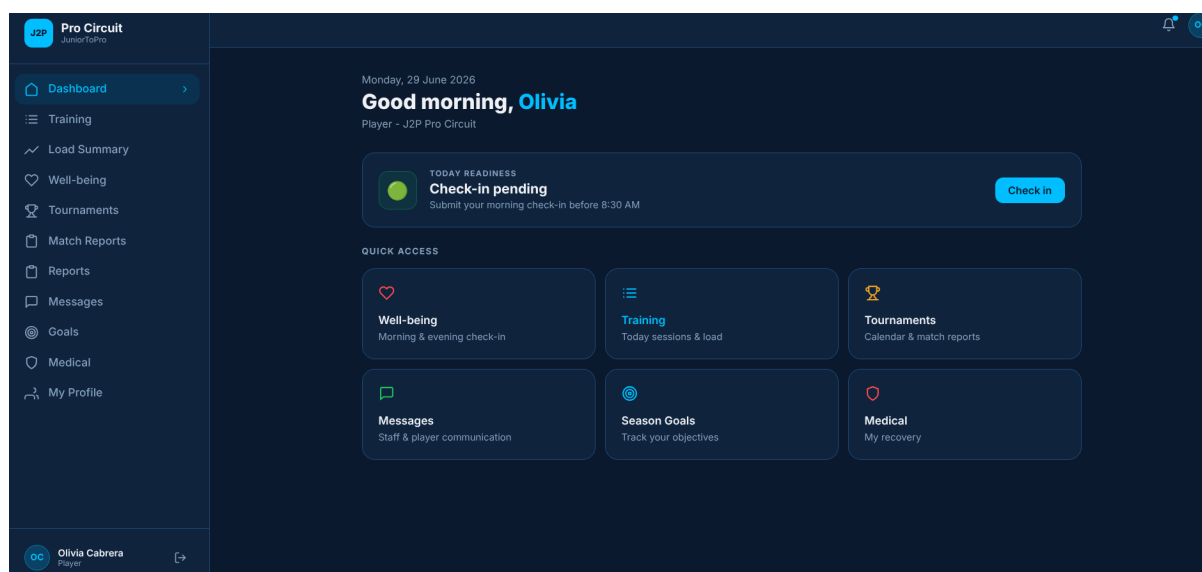
2. Your account

Getting set up takes one approval step — your coach validates every account (this keeps the platform secure, especially for minors).

- **You register**, then your **coach approves** your account. Until then, you can log in only once approved.
- Or you receive an **invitation link** (from a parent) and create your account through it — your coach still approves the link.
- **Inviting your parent (optional)**: if no parent is linked to you yet, a card "🎾 Invite my parent" appears on your home screen. Enter their email; your coach then validates the link. Once a parent is attached, the card disappears.

3. Your home dashboard

When you open the app you land on your dashboard: your **readiness** status for the day, whether your **check-ins** are done, and quick access to everything below.



4. Daily well-being check-ins — your #1 habit

This is the heart of the app. Twice a day — **morning and evening** — you submit a quick set of ratings (sleep, fatigue, muscle soreness, stress). It takes about 30 seconds.

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

Why it matters. Think of these check-ins like the warning lights on a car dashboard. Each one is tiny on its own, but together they catch problems *early* — a dip in sleep, soreness creeping up, stress building — long before they turn into an injury or burnout. This is also the raw data that lets your coaching stay genuinely data-driven instead of guesswork: your program adapts to how your body is actually responding.

Readiness colours (based on your well-being score):

- **Green** — good to go.
- **Yellow** — caution, something to watch.
- **Red** — needs attention.
- **Pending** — not submitted yet.

On-time, late, or missed. A check-in submitted after the deadline is marked "**late**" but is **still saved and still useful** — never skip it just because you're past the time. Late always beats missed.

Be honest. This isn't a test you pass with green days. An honest red day is far more valuable than a fake green one — it's what lets your team protect you and adjust your load.

Morning

Well-being
Monday 29 June

MORNING
Deadline 8:30 AM
Submit now

EVENING
Deadline 9:00 PM
Submit now

Morning check-in Evening check-in

SLEEP
QUALITY
★ ★ ★ ★ ★

DURATION
 < 6h
 6-7h
 7-8h
 8h+

STATE OF THE DAY

ENERGY 3/5
Exhausted Full of energy

STRESS 3/5
Relaxed Very stressed

MOTIVATION 3/5
No drive Fired up

PHYSICAL

Pain or discomfort?

Feeling sick?

MESSAGE TO STAFF
Private — parents cannot see this.
Anything you want your coach to know before training...

Submit morning check-in

Evening

Well-being
Monday 29 June

MORNING
Deadline 8:30 AM
Submit now

EVENING
Deadline 9:00 PM
Submit now

Morning check-in Evening check-in

DAY REVIEW

OVERALL SATISFACTION 3/5
Disappointed Very satisfied

INVESTMENT & EFFORT 3/5
Low effort 100% committed

FOCUS & CONCENTRATION 3/5
Distracted Laser focused

SELF-ASSESSMENT

Excellent Good
Average Below par

Could you have done better?

MESSAGE TO STAFF
Private — parents cannot see this.
How was your day? Anything your coaching team should know...

Submit evening check-in

5. Status modes — this controls your whole week

Your **coach sets your status**, and your status decides when check-ins are expected and how strict the app is. Four modes:

| Status | Morning | Evening | Notes |
|-------------------|-----------------|--------------------------------------|--|
| Active | by 08:30 | by 21:00 | Normal training. Consistency matters; reminders are on. |
| Tournament | by 11:00 | by 23:00 <i>(optional)</i> | Relaxed timing, no penalty — but the morning check-in still matters most when you're competing. |
| Recovery | by 11:00 | off | Lighter monitoring while you recharge. |
| Vacation | off | off | Check-ins disabled — rest fully. |

Current status of the player : active | tournament | Recovery | Vacation

Olivia Cabrera MEMBER SINCE 2026
French 18 years old Right-handed Junior

Active

RANKINGS Updated in real-time
[Edit rankings](#)

STAFF 0 assigned
No staff assigned yet.

CURRENT STATUS
 Active
 Tournament
 Recovery
 Vacation

FAMILY [Invite](#)
SC **Sophie Cabrera**
Other

During **tournament, recovery and vacation**, missed check-ins are **never counted against you** — though a missed morning may still show on your coach's dashboard as context (information, not a fault). Email reminders only go out on **active** days, so you're never pestered at the wrong hours.

6. Training load

The app calculates your **training load** and your **ACWR** (acute-to-chronic workload ratio) from your logged sessions.

What ACWR means, simply: it compares how hard you've trained **this week** against your **recent average**. Ramping up too fast is like flooring the accelerator on cold tires — the single biggest, most preventable injury risk in tennis. The app watches that ratio so spikes get spotted before they hurt you, and so your build-up stays progressive.

You can follow your own load trends over time — a clear picture of how your body is absorbing the work.

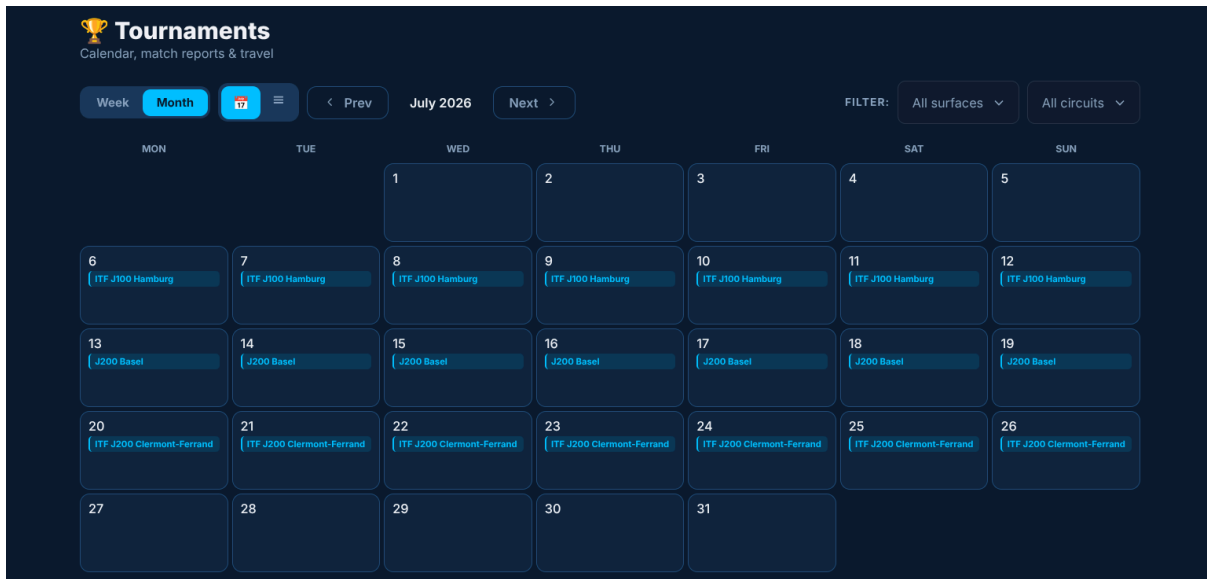
Training calendar



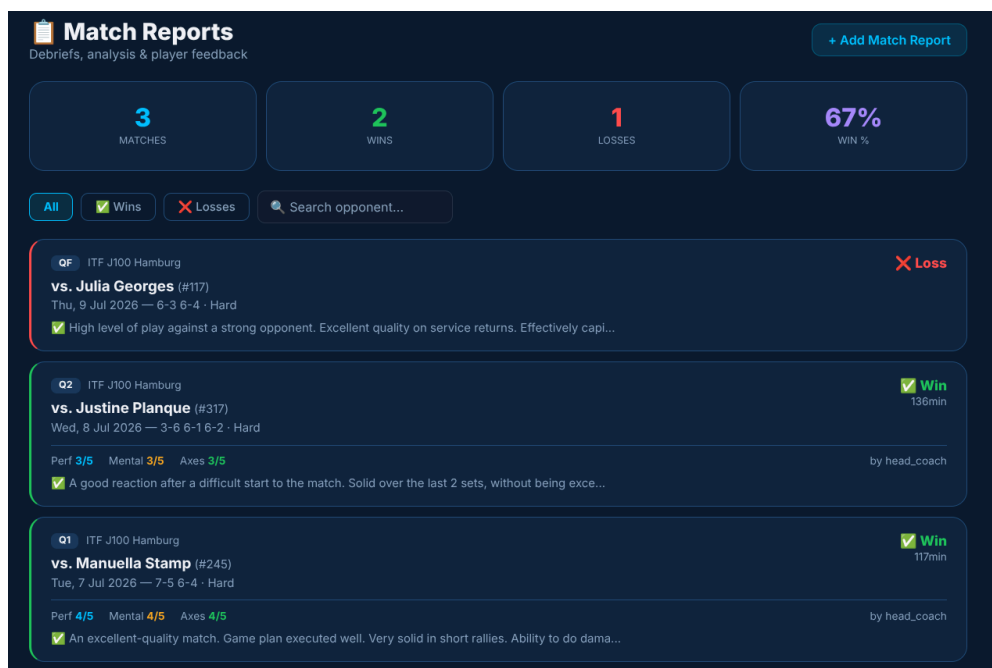
7. Tournaments

- **Your schedule:** see the tournaments you're entered in.
- **Match reports:** after matches, reports can be recorded; you'll see the ones shared with you.
- **Medical alerts:** any active injury flag surfaces here, so nothing gets overlooked right before you compete.

Tournaments calendar



Match reports - As a player, you can add a match report (if the coach is not with you)



Details of the match report - As a player, you can reply to coach and add your feedback

The screenshot shows a match report for a tennis match. At the top, it indicates the match is a Quarter Final (QF) for the ITF J100 Hamburg tournament. The opponent is Julia Georges, ranked #117. The match took place on Thursday, 9 July 2026, on a Hard court. The result is a loss, with a score of 6-3, 6-4. The interface includes sections for 'STRENGTHS' (High level of play against a strong opponent. Excellent quality on service returns. Effectively capitalized on the opponent's second serves.) and 'AREAS TO IMPROVE' (There is a lot of stress during key moments against this type of player, who gives away few points.). It also shows match conditions: 30°C, full sun, light wind, and dry humidity. At the bottom, there is a section for 'Your reply to coach' with a text input field and a 'Send reply to coach' button.

8. Goals

Set and track your **performance goals** with your coach, and **log your progress** over time. Instead of vague intentions, you get a visible record of how you're advancing — technical, physical, tactical or mental.

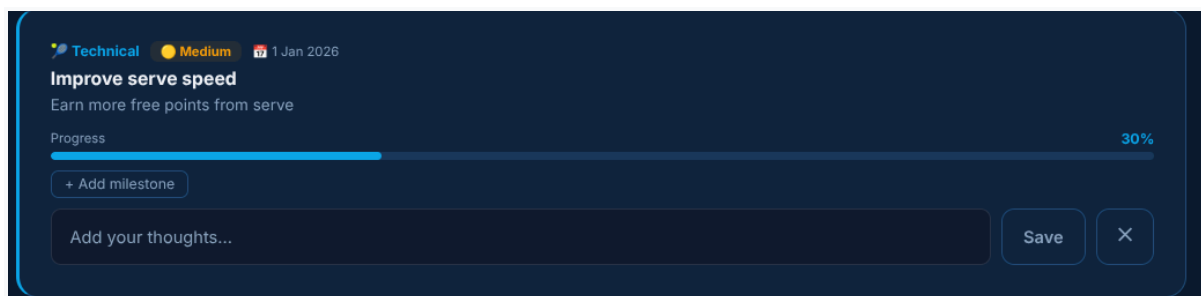
Goals for the season - General and by categories

The screenshot shows a 'Goals' dashboard with a blue header and a dark blue background. At the top, there are navigation tabs for 'All', 'Technical', 'Tactical', 'Physical', 'Mental', 'Ranking', 'Tournament', and 'General'. Below the tabs are four goal cards, each with a category icon, difficulty level, and start date (1 Jan 2026). Each card includes a title, a description, a progress bar at 0%, and an 'Add milestone' button. The goal cards are: 1. 'Improve serve speed' (Technical, Medium): 'Earn more free points from serve'. 2. 'Season 2026' (General, Medium): '1. Win more "free" points on the serve. 2. Correct the left-side imbalance identified via the Kinvent test. 3. Better manage emotions mentally.' 3. 'Improve balance' (Physical, Medium): 'Be more stable on the left side'. 4. 'Emotions' (Mental, Medium): 'Manage better up and down during a match'.

You can track progress.

This screenshot shows the 'Improve serve speed' goal card with the progress bar updated to 30%. Below the progress bar is an 'Add milestone' button. A modal form is open for adding a milestone, with a percentage field set to 30% and a text field containing 'Service is starting to pick up speed on the deuce side.' The date '29 Jun 2026' and the name 'Geoffroy Dupuis' are also visible. A 'Save' button is present at the bottom right of the modal.

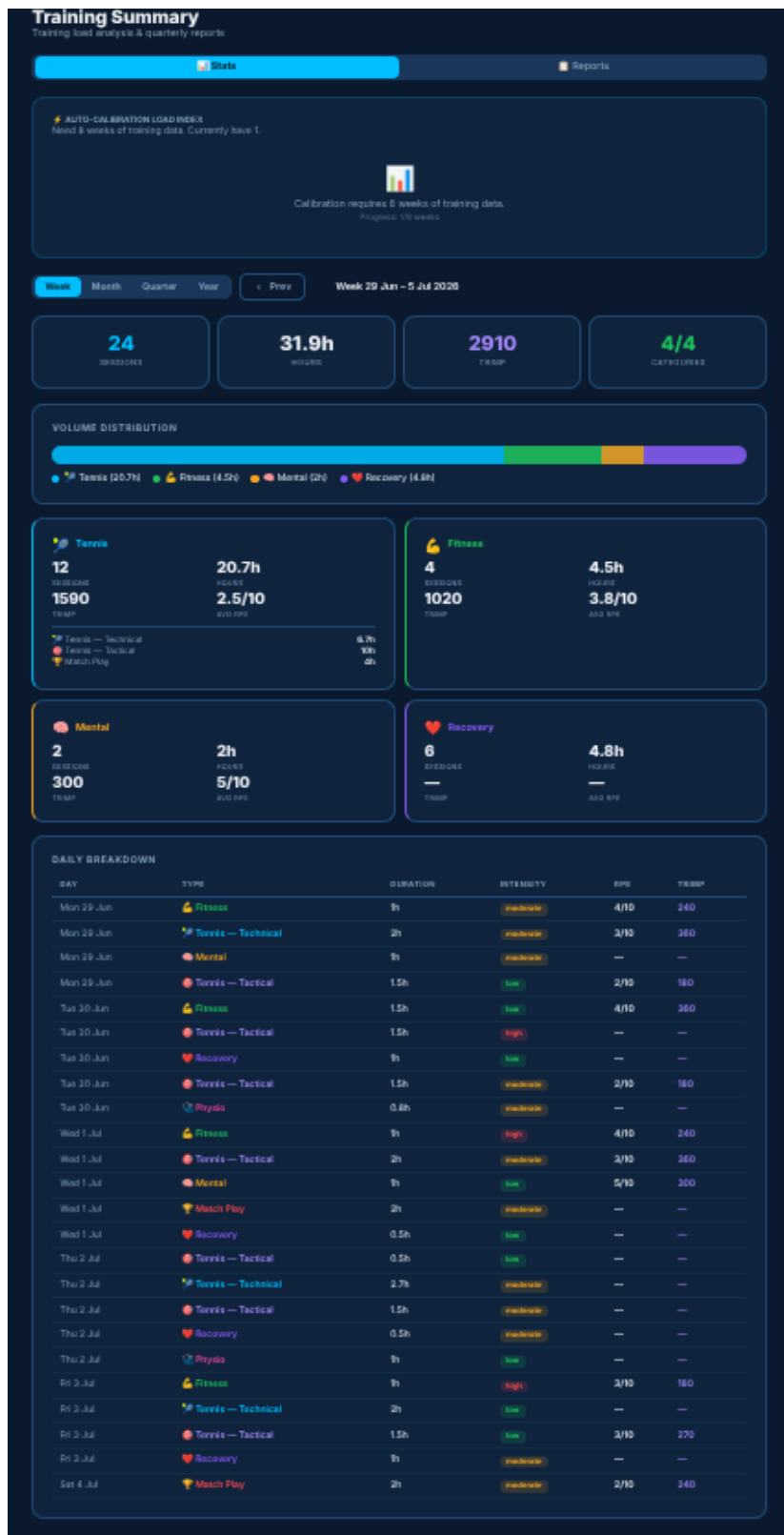
As a player, you see your progress and you can share your thoughts with your coach



9. Reports

Your **quarterly and annual reports** pull everything together: readiness trends, training load, goals, and your coach's assessment. It's the long view of your development — where you started, how you've progressed, and what's next.

Week and month summary





Quarterly and annual report

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



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

SESSIONS

8.3

VOLUME (H)

2400

TRIMP

343

AVG TRIMP

3.7/10

AVG HOOPER

| 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 % |
|---------------------|------------------|--------------------|---------------------|

♥ 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



KEY OBSERVATIONS

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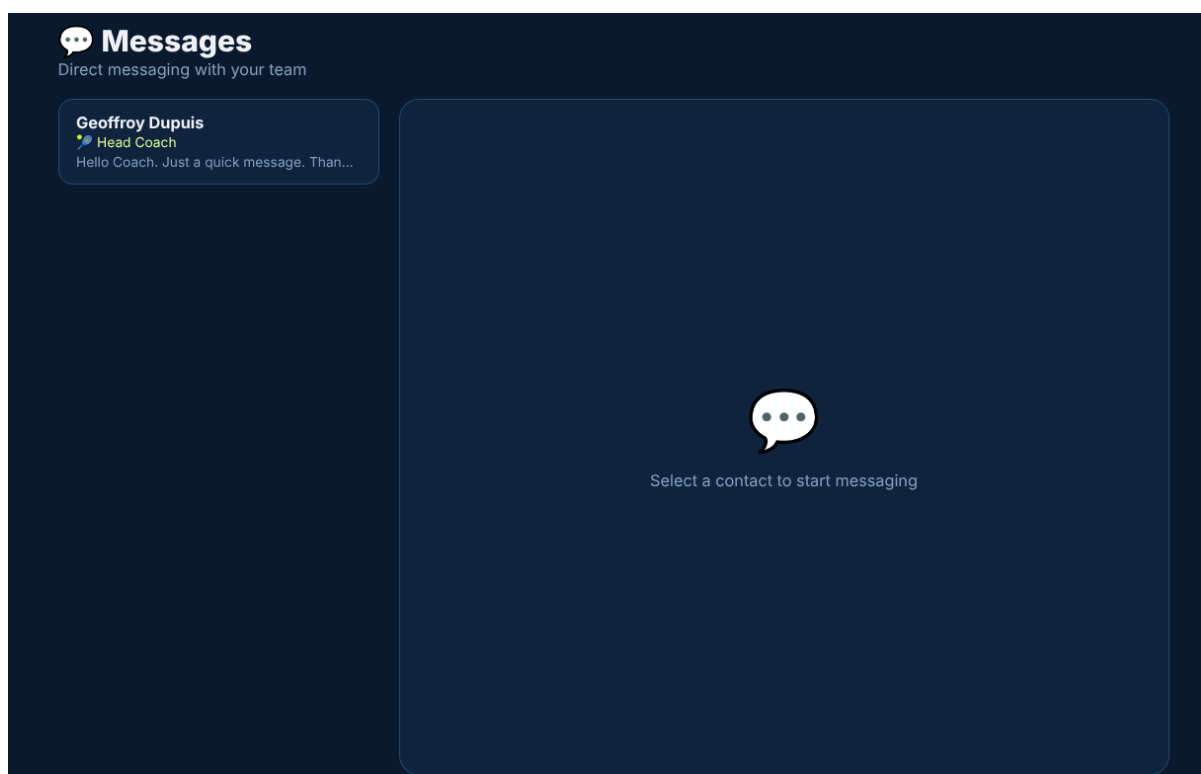
OBJECTIVES FOR NEXT QUARTER

#####

10. Messaging

You can chat **directly with your staff**: head coach, assistant coaches, fitness coach, physio, doctor and mental coach.

You **cannot** message other players or parents — staff only. That keeps your communication focused and professional, and keeps a clean line straight to the people working on your performance.



11. Health & injuries

Injuries and your **return-to-play** are managed together with your medical staff. When you're working back from something, your **status and readiness reflect it**, and alerts follow you into tournaments — so you're never pushed to compete before your team says you're ready.

Medical information - Injury (click for detail)

Medical
Injury tracking, flags & return-to-play

Injuries (1) Flags (1)

Active All history

Minor Back ACTIVE Full rest

Lower back pain
Onset: 3 Mar 2026 · Expected return: 26 Apr

Minor Back — traumatic ACTIVE ✕

Lower back pain
Onset: Tue, 3 March 2026 · Expected return: 26 Apr

Duration: 3 months +28d

Training: Full rest

Overview Return-to-Play Notes Journal

DIAGNOSIS
The player complains of severe lower back pain. Examination reveals tenderness upon palpation and restricted range of motion on the right side.

MECHANISM OF INJURY
The problem arises during the leg extension phase of the serve or on groundstrokes.

TREATMENT
An appropriate protocol will be implemented pending the anticipated return to competition on April 26, 2026. For the time being, the player is being referred for further clinical examinations to determine the exact nature of the impingement.

While injured, the player communicates with the staff via his logbook. A connection is maintained throughout. The player is never alone.

The screenshot shows a mobile app interface for a medical condition. At the top, it says 'Minor' with a red flag icon, 'Back — traumatic', and an 'ACTIVE' status with a close button. The main title is 'Lower back pain' with a yellow face with a sweat drop icon. Below the title, it shows 'Onset: Tue, 3 March 2026 · Expected return: 26 Apr' and 'Duration: 3 months +28d'. A 'Training' section shows 'Full rest' with a red prohibition sign. A navigation bar includes 'Overview', 'Return-to-Play', 'Notes', and 'Journal'. The 'Journal' section is active, showing a 'WRITE A JOURNAL ENTRY' form. It has two sliders: 'MOOD (1-10)' set to 7 and 'PAIN LEVEL (0-10)' set to 3. Below the sliders is a text input field with the placeholder 'How are you feeling today? Describe your pain, your progress, your mindset...'. There is a checkbox for 'Share with coaching staff' and a 'Save entry' button. At the bottom, it says 'No entries yet. Write your first entry above.'

To avoid injury: the red flags

The screenshot shows the 'Medical' overview page. It has a header 'Medical' with a grid icon and the subtitle 'Injury tracking, flags & return-to-play'. Below the header, there are two bars: 'Injuries (1)' in blue and 'Flags (1)' in red. There are two tabs: 'Active' and 'All history'. The main content area shows a 'Monitor' status for 'Right Shoulder discomfort' with a red flag icon, 'Shoulder', and 'Raised 29 Jun < 1 day'.

Medical report on request

J2P PRO CIRCUIT · MEDICAL REPORT

Olivia Cabrera

Career overview · generated 29/06/2026

STATUS

Active injury — monitor

AVAILABILITY & HISTORY



CURRENT STATUS

ACTIVE INJURIES (1)

Lower back pain · Back

Minor · traumatic · ongoing 118 day(s) · expected return 26 Apr 2026

The player complains of severe lower back pain. Examination reveals tenderness upon palpation and restricted range of motion on the right side.

ACTIVE FLAGS (1)

Right Shoulder discomfort · Shoulder (since 29 Jun 2026)

BODY-ZONE BREAKDOWN



SEVERITY DISTRIBUTION



INJURY HISTORY

| ONSET | ZONE | TYPE | SEVERITY | STATUS | DAYS |
|------------|------|-----------|----------|--------|------|
| 3 Mar 2026 | Back | traumatic | Minor | active | 118 |

The player complains of severe lower back pain. Examination reveals tenderness upon palpation and restricted range of motion on the right side.

This document is a training-management record compiled by J2P Pro Circuit. It is not a medical diagnosis — clinical decisions remain with qualified medical staff. Generated 29/06/2026 · JuniorToPro.com

12. Getting the most out of J2P

- **Check in every day, honestly.** The app is only as good as what you put in. Two minutes a day is the whole deal.
 - **Late beats missed.** Past the deadline? Fill it in anyway — it still counts.
 - **Don't fake green.** Red and yellow days are exactly what the system is built to catch.
 - **Treat it as your single source of truth** — your numbers, your tournaments, your goals, all in one place you can open anywhere.
-

Quick FAQ

I missed a check-in — is it lost? No. Fill it in whenever you can; it's saved and still usable, just marked late.

I'm not sure when I'm supposed to check in. Your **status** sets the times (see section 5). If you don't know your current status, ask your coach.

I can't message a teammate. That's normal — players message **staff only**, never other players or parents.

The app opens in my browser instead of full-screen / the icon looks wrong. You added a shortcut instead of installing. Remove it, then reinstall using "**Install app**" (Android) or **Share** → **Add to Home Screen** (iPhone, in Safari).