



# 2018 - 2019 Junior Development Program Guide



**SESSION 1 (Fall)** : September 10 - December 21, 2018

**SESSION 2 (Winter)**: January 7 - March 24, 2019

**SESSION 3 (Spring)**: April 1 - June 23, 2019

[WWW.ALBERTATENNISCENTRE.CA](http://WWW.ALBERTATENNISCENTRE.CA)

# JUNIOR PROGRAM OVERVIEW

Whether you have never played the game before or you are aspiring to become a high performance athlete competing in provincial, national or international competitions, THE OSTEN & VICTOR Alberta Tennis Centre has a program tailored to you. Our nationally recognized Tennis Development Centre (TDC) features some of the highest certified tennis professionals in Canada, all of whom specialize in the development of junior athletes of all abilities.

## JUNIOR DEVELOPMENT PROGRAM

We are committed to providing your child with the best junior tennis program in Western Canada. Our coaches have tremendous amounts of experience coaching players of all levels, from ages 4 and up. Our two-stream approach to junior development gives your child the possibility to enter the development program or high-performance program. All our programs have been carefully designed utilizing Tennis Canada's curriculum and are based on Long Term Athlete Development (LTAD) principles. The Junior Development stream has been purposefully planned using age & skill-appropriate equipment and curriculum to ensure your child's optimal success. Our early stage programs begin at age 4 and follow Tennis Canada's Kids Tennis curriculum. As children progress through our pathway, they will have opportunities to enter our competitive and high performance streams. All of our programs focus on technical, tactical, physical and psychological components.

## PROGRAM POLICIES & INFORMATION

- To register your child for programs visit [www.albertatenniscentre.ca](http://www.albertatenniscentre.ca) and complete the online registration. Payment must accompany your child's registration.
- The OSTEN & VICTOR Alberta Tennis Centre may cancel a program due to low enrolment. In the event of a program cancellation, participants will be offered alternate program dates/times or a full refund.
- Participants are expected to wear appropriate athletic attire consisting of: shorts/track-pants, t-shirts and non-marking athletic shoes.
- Level Placement: We reserve the right to withdraw participants from a program if coaching staff determine they are not at the appropriate level. In the event your child is withdrawn from a program, every effort will be made to place the participant in an alternate suitable program.
- Cheques should be made payable to **Tennis Alberta Acadia Tennis Centre**.
- All programs are subject to applicable tax (GST).
- Programs that fall on statutory holidays will be priced appropriately for the missed class. If a class that was included in the program price is cancelled, a credit will be applied to the participants account.
- **Cancellation Policy: Up to 7 days before, \$25 administrative fee + 10% of program fee. No refunds will be offered within 7 days of the start of the program.**
- **No refunds or credits will be offered within 7 days of the start of the program.**
- **Credits may be issued in the case of an injury with a Doctor's note, at the discretion of the General Manager.**

## OUR TENNIS DIRECTOR

### CHARLIE MCLEAN - TENNIS DIRECTOR/PROGRAM DIRECTOR

Charlie McLean is the Tennis Director for the Alberta Tennis Centre and has been a tennis professional for over 25 years. He moved from the UK to Canmore in 2005 where he worked in Tennis Development, ran a high performance club and was a coach course facilitator for the Lawn Tennis Association.

Since moving to Canada, Charlie has been primarily working in high performance streams and coach education. He has worked for all western provincial associations in high performance, including 7 years with Tennis Alberta and most recently with Tennis BC in player development. Charlie has traveled the world for national and international events, and has been the coach to players who have won national titles, represented Canada, won gold medals in Western and Canada Games, achieved ATP and WTA rankings and earned copious provincial titles.

In 2008, Charlie joined Tennis Canada's coaching development team as head course facilitator for Alberta, running Instructor and Club Pro 1 courses across Alberta and Coach 2 courses in Toronto. He chaired the national high performance working group and is currently on the advisory committee for the Tennis Professional Association. In recognition for his players' results and coach education, Charlie was awarded Tennis Alberta's Coach of the Year in 2009. Charlie holds level 3 qualifications from the UK in high performance and development, and is also a Tennis Canada Coach 3 certified coach.

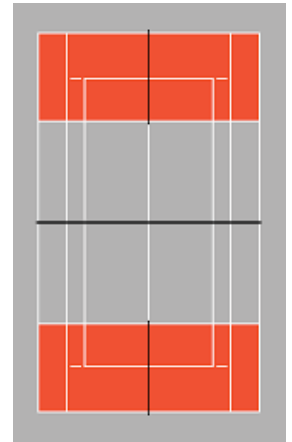
# DEVELOPMENT STREAM

## RED BALL PROGRAMS: 4 - 7 years

The RED 1/2 court tennis program is the first step of progressive tennis. These groups work on skill development. Coordination and cooperative activities will lead to the development of the basic strokes and fundamentals in a FUN and active environment.

### Equipment modifications to ensure success:

- Bigger & slower ball (75% slower than a Yellow ball)
- Smaller court (10.97m-12.8m x 4.88-6.1m)
- Lower net (Centre net height of: 31.5" – 33")
- Smaller racquet (21" or 23")
- Shorter games (Tiebreaks & short sets to 4)



## PEE WEE TENNIS / FUNDamentals Program (4 – 5years program) RED BALL ADVANCED FUNDamentals Program (6 – 7years program)

Entry level program for children ages 4 – 7 years 🟡 Coach/Student Ratio (6:1) 🟡 60 minute class

### SCHEDULE OPTIONS:

Participants may enroll in more than 1 class per week.

- 🟡 Mondays (4:00 – 5:00 pm)
- 🟡 Wednesdays (4:00 – 5:00 pm)
- 🟡 Fridays (4:00 – 5:00 pm)
- 🟡 Saturdays (9:00 – 10:00 am) & (10:00 – 11:00am)

SESSION	1X PER WEEK RATE	
	MEMBER RATE	NON-MEMBER RATE
<b>#1 (Fall)</b> 14 weeks	\$280.00	\$308.00
<b>#2 (Winter)</b> 11 weeks	\$220.00	\$242.00
<b>#3 (Spring)</b> 12 weeks	\$240.00	\$264.00

\*All programs are subject to applicable tax (GST).

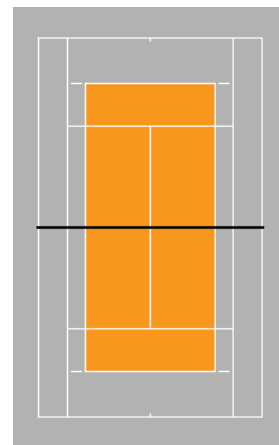
**Cancellation Policy:** Up to 7 days before, \$25 administrative fee + 10% of program fee. No refunds will be offered within 7 days of the start of the program.

## ORANGE BALL PROGRAMS: 9 & UNDER



The ORANGE ¾ court curriculum allows young players to play on an 18m court with the same rules as those used on a regulation court. Playing the “real” game will promote the development of fundamentals required in game situations. The ORANGE ¾ Court Tennis program uses low-compression balls that facilitate this tactical development and development of good technical FUNdamentals.

### Equipment modifications to ensure success:

- Bigger & slower ball (50% slower than a Yellow ball)
- Smaller court (17.98-18.29 x 6.4-8.23m)
- Lower net (Centre net height of: 31.5-36")
- Smaller racquet (23" or 25")
- Shorter games (Tiebreaks & short sets to 4)



## FUTURE STARS (9 & under program)

9 & Under program for children who have completed Red Program or have limited exposure to the game of tennis   
Coach/Student Ratio (8:1)  60 minute class

### SCHEDULE OPTIONS:

Participants may enroll in more than 1 class per week.

-  Tuesdays (4:00 – 5:00pm)
-  Wednesdays (4:00 - 5:00 pm & 5:00 - 6:00pm)
-  Thursdays (4:00 – 5:00pm)
-  Fridays (5:00 – 6:00pm)
-  Saturdays (8:00 – 9:00am & 10:00 – 11:00am)
-  Sundays (3:00 - 4:00pm & 4:00 – 5:00pm)

SESSION	1X PER WEEK RATE	
	MEMBER RATE	NON-MEMBER RATE
<b>#1 (Fall)</b> 14 weeks	\$280.00	\$308.00
<b>#2 (Winter)</b> 11 weeks	\$220.00	\$242.00
<b>#3 (Spring)</b> 12 weeks	\$240.00	\$264.00

*\*All programs are subject to applicable tax (GST).*

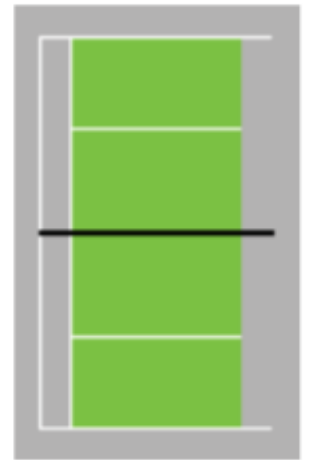
**Cancellation Policy:** Up to 7 days before, \$25 administrative fee + 10% of program fee. No refunds will be offered within 7 days of the start of the program.

## GREEN BALL PROGRAMS: 10 - 12 years

The GREEN ball program is designed on a full court using low compression balls. This Program will continue skill development in all areas of tennis: technical, tactical, physical and psychological. This program will successfully develop FUNDamentals to serve, rally and score.

### Equipment modifications to ensure success:

- Bigger & slower ball (25% slower than a Yellow ball)
- Full size court (23.77 x 8.23m)
- Standard net height (Centre net height of 36")
- Smaller racquet (23" or 25")
- Shorter games



## TRANSITION PROGRAM (10-12 years)

For children between the ages of 10-12 years, who have progressed through either of the first two stages of progressive tennis and are ready to begin competing 🟡 Coach/Student Ratio (6:1) 🟡 60 minute class

### SCHEDULE OPTIONS:

Participants may enroll in more than 1 class per week.

- 🟡 Mondays (5:00 - 6:00pm)
- 🟡 Tuesdays (5:00 - 6:00pm)
- 🟡 Wednesdays (6:00 - 7:00pm)
- 🟡 Thursdays (5:00 - 6:00pm)
- 🟡 Fridays (6:00 - 7:00pm)
- 🟡 Saturdays (9:00 - 10:00am & 12:00 - 1:00pm)
- 🟡 Sundays (5:00 - 6:00pm)

SESSION	1X PER WEEK RATE	
	MEMBER RATE	NON-MEMBER RATE
<b>#1 (Fall)</b> 14 weeks	\$280.00	\$308.00
<b>#2 (Winter)</b> 11 weeks	\$220.00	\$242.00
<b>#3 (Spring)</b> 12 weeks	\$240.00	\$264.00

*\*All programs are subject to applicable tax (GST).*

**Cancellation Policy:** Up to 7 days before, \$25 administrative fee + 10% of program fee. No refunds will be offered within 7 days of the start of the program.

## YELLOW BALL PROGRAMS (10 to 18 years)

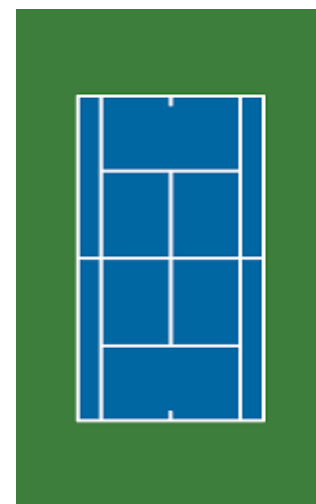
Focused on developing ball control skills & fundamentals starting with low compression balls and progressing to a yellow ball on a full court. This program is designed for a range of levels, from the scratch beginner to an intermediate player. Players in this age range may not need to spend as long in each of the Red, Orange and Green stages than some younger players, due to their physical ability, level of coordination and their range of athletic skills. Players aged 11–17 often will be able to serve, rally and score on a full court sooner than others and therefore their progression through the Red, Orange and Green stages towards using the Yellow ball on a regular full-size court may be quicker and more suitable.

### The Ball

- Regular Yellow Tennis Ball
- Red, Orange, Green balls may also be used depending on skill level

### The Court

- Regulation Tennis Court
- 3/4 court may be used depending on skill level



## CLUB TEEN/YELLOW BALL PROGRAM (13 - 17 years)

For children 13+ years of age who have either progressed through the first three stages of progressive tennis or play at a beginner to low intermediate playing level 🟡 Coach/Student Ratio (6:1) 🟡 60 minute class

### SCHEDULE OPTIONS:

Participants may enroll in more than 1 class per week.

- 🟡 Mondays (6:00 – 7:00pm)
- 🟡 Tuesdays (6:00 - 7:00pm)
- 🟡 Fridays (5:00 – 6:00pm)
- 🟡 Saturdays (11:00 – 12:00pm)
- 🟡 Sundays (6:00 – 7:00pm)

	1X PER WEEK RATE	
SESSION	MEMBER RATE	NON-MEMBER RATE
<b>#1 (Fall)</b> 14 weeks	\$280.00	\$308.00
<b>#2 (Winter)</b> 11 weeks	\$204.00	\$228.00
<b>#3 (Spring)</b> 12 weeks	\$204.00	\$228.00

*\*All programs are subject to applicable tax (GST).*

## ADVANCED TEEN PROGRAM (13 - 17 years)

For children 13+ years of age who have either progressed through the first three stages of progressive tennis or play at an **intermediate to advanced** playing level 🟡 Coach/Student Ratio (6:1) 🟡 60 minute class

### SCHEDULE OPTIONS:

Participants may enroll in more than 1 class per week. **This class requires COACH APPROVAL.**

- 🟡 Fridays (6:00 – 7:00pm)
- 🟡 Saturdays (11:00 – 12:00pm)

**Cancellation Policy:** Up to 7 days before, \$25 administrative fee + 10% of program fee. No refunds will be offered within 7 days of the start of the program.