

ZERO TO HERO TENDER INFORMATION & REQUIREMENTS



FITEQ[®]
Fédération Internationale
de Teqball

GENERAL INFORMATION

The teqball Zero to Hero tender offered by FITEQ provides an opportunity for organisations (i.e. sports clubs, National Federations) to hold trainings helping anybody - regardless of age and gender – to progress with the sport of teqball from a non-active level to a smooth playing level. Organisers to host a Zero to Hero programme must apply via <https://www.fiteq.org/zero-to-hero>. An internal committee led by FITEQ's Women's Committee will review the tender application documents and will grant the right to run the programme to maximum 8 applications. Those approved will have to register up to 2 (two) coaches to a FITEQ Coach Education Seminar held online. Moreover, coaches and participants of the programme in the given country will be provided financial support and further benefits by FITEQ. The below requirements shall be fulfilled:

- **Number of participants:** Minimum 6 (six), maximum 12 (twelve) participants (players)
 - Minimum 50% of the participants must be women
- **Training sessions per week:** minimum 2 (two), maximum 4 (four) – highly recommended
- **Length of one training session:** minimum 60 (sixty) minutes, maximum 90 (ninety) minutes
- **Length of the programme:** maximum 6 (six) calendar weeks
- **Total number of training sessions:** 1 (one) **2-hour long theoretical session** (at the beginning of the programme) + **12 (twelve) training sessions**
- **Number of Teq Tables:** minimum 1 (one) Teq Lite table will be provided
- **The first training:** must be organised from 14 September
- **The programme has to be led by a project manager**, who is responsible for the overall management and delivery of the course while also communicating with FITEQ
- **Results** must be sent via email to zerotohero@fiteq.org until 30 October

REQUIREMENTS

After the programme has been delivered, applicants must provide FITEQ with a detailed project plan (document in a PDF or a short video presentation) about the next steps and the possible future involvement of the Zero to Hero participants to the work of the National Federation. This can be athlete level, coach/referee level, operative level or even decision maker level (vice-presidents, general secretaries etc.). At the end of the programme, the applicants must submit a 1-minute long, professionally edited, high quality, summary video of the Teqball Zero to Hero programme. As for an example please check last year's video [here](#).

TIMELINE

Application	Decision by FITEQ	Contract with FITEQ	Coach Education Seminar	Programme Delivery	Post-Programme Documents
Latest by 5 Aug	Latest by 10 Aug	Latest by 20 Aug	25 Aug – 4 Sept	From 14 September	2 weeks after the programme

SUMMARY OF REQUIREMENTS

PROGRAMME OPERATIVE DETAILS	
Programme Title	<ul style="list-style-type: none"> The title should be as follows: [City name] [Year] Teqball Zero to Hero – e.g. “Kuala Lumpur 2020 Teqball Zero to Hero”
Training Dates	<ul style="list-style-type: none"> To be decided by the organiser (according to the period given in the contract)
Training Events	<ul style="list-style-type: none"> To be scheduled/defined by the Project Coordinator (organiser). Additional Recommended Events - e.g.: An opening lunch/dinner with the participants (goal: getting known each other, outlining the training circumstances, coaches meeting with the players, sharing general, background information and experiences)
Training Format	<p>Five (5) training parts as follows:</p> <ol style="list-style-type: none"> 1. Warm-up 2. Goal 1 3. Goal 2 4. Match 5. Cool-down <p>All sessions must align with the Coach Education Programme of FITEQ and their Zero to Hero course documentation.</p>
Training Rules	<ul style="list-style-type: none"> Minimum 6 (six), maximum 12 (twelve) participants <ul style="list-style-type: none"> o Each player must be constantly present at the trainings, maximum one day off is permitted Minimum 50% of the participants must be women Length of the programme: 6 calendar weeks with minimum 2, 1-hour long training sessions per week 1 (one) theoretical session to be organised first (minimum 2 hours long) 14-18 hours of physical training in total
Entry Requirements for Participants	<ul style="list-style-type: none"> General health-check certificate provided by a GP The COVID-19 health regulations and guidelines of WHO, local government and FITEQ must be followed Professional or semi-professional teqball athletes are not allowed to participate
Entry Process	<ol style="list-style-type: none"> 1. Evaluate the requirements and feasibility 2. Application Form to be fully completed on https://www.fiteq.org/zero-to-hero 3. Application Form to be evaluated by FITEQ 4. Decision to be announced on the FITEQ website 5. Agreement with FITEQ to be signed
Financial and in-kind support provided by FITEQ	<ul style="list-style-type: none"> 1 x Teq Lite Table (12-months loan + 50% discount buying option after) Teqball branded T-shirts (2 per participant) 10 x Official Teqball balls

	<ul style="list-style-type: none"> • Online training and qualification of up to 2 (two) coaches • 1 x Project Coordinator remuneration • Up to 2 x Coaches remuneration 		
LOCATION OF THE TRAININGS			
	DESCRIPTION	RESPONSIBILITY TO ORGANISE	FINANCIAL RESPONSIBILITY
Location type	Indoor or outdoor or beach training locations are allowed.	ORGANISER	ORGANISER
Playing surface	Organiser to consult with FITEQ regarding requirements.	ORGANISER	ORGANISER
Number of courts	Determined by organiser, but minimum one (1) training field	ORGANISER	ORGANISER
Training field specifications	Minimum one (1) court measuring 10 meters wide by 12 meters long, with vertical clearance of at least 5 meters (measured from playing surface). The perimeter of the court should be defined with surrounds.	ORGANISER	ORGANISER
EQUIPMENT			
	DESCRIPTION	RESPONSIBILITY TO ORGANISE	FINANCIAL RESPONSIBILITY
Tables	Teq One, Teq Smart, Teq Lite	FITEQ ORGANISER	FITEQ to ship 1 (one) Teq Lite
Balls	A suitable number of size 5 officially approved FITEQ teqball balls. In case more balls are required for the trainings, the organisers must provide simple size 5 footballs. All balls' air pressure must be as indicated in The Official Rules and Regulations of Teqball.	FITEQ ORGANISER	FITEQ to provide 10 (ten) official FITEQ teqball balls
T-shirts	Teqball-branded T-shirts to be sent by FITEQ and must be worn by the players (2 (two) per PAX will be provided by FITEQ)	FITEQ	FITEQ to provide 2 pcs of T-shirts to all participants
Surrounds	Table(s) to be separated, surrounds to be chosen by the organiser	ORGANISER	ORGANISER
TRACKING THE IMPROVEMENT OF THE PLAYERS			
	DESCRIPTION	RESPONSIBILITY TO ORGANISE	FINANCIAL RESPONSIBILITY
Types of movements to be measured	During every <u>third session</u> the players must be tested as follows: <ul style="list-style-type: none"> - headers 10/? - right foot 10/? 	ORGANISER	N/A

	<ul style="list-style-type: none"> - left foot 10/? - knee 10/? - right foot + head 10/? - left foot + head 10/? - right foot + left foot + head 10/? - right foot + right knee + head 10/? 										
Chart <i>(sample)</i>	Name e.g.	headers	right foot	left foot	knee	right foot + head	left foot + head	right foot + left foot + head	right foot + right knee + head	ORGANISER	N/A
	Victoria	10/10	10/9	10/6	10/7	10/5	10/3	10/1	10/4		
PERSONNEL											
	DESCRIPTION									RESPONSIBILITY TO ORGANISE	FINANCIAL RESPONSIBILITY
Project coordinator	1 (one) x Project Coordinator is required to organise and supervise the course (i.e.: selecting the players and coaches; making sure all the tools, equipment are on spot, everybody is on time; filling out the charts while testing the players, create and send the summary video and the plans on the inclusion of the participants; etc.)									ORGANISER	FITEQ to pay 200 USD upon successful completion
Coach(es)	<ul style="list-style-type: none"> • 6-8 participants -> 1 x coach • 9-12 participants -> 2 x coach 									ORGANISER	FITEQ to pay 200 USD upon successful completion
Players	6 (six) to 12 (twelve) participants									ORGANISER	ORGANISER
Videographer and editor	Making sure that the most essential parts of the training are videotaped, and edited into a one-minute long summary video									ORGANISER	FITEQ to pay 200 USD upon successful completion