

ACE Tennis Progressive Programs

Toronto Tennis City

2010-2011



Table of Contents

The ACE Tennis System for Junior Development

ACE Tennis Player Development Path

The ACE Tennis Mantra “An Instrument of Thought”

2010-2011 Progressive Programs’ Schedule and Fees

Progressive Programs Application Form 2010-2011
ACE Tennis Toronto Tennis City

IMPORTANT
Please Note!

1. Progressive Programs are for a 12 week period. Three sessions are offered:

Session 1 - Starts Saturday September 25, Session 2 - Starts Saturday January 8, Session 3 - Starts Saturday April 9. 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. 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.

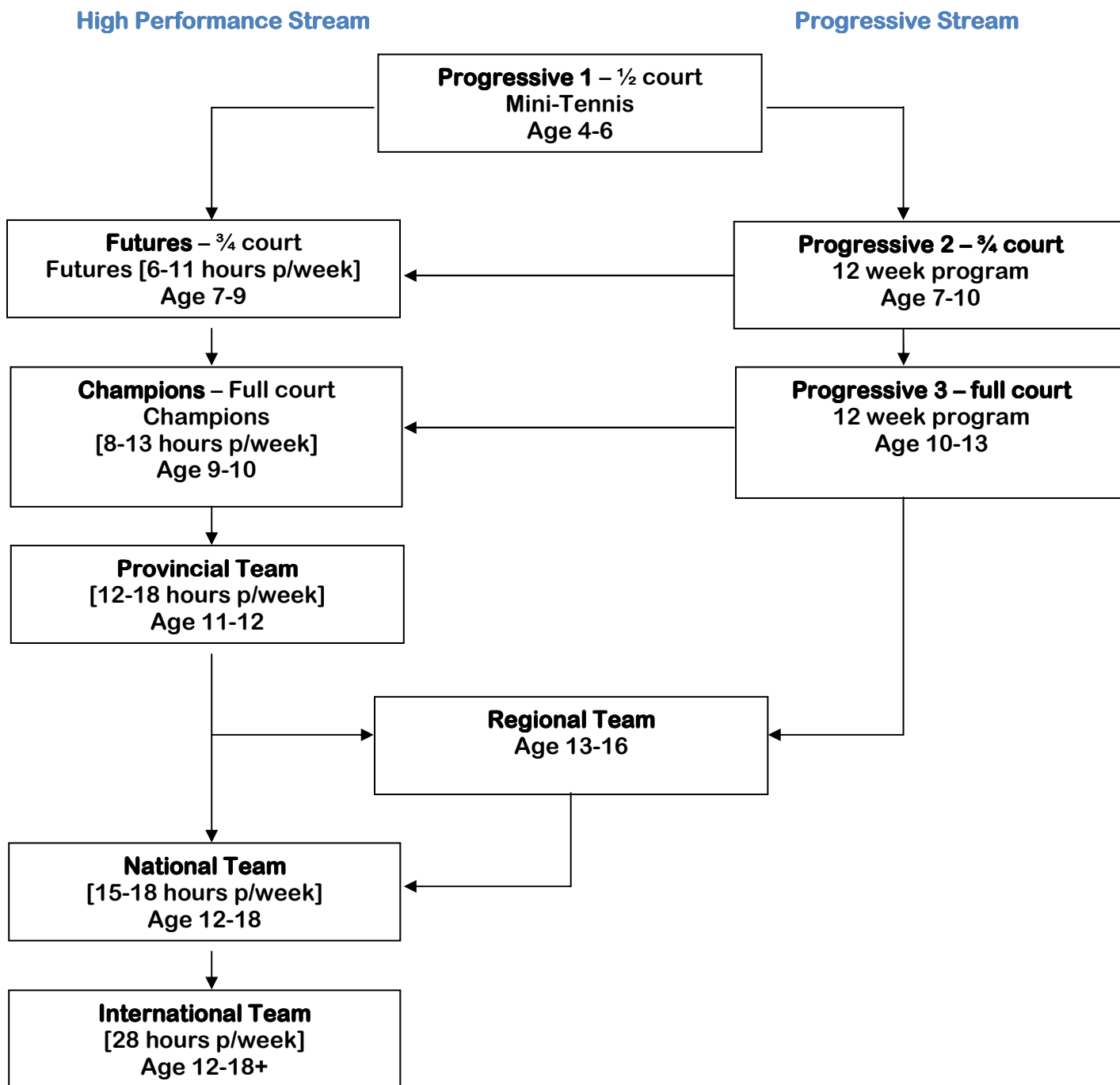


The 2010-11 High Performance programs in Toronto mark the return of ACE [All-Canadian] to the city after a ten year absence. We are especially excited to be able to offer our programs on clay courts, which allow for greater development of lower body movement skills while also requiring stronger mental 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 Progressive Programs' Schedule and Fees

Progressive Tennis introduces the sport of tennis in a fun and interactive way and ensures immediate success for young players aged 4-10. Using modified tennis balls, racquets, nets and courts, young players are properly equipped to enjoy rallies and learn the fundamentals of the game early on. Skills are developed much quicker, allowing for an easy transition to full court equipment.

"Tennis Canada"

Stages of Progressive Tennis



Progressive Tennis at Toronto Tennis City

3 - 12 week sessions

Session 1 - Starts Saturday September 25, Session 2 - Starts Saturday January 8

Session 3 - Starts Saturday April 9

The Progressive 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:

Progressive 1 – Program designed for children ages 4-6. The first level of Progressive Tennis uses larger decompressed balls to allow for easier exchanges, smaller rackets for better control, mini sized nets and a smaller court of 12 meters, which is proportional to the size of the student. Sat- Sun 1-2pm [24 players per session]

- 1 time per week is \$240 plus HST for 12 sessions

Progressive 2 – Program designed for students ages 7-10. The second level of Progressive Tennis uses a normal sized tennis ball however much lower compression to allow the student to learn a proper impact point and aid in learning the proper grips and technique which are essential for success later on. 23-25" rackets are used and the court is a "3/4 court" size, which is 18 meters long. Sat-Sun 2-3:30pm [12 players per session]

- 1 time per week is \$540 plus HST for 12 sessions

Progressive 3 – Program designed for students 10-13. The third level of Progressive Tennis uses a ball very similar to a real tennis ball, with just 25% less compression. Students now graduate to a 26-27" racket and a full sized tennis court. Sat-Sun 3:30-5pm. [12 players per session]

- 1 time per week is \$540 plus HST for 12 sessions

Regional Team – This program is designed for students who are 13-16 (Under 14/16) and are able to maintain a full rally on a full sized tennis court using real balls. Players are preparing to compete or are currently competing in tournaments. Sat-Sun 5-7pm [12 players per session]

- 1 time per week is \$720 plus HST for 12 sessions



Progressive Programs Application Form 2010-2011

ACE Tennis Toronto Tennis City

Player's last name:		First name:		M or F circle	Birth Date : d/m/y
Home address:		City	Postal code		Players Phone number:
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				
<input type="checkbox"/> Progressive 1	Sat <input type="checkbox"/> Sun <input type="checkbox"/>		Session 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>		
<input type="checkbox"/> Progressive 2	Sat <input type="checkbox"/> Sun <input type="checkbox"/>				
<input type="checkbox"/> Progressive 3	Sat <input type="checkbox"/> Sun <input type="checkbox"/>				
<input type="checkbox"/> Regional Team	Sat <input type="checkbox"/> Sun <input type="checkbox"/>				
Program		Payment information			
Total		Note: Fees are non-refundable. Missed sessions due to holidays, school, injury can be made up during the program session if space is available. Payments are due upon registration. Payment notes:			
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. 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 the said 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"/>	
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”