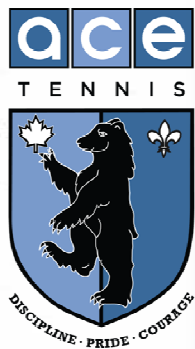


# ACE Tennis High Performance Programs

## Toronto Tennis City

### 2011-2012



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### **\*IMPORTANT\*** **Please Note!**

1. High Performance Programs start on Tuesday, September 6<sup>th</sup>, and finish on Sunday, June 24<sup>th</sup>. The programs are not offered from Monday, December 26<sup>th</sup> through Sunday, January 1<sup>st</sup>, during March Break (March 12-18) 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.

Message from ACE Tennis Director.



Thank you for your interest in our 2011-12 ACE Tennis programs. We will be offering a full range of programs both at Cedar Springs Health, Racquet & Sportsclub in Burlington and at Toronto Tennis City in Toronto. ACE Tennis has been recognised by Tennis Canada as a Gold Tennis Development Center, the highest designation available, for the last eight years.

ACE Tennis has been the leader in player development in Canadian tennis. 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. ACE Tennis is more than a training program and Academy. It is the home of players from across Canada, national champions, international players and developing players looking to achieve their potential through the great sport of tennis. The development of excellence in youngsters through the sport of tennis remains our major focus. For that reason we offer a vast number of services to our players and parents that you will find nowhere else in Canada.

This past year we initiated many new programs for our players including the creation of the ACE fitness center in Toronto. This upcoming year, in order to bring players together on weekends to compete [on clay in Toronto or hard in Burlington] we are adding new weekend programs for our players, as well as players from other programs. These programs are: 1. Competitive Tactical Training programs and 2. Match League Play for U10 and U14.

Please look at the ACE Tennis Player Development Path [page 4] 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, an on and off court mental training program and support from the sports medicine field. 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. 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. Burlington players will also be able to access clay court training during certain times in the year at our Toronto location – Toronto Tennis City. The same professional development approach is used for all Progressive Tennis programs.

Should there be a demand we will provide transportation in Toronto to and from Vaughan Road Academy to help our committed international program players in meeting their scholastic and training needs.

In the next few months, we look forward to adding more experienced certified coaches to our team of top coaches.

If you are serious about your tennis or your child's tennis take the time to look us over. Please contact me for any further information.

Sincerely,

Pierre Lamarche

# Player Services

## A systematic/ progressive training environment

1. September through June development/training programs
2. 10 week long HP training camps
3. 12 week progressive tennis programs
4. 10 week long summer progressive camps
5. Weekend programs for non-ACE players, drop in opportunities

## Player management services\*

1. Long term individual planning
2. Annual planning
3. Educational planning assistance
4. SAT preparation
5. University planning

\* Subject to extra charges

## Athlete support services\*

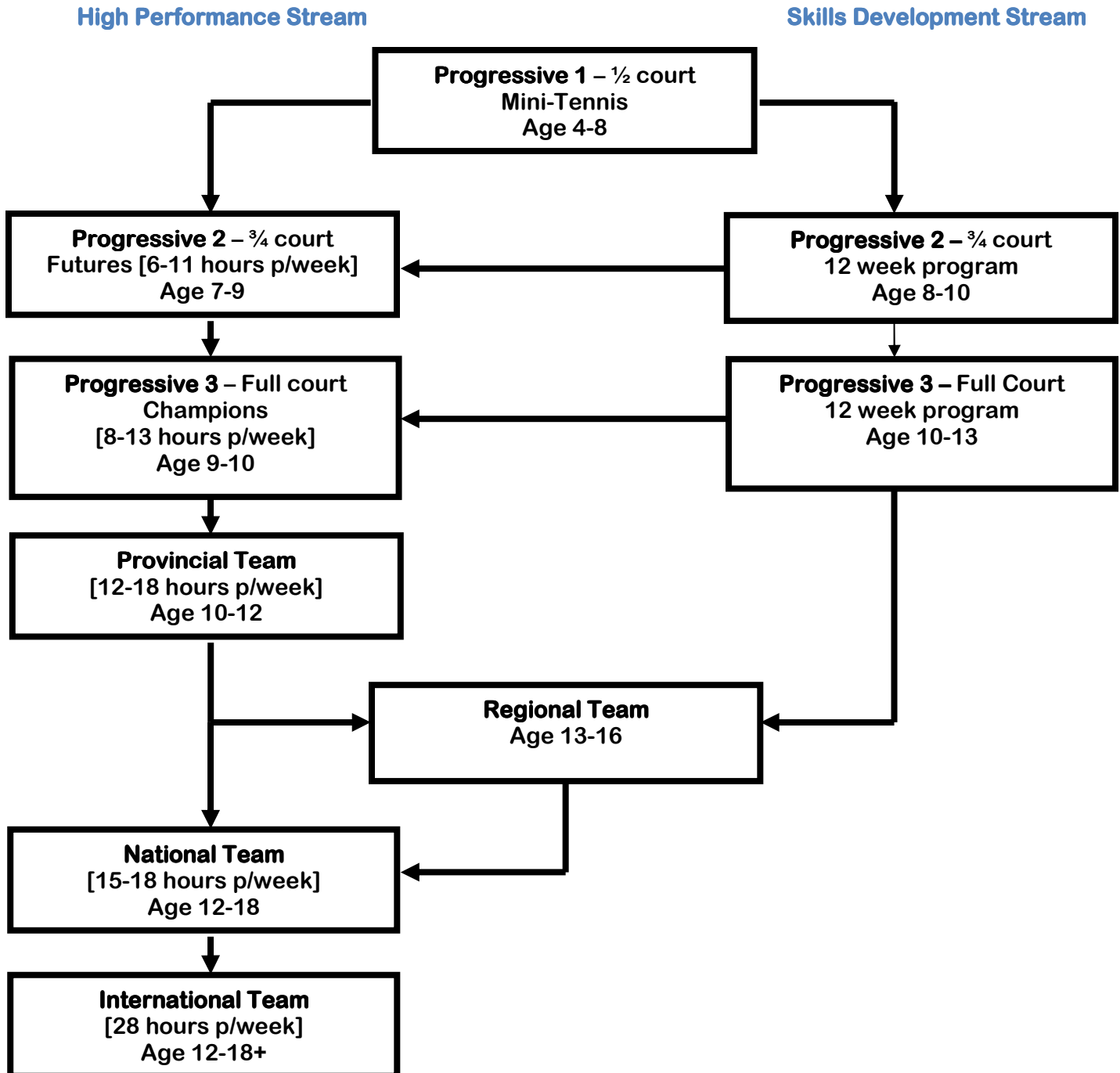
1. Private lessons
2. Travel assistance
3. Tournament coaching
4. Transportation
5. Physical development program
6. Mental training program
7. Medical assistance program
8. Video analysis

\* Subject to extra charges

## A professional friendly environment

1. Top certified Coaches
2. First class facilities
3. A supportive family

## ACE Tennis Player Development Path



## 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 recruit youngsters to the sport of tennis;
2. To recruit committed athletes to the sport of tennis;
3. To develop a commitment to excellence in their youngsters;
4. To develop their players performance level so they can:
  - a. Receive a US tennis scholarship upon graduating from high school;
  - b. Be selected for the Canadian National team;
  - c. To pursue a career in professional tennis;
5. To develop opportunities for its coaches to continue their personal development through professional opportunities:
  - a. Through travel with players at the provincial, national and international level;
  - b. Through on-going education and professional development.

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 is to be supported by the application of general progressive integrated yearly training plans complemented by individual training plans. These yearly plans address “What is required to succeed” through a progressive and integrated approach which respects the following criteria:

1. Outstanding tennis specific conditioning, movement, agility and coordination;
2. An attitude which prioritises a rational problem solving approach to issues, calmness in stressful situations, and the ability to recognise and take advantage of opportunities while displaying proper mental skills;
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;
4. The first priority is the development of defensive skills in the following situations of play:
  - a. The ability to neutralize the serve when returning or even better to take control of the point;
  - b. 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].
5. The second priority is the development of offensive skills in the following situations of play:
  - a. The ability to take control of the point when serving or at least to create a neutral situation;
  - b. 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;
  - c. An overall understanding of options and the required abilities to transition to the net and to finish points when at the net.
6. An understanding of strategic principles which leads to the proper decision and application of technical skills in tactical situations at a certain moment in a match or a tournament.
7. A personal development approach based on respect of self, others and the game.
8. A true desire to develop personal excellence and the required resilience to achieve such a goal.

**“Discipline, Pride, Courage”**

## 2011-2012 High Performance Programs' Schedule and Fees

Programs Start on Tuesday, September 6<sup>th</sup>, and Finish on Sunday, June 24<sup>th</sup>

### The International Team

The International Team program is an intense High Performance training program, starting Tuesday September 6<sup>th</sup>, [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 offers 11 sessions Monday through Friday, 6am to 8 am, and 2pm to 5 pm.** Cost for the program (4 times per week) is \$11,400 plus HST. Each Extra Session (up to 11 in total) is \$1,000 plus HST additionally. One session can include Saturday session in Burlington 8-10:30am, or Sunday session in Toronto 6am – 8:30am.

### The National Team

The National Team program is an intense High Performance training program, starting Tuesday September 6<sup>th</sup>, [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, 6am to 8am, and 4pm to 6:30 pm.** Cost for the program (4 times per week) is \$9,500 plus HST. Each Extra Session (up to 11 in total) is \$1,000 plus HST additionally. One session can include Saturday session in Burlington 8–10:30am, or Sunday session in Toronto 6–8:30am.

### The Provincial Team

The Provincial Team program, for players 10-13 years old starts September 6<sup>th</sup> 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 Tuesday and Friday from 6 to 8am.** Cost for the program (3 times per week) is \$7,125 plus HST. One session can include Saturday session in Burlington 8–10:30am, or Sunday session in Toronto 6–8:30am.

### 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 4-7 years. Tue and Fri 5:30-7:00pm
  - 2 times per week is \$2280 plus HST, membership for private lessons included
2. **Futures** -  $\frac{3}{4}$  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, Sat 6–8:30am and Sun 4:00-6:00pm
  - 3 times per week minimum is \$5,700 plus HST, club membership is included including walk-on privileges

*Non ACE Players and Coaches are Welcome*

**Tactical Competitive Weekend Training**

**Toronto: Progressive-Champions/Provincial/National/International**

This weekend program is a competitive option geared towards individuals looking to gain experience in different tactical situations. The program operates from September 10<sup>th</sup> through June 24<sup>th</sup> Players are given a weekly theme in which they compete moving “up and down” in a ladder like format with different competitive drills. Themes are taken from the ACE Tennis Mantra and follow the International Team Program content. A one-time administration fee of \$250 + HST is charged upon registration for non-academy members. The Program operates Saturday and Sunday morning from 6 - 8:30am September 17 to June 24. Please note: Players personal coaches are welcome to attend and give feedback to their players.

Saturday – Progressive (Recreational) and Champions Players (green stage ball)  
 Sunday - High Performance Provincial/National/International Players

Academy Player = \$1500 + HST	Non Academy Player = \$2500 + HST	Drop in = \$100 + HST per session
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**Burlington: National/International**

This weekend program operates from September 10<sup>th</sup> through June 17<sup>th</sup> and provides a competitive option geared towards individuals looking to gain experience in different tactical situations. Players are given a weekly theme in which they compete moving “up and down” in a ladder like format with different competitive drills. Themes are taken from the ACE Tennis Mantra and follow the International Team Program content. A one-time administration fee of \$250 + HST is charged upon registration. The Program operates Saturday morning from 8-10:30.

Non Academy Player = \$2500 + HST	National/Provincial Team Player = \$2000 + HST	International Team Player = \$1000 + HST	Drop in = \$75 + HST per session
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**U9 - U14 Match League**

**Toronto: U9 Match League**

This weekend program is a 10 week competitive option geared towards individuals looking to learn how to play matches and gain experience to begin competing in tournaments. Players are taught basic tactics as well as the rules of the game and player etiquette in a match like format. This “*Progressive Tennis*” competitive program uses an 18 meter ¾ court as well as a lower compression orange ball and a lower net. The Program operates on Saturday (once a month) from 7-9pm. Start date: September 17 (schedule to be provided)

Academy Player = \$425 + HST	Non-Academy Player = \$595 + HST	Drop in = \$40 + HST
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**Burlington: U10 Match League**

This weekend program is a 12 week competitive option geared towards individuals looking to learn how to play matches and gain experience to begin competing in tournaments. Players are taught basic tactics as well as the rules of the game and player etiquette in a match like format. This “*Progressive Tennis*” competitive program plays on full court with lower compression balls. The Program operates Sundays from 2 - 4pm.

Academy Player = \$300 + HST	Non-Academy Player = \$400 + HST	Drop in = \$40 + HST
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**Toronto: U14 Match League**

This weekend program is a 10 week competitive option geared towards individuals looking for match play in singles and doubles. Players warm up for 20 minutes at the start of each session which is followed by 1 singles match and either another singles match or doubles match each week. Matches are monitored by a coach but on court coaching does not take place which is done to prepare the players for a tournament atmosphere. The program operates Saturday (once a month) from 7-9pm. Start date: September 17 (schedule to be provided)

Academy Player = \$425 + HST	Non-Academy Player = \$595 + HST	Drop in = \$40 + HST
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**Burlington: U14 Match League**

This weekend program is a 12 week competitive option geared towards individuals looking for match play in singles and doubles. Players warm up for 20 minutes at the start of each session which is followed by 1 singles match and either another singles match or doubles match each week. Matches are monitored by a coach but on court coaching does not take place in order to help provide the players with a tournament atmosphere. The program operates Sundays from 4-6pm. Cost for the program is as follows.

Academy Player = \$250 + HST	Non-Academy Player = \$300 + HST	Drop in = \$40 + HST
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ACE Tennis Toronto Tennis City

High Performance Programs Application Form 2011-2012

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				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"/> Sat <input type="checkbox"/> Sun <input type="checkbox"/>				
<input type="checkbox"/> Provincial Team	AM- Tues <input type="checkbox"/> Fri <input type="checkbox"/> Sat Bur <input type="checkbox"/> Sun Tor <input type="checkbox"/> PM- Mon <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/>				
<input type="checkbox"/> National Team	AM- Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/> Sat Bur <input type="checkbox"/> Sun Tor <input type="checkbox"/> PM- Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <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"/> Sat Bur <input type="checkbox"/> Sun Tor <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	<b>Option 1:</b> 10% discount on total fees if paid in advance <b>Option 2:</b> 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. <b>Note:</b> 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. <b>Payment notes:</b>				
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. <b>Players can only begin the program upon filling out the program application, signing of the waiver and finalizing all financial requirements.</b></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 whosoever 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 _____, 2011</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: _____	

## ACE Tennis Toronto Tennis City

### 2011-2012 Competitive Weekend Options

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		Comments	
<input type="checkbox"/> Progressive		Sat [ ]			
<input type="checkbox"/> High Performance		Sun [ ]			
<input type="checkbox"/> U10 Match League		Tor Sat [ ] (10 weeks, schedule to follow) Bur Sun [ ] (3 sessions of 12 weeks)			
<input type="checkbox"/> U14 Match League		Tor Sat [ ] (10 weeks, schedule to follow) Bur Sun [ ] (3 sessions of 12 weeks)			
Program		<b>Payment information</b>			
Admin fee		<b>Option 1:</b> 10% discount on total fees if paid in advance <b>Option 2:</b> 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.			
Total		<b>Note:</b> 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.			
HST		<b>Payment option not applicable for Match League</b>			
Total		<b>Payment notes:</b>			
<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. <b>Players can only begin the program upon filling out the program application, signing of the waiver and finalizing all financial requirements.</b></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>					
Name of child: _____ 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 _____, 2011					
Parent/guardian _____		Witness _____			
Application form complete [ ]		All fees [ ]		Membership [ ]	
Information entered [ ]		Signed by _____		Date: _____	