

ACE Tennis High Performance Programs

Toronto Tennis City

2010-2011



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IMPORTANT

Please Note!

1. High Performance Programs are for a 39 week period. They start on Tuesday, September 7th, and finish on Sunday, June 19th. The programs aren't offered from Monday, December 20th through Sunday, January 2nd, during March Break and on all statutory holidays.
2. Applications are only accepted with payment. Once the application is submitted, one of the head coaches will evaluate the applicant to ensure that they have the proper level of play. Acceptance to the program is on a first-come, first-served basis.

The ACE Tennis System for Junior Development

ACE Tennis has been recognised for years as the leader in player development in Canada. ACE players have won over 200 national titles and received over 200 US scholarships. Many of Canada's top players of the past thirty years are graduates of the ACE program formerly known as ALL-CANADIAN. Many of Canada's top coaches are also graduates of the program.

Canadian leader in junior tennis development, ACE Tennis is responsible for all programming of junior tennis activities at Toronto Tennis City in Toronto and Cedar Springs Health, Racquet & Sportsclub in Burlington. Pierre Lamarche, the former Canadian Davis Cup team captain is the executive director of all ACE Tennis programs. Ben Armstrong, level 3 coach, is the director for ACE Tennis Toronto. Mike Hall, level 3 coach, is the tennis director for ACE Tennis Burlington.

The commitment of ACE Tennis staff to the well being of their athletes is matched with progressive leading edge systematic programming. The leaders of ACE Tennis see tennis training as a vehicle for the development of excellence in youth. ACE Tennis is very proud of its numerous players that have achieved success on the national and international scene, but even greater is the contribution that ACE Tennis graduates have made to the Canadian sport culture and Canadian society.

ACE Tennis offers High Performance and progressive programs which meet the needs of all players. This past year we redesigned the content of our programs to parallel recommendations from Tennis Canada and the ITF on the volume of training required to develop fully a player's potential. We integrated these recommendations with our own player Mantra which provides players, parents, coaches, support staff and our curriculum designer with a clear picture of how we want our players to develop.

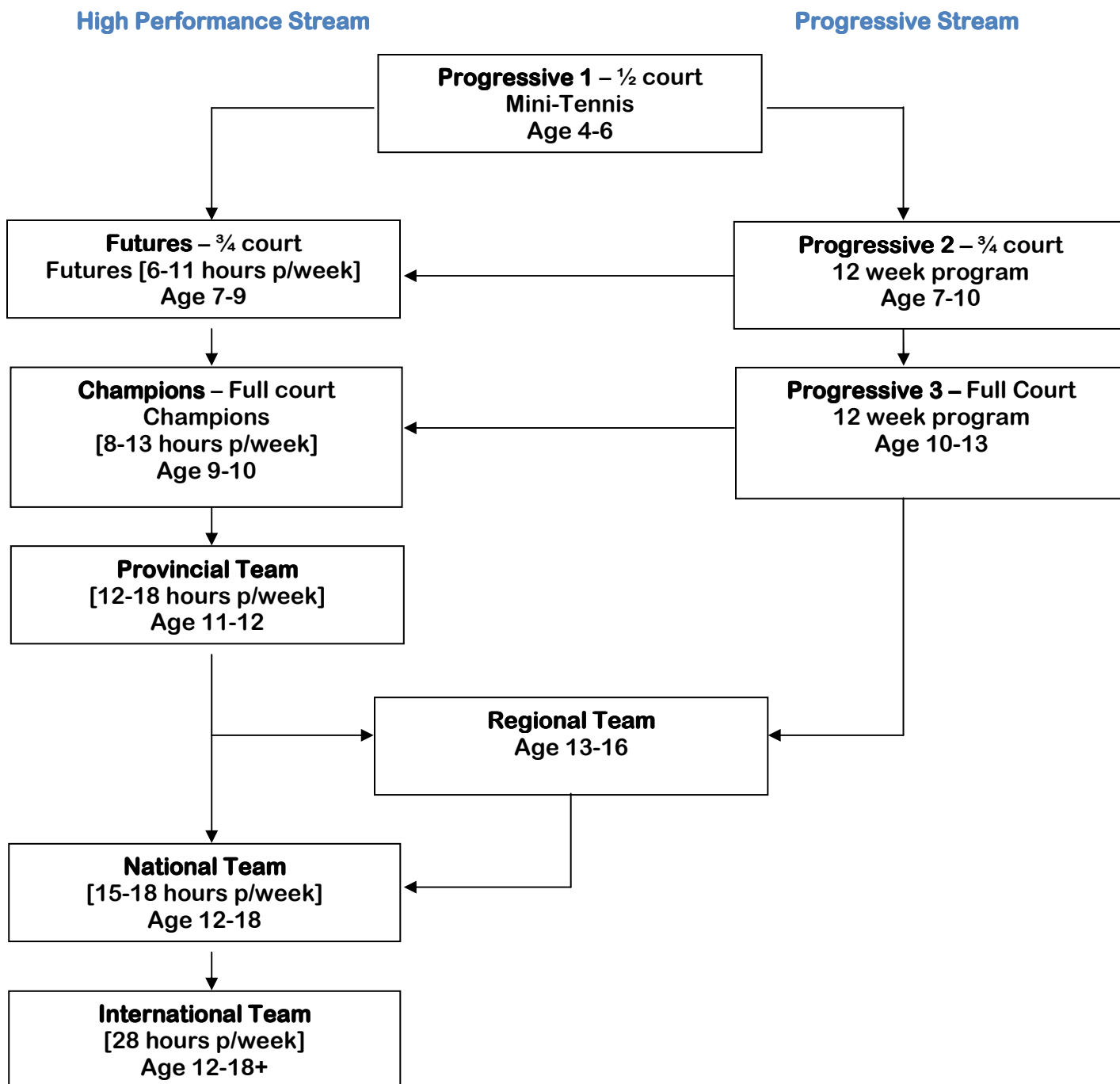


The 2010-11 High Performance programs in Toronto mark the return of ACE [All-Canadian] to the city after a ten year absence. We are especially excited to be able to offer our programs on clay courts, which allow for greater development of lower body movement skills while also requiring stronger mental and tactical skills through the emphasis of consistency. Please look at the ACE Tennis Player Development Path [next page] which provides an overview of player progression



through the ACE Tennis system. The on-court tennis training program is complemented with a specific physical development program and an on and off court mental training program. We also assist players in the academic field, through on-going communication with the player's school and through preparing them for university entrance tests. Support is also available in the medical field. We have made arrangements with area schools so players can have flexible schedules which allow for them to have early morning practices as well as to attend the 2pm practice sessions. Toronto players will also be able to access hard court training on the weekends at the ACE Tennis Burlington site. The same professional development approach is used for all Progressive Tennis programs. We look forward to a great year.

ACE Tennis Player Development Path



2010-2011 High Performance Programs' Schedule and Fees

39 Week Programs Start on Tuesday, September 7th, and Finish on Sunday, June 19th

The International Team (*Ben Armstrong, Hiroud Akhavan and Pierre Lamarche*)

The International Team program is an intense High Performance training program, starting Tuesday September 7th, [First week fitness camp] for players looking to achieve a level of excellence which will provide them with the opportunity to compete at the US university level [on scholarship] or to achieve a level of performance making them eligible for Team Canada. This yearly program provides a structured progressive High Performance training curriculum. A yearly training plan, an on and off court physical training program, private coaching, career management, educational planning assistance, on and off court mental training, medical support are all part of the services available to students of the International Team. All players joining the required minimum of four sessions per week receive a Toronto Tennis City membership which allows them to book courts for extra play or lessons, as well as to have walk-on privileges. A one-time administration fee of \$250 is charged upon registration. **The Program operates Monday through Friday, 6 to 8 am and 2 to 5 pm.** Cost for the program (4 times per week) is \$11,400 plus HST. Each Extra Session (Day) is \$2,850 plus HST.

The National Team (*Ben Armstrong and Hiroud Akhavan*)

The National Team program is an intense High Performance training program, starting Tuesday September 7th, [First week fitness camp] for players looking to achieve a level of excellence which will provide them with the opportunity to compete at the US university level [on scholarship]. This yearly program provides a structured progressive High Performance training curriculum. A yearly training plan, an on and off court physical training program, private coaching, career management, medical support are all part of the services available to students of the National Team. All players joining the required minimum of four sessions per week receive a Toronto Tennis City membership which allows them to book courts for extra play or lessons, as well as to have walk-on privileges. A one-time administration fee of \$250 is charged upon registration. **The Program operates Monday through Friday, 4 to 6:30 pm and Saturday 6 to 8:30 am.** Cost for the program (4 times per week) is \$9,500 plus HST. Each Extra Session (Day) is \$2,375 plus HST, Saturday Session only is \$2,850 plus HST.

The Provincial Team (*Ben Armstrong*)

The Provincial Team program, for players 10-12 years old starts September 7th with a week of fitness training. This program is for players looking to train in a systematic nationally recognized training program. The yearly curriculum ensures sound technical and tactical development supported by a strong physical development component in a High Performance training environment. All players joining the required minimum of three sessions per week receive a Toronto Tennis City membership which allows them to book courts for extra play and lessons, as well as to have walk-on privileges. A one-time administration fee of \$250 is charged upon registration. **The Program is offered Monday, Wednesday and Thursday from 5 to 7:30 pm and Sunday mornings from 6 to 8:30 am.** Cost for the program (3 times per week) is \$7,125 plus HST. Each Extra Session (Day) on Sunday is \$2,375 plus HST, Sunday Session only is \$2,850 plus HST.

High Performance Progressive Tennis

The Progressive High Performance programs are designed for players aged 4 through 10 years of age who are interested in acquiring the required skills and tactics for full court High Performance tennis. A progressive yearly curriculum is used for these programs based on Tennis Canada recommendations. The program introduces a sound base for training all technical/tactical abilities, develops the required coordination skills and introduces players to High Performance play. There are three level of progressive tennis as follows:

1. **Progressive 1** – Mini-Tennis for children aged 4-6 years. Tue-Fri 5:30-7:00pm
 - 1 time per week is \$1,140 plus HST, membership for private lessons included
2. **Futures** - ¾ court for children aged 7-9 years. Tue-Fri 5:30-7:30pm and Sunday 5:30-7:30pm
 - 2 times per week minimum is \$3500 plus HST, membership for private lessons included
 - Extra Session (Day) is \$1,750 plus HST
3. **Champions** - Full court. Easy play balls for children aged 9-10 years. T-Fr 5:30-7:30pm and Sunday 4:00-6:00pm
 - 3 times per week minimum is \$5,700 plus HST, club membership is included including walk-on privileges

ACE Tennis Toronto Tennis City

High Performance Programs Application Form 2010-2011

Player's last name:		First name:	M or F circle	Birth Date : d/m/y
Home address:		City	Postal code	
Player's e-mail:		School:	School phone number:	
Father's name:		Phone contact:	e-mail:	
Mother's name:		Phone contact:	e-mail:	
Name of program	Days requested	Comments		
<input type="checkbox"/> Progressive 1	Tues <input type="checkbox"/> Fri <input type="checkbox"/>			
<input type="checkbox"/> Futures	Tues <input type="checkbox"/> Fri <input type="checkbox"/> Sun <input type="checkbox"/>			
<input type="checkbox"/> Champions	Tues <input type="checkbox"/> Fri <input type="checkbox"/> Sun <input type="checkbox"/>			
<input type="checkbox"/> Provincial Team	Mon <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Sun <input type="checkbox"/>			
<input type="checkbox"/> National Team	Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/> Sat <input type="checkbox"/>			
<input type="checkbox"/> International Team	AM- Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/> PM- Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/>			
Program		Payment information		
Admin fee		<p>Option 1: 10% discount on total fees if paid in advance</p> <p>Option 2: 35% of total fees payable upon registration for the program, balance of fees 65% to be paid over five months, starting with 1st payment on October 1 through February 1. Post dated checks or credit card information must accompany application form.</p> <p>Note: Fees are non-refundable. Players leaving the program will be reimbursed outstanding prepaid payments. Missed sessions due to holidays, school, injury can be made up during the program session if space is available.</p> <p>Payment notes:</p>		
Total				
Hst				
Total				
<p>All players are required to have a Toronto Tennis City Membership for the length of the program, which allows for booking of courts for lessons or free play as well as walk-on privileges. Membership fees are included in the program cost for players joining for the minimum number of sessions. Players in the program joining for less than the stated minimum number of sessions must join the club if they wish to receive lessons or access the courts outside their training sessions. A one-time administration fee is charged upon registration except for the Progressive I program. Players can only begin the program upon completion of the membership form, filling out the program application, signing of the waiver and finalizing all financial requirements.</p> <p>Players can only come to the sessions [day] they have signed up for, unless space is available. The same applies for missed sessions, whether for injuries, school or travel, which can be made up only if space is available.</p>				
<p>Name of child: _____</p> <p>In consideration of the benefits expected to be derived from the admission of our child or children to ACE tennis, we hereby remise, release and forever discharge ACE Tennis and Toronto Tennis City, its servants and agents, members and participating parents of and from any and all actions, causes of action, claims and demands whatsoever in any way arising out of injury or illness of our child or children or loss of or damage to property occurring during or as a result of anything done or left undone by ACE Tennis or any of the other persons hereby released in connection with the operation of ACE Tennis or anything arranged by it to take place outside of its training premises. We hereby give consent for our child to be taken on trips relating to tennis tournaments. We hereby give consent for our child to take part in Tennis Canada Physical Tests. If at any time, due to circumstances of an accident or sudden illness and medical treatment is necessary, this may be given. (The above will enable a Physician to give necessary treatment in the case of an emergency situation where parents cannot be reached. It is understood that every effort will be made to contact the parents. This allows ACE Tennis to use any pictures of our children for display on boards and web site. In witness whereof we have here unto set our hands and seals at the location of _____ this _____ day of _____, 2010</p> <p>Parent/guardian _____ Witness _____</p>				
Application form complete <input type="checkbox"/>	All fees <input type="checkbox"/>	Membership <input type="checkbox"/>	Waiver <input type="checkbox"/>	
Information entered <input type="checkbox"/>	Signed by _____	Date: _____		

The ACE Tennis Mantra “An Instrument of Thought”

The way we would like the players, the parents and coaches of ACE Tennis to approach the player’s development

The overall objectives of ACE Tennis are:

1. To develop a commitment to excellence in their youngsters
2. To develop their players performance level so they can:
 - Receive a US tennis scholarship upon graduating from high school
 - Be selected for the Canadian National team
3. To develop opportunities for their coaches to continue their personal development through professional opportunities.

The players, parents and coaches should be committed and in agreement in their approach to the player’s development. The first step is for all involved to agree on the stated overall player goals [above or other]. The achievement of these goals would be supported by the application of general progressive integrated yearly training plans complemented by individual training plans. These yearly plans would address “What is required to succeed” through a progressive and integrated approach which would respect the following criteria:

1. Outstanding tennis specific conditioning, movement, agility and coordination
2. An attitude which prioritises a rational problem solving approach to issues and the ability to recognise and take advantage of opportunities
3. An overall game style which is marked by the ability to play with consistency in all situations. This quality of consistency will insure confident, innovative application of proper decisions and actions in the following situations of play [game style/tactics]
 - a. The ability to take control of the point when serving or at least to create a neutral situation
 - b. The ability to neutralize the serve when returning or even better to take control of the point
 - c. The application of all options available to create pressure when the balls received are in 3/4 court:
 - i. Mostly with the forehand
 - ii. But also with precision with the backhand slice
 - iii. And power with the backhand inside out
 - d. The ability to counter effectively
 - i. When attacked on the backhand side against attack forehands or backhand slice, especially the ability to hit quick down the line to change the momentum of the point
 - ii. When attacked wide on the forehand [hitting cross on the run]
 - e. An overall understanding of options and the required abilities to transition to the net and to finish points when at the net
4. A personal development approach based on respect of self, others and the game and a true desire to develop personal excellence.

“Discipline, Pride, Courage”