



COMPETITIVE & PERFORMANCE STREAMS

INFORMATION GUIDE SEPTEMBER 2019 – JUNE 2020



SESSION 1 (Fall) : September 9 - December 22, 2019 (15 weeks)

SESSION 2 (Winter): January 6 - March 22, 2020 (10 weeks)

SESSION 3 (Spring): April 6 - June 28, 2020 (12 weeks)

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COMPETITIVE & PERFORMANCE STREAMS

INTEGRITY, EFFORT, COURAGE & TEAMWORK

Our Performance stream is geared toward players who want to compete in provincial, national and international competitions. Admission into our Competitive & Performance programs are by application only. Parents interested in enrolling their child in our high performance must contact our Head of High Performance to set up a player evaluation to determine suitability. Whether your goal is to pursue college/university tennis or to play professionally, we will provide an environment to maximize your potential.

UNIVERSITY SCHOLARSHIP

The advantages of competing in college sports are both immediate and lifelong. Participating in college/university tennis provides opportunities to learn, compete and succeed. Student-athletes receive top-notch academic support, quality medical care and regular access to outstanding coaching, facilities and equipment. Student-athletes as a group graduate at higher rates than their peers in the general student body and feel better prepared for life after their post-secondary careers.

LEGACY PROGRAM

In addition to providing athletes with a world class training experience, we believe that giving athletes the opportunity to share their passion with others and to give back to the next generation is an integral part of growing a life long love of the game. Our legacy program gives athletes the opportunity to build confidence on and off the court while developing leadership qualities while being mentors to our Junior Fundamentals program & Nike Day Camp participants in an assistant coach role. This program is designed to help athletes truly understand their craft by teaching it to others, develop their patience and interpersonal skills, and in some cases earning some extra money in an environment they are completely familiar with. Although this program is an invite only component, athletes are encouraged to express their interest in participating to the Performance Coaches.

HOW DOES THE PERFORMANCE STREAM WORK?

We pride ourselves on being athlete - centred. This means that every ball hit within the program is structured and planned for the maximum benefit to meet the needs of the individual athlete.

To produce a high performance athlete takes an incredible level of detailed planning; in order to ensure we are able to provide the on court objectives, we need to be successful in three areas:

1. A flexible weekly individualized program that allows the athlete to get the correct number of group, small group, semi and private lessons. We will offer a custom and more specific program to meet each athletes individual needs.
2. Athletes commit to the recommended number of training hours (linked with the players athletic and academic goals) based on the type of performance program registered for.
3. Athletes commit to a tournament program that the parents, players and coach have all agreed upon.

HOW TO REGISTER

If your child is not already in our program, an assessment with our Performance coaching team is required. Once that is complete, program recommendations can be made based on the individual athlete. Competitive & performance stream programs will run throughout the week. Players will fill in the application form and select their preferred numbers of days, hours (linked with LTAD recommendations) and private/semi-private lessons, if required.

Programs will be linked with an individualized annual training plan and an individual discussion with Head of U10, U12, & U13+ to confirm the optimized weekly training program including group and potential private lessons.

MINIMUM ELIGIBILITY REQUIREMENTS

- ★ Must be a member in good standing of Tennis Alberta
- ★ Must be a member of the OSTEN & VICTOR Alberta Tennis Centre
- ★ **Must commit to the Competitive or Performance program training schedule for the entire 2019 - 2020 training season**
- ★ All players must be evaluated, approved and designated into the appropriate program by the Performance Coaches
- ★ Focus and Motivation – ongoing evaluations throughout the year

PROGRAM CONSISTS OF

- ★ Training with some of the best players in Canada
- ★ Video analysis on each player including the state-of-the-art PLAYSIGHT TECHNOLOGY
- ★ Psychological, tactical, technical and physical training
- ★ On-court fitness and coordination training
- ★ All programs are created from an annual plan, in accordance with the Long Term Athlete Development (LTAD) model
- ★ Private lessons (additional charge)
- ★ Individual annual planning: all programs and plans created will take an athlete-centred approach
- ★ Team travel and competitive trips (additional charge)

PROGRAM EXPECTATIONS & REQUIREMENTS

- ★ Must be willing to meet the minimum guidelines of the Long Term Athlete Development Plan (LTAD-Tennis Canada) for tournaments and matches played per year based on age and gender
For more information visit: <http://www.tenniscanada.com/wp-content/uploads/2015/01/LTADallenglish.pdf>
- ★ Exhibit a high level of intensity, focus and respect at every practice
- ★ Attend all training sessions (on-court/fitness) on time, except for illness or injury. Players should notify a Performance Coach in the event they are unable to attend a practice or fitness session
- ★ Follow the tournament schedule prepared by the coach
- ★ Parents are expected to attend parents/coaches meetings as scheduled
- ★ Players are expected to practice outside of program times (match play, serving practice, private or semi-private lessons)
- ★ Credits for class cancellations due to holidays will be given out throughout the year. Injury credits must be approved by the Tennis Director and will only be given out for serious injuries that keep the athlete off the court for 3 or more weeks

**TO APPLY FOR COMPETITIVE OR PERFORMANCE STREAM
PROGRAMS CONTACT: Goran Zovko, Head of High Performance;
gzovko@albertatenniscentre.ca**

COMPETITIVE STREAM

Developing a passion for the sport while teaching the skills necessary for competition. Next Gen requires a commitment to increased training hours and tournaments. All Next Gen & Competitive Stream players must be approved by the Head of U10 development to participate in the program.

NEXT GEN

Designed for competitive athletes playing in a High Performance environment. Selected players need to attend all sessions during the week. Membership and attendance in all days is mandatory.

Program Benefits:

- Walk-on court booking privileges. "Walk-on" courts can be booked within the hour of play.
- Team uniform
- Tournament support at selected events

NEXT GEN TEAM - U9

2019 - 2020 SESSION: September 9, 2019 - June 28, 2020

- ⓪ Group training schedule: Monday (5:30 - 7:00pm), Wednesday (5:30 - 7:00pm), Friday (5:30 - 7:00pm)
- ⓪ Match Play schedule: Saturday (2:30 - 4:00pm)
- ⓪ Athletes must sign up for all listed sessions
- ⓪ 5:1 (student/coach) ratio
- ⓪ Total Hours per week: 6
- ⓪ Total Cost: **\$5,106.00** (based on a 37 week season). Fees will be collected in 5 instalments throughout the year

NEXT GEN TEAM - U10

2019 - 2020 SESSION: September 9, 2019 - June 28, 2020

- ⓪ Group training schedule: Monday (4:00 - 6:00pm), Wednesday (4:00 - 6:00pm), Friday (4:00 pm - 6:00pm)
- ⓪ Match Play schedule: Saturday (4:00 - 5:30pm)
- ⓪ Athletes must sign up for all listed sessions
- ⓪ 5:1 (student/coach) ratio
- ⓪ Total Hours per week: 7.5
- ⓪ Total Cost: **\$6,382.50** (based on a 37 week season). Fees will be collected in 5 instalments throughout the year

NOTE(S):

- Membership required at an additional cost;
- Program requires full school year commitment (September to June);
- The program price includes the team uniform, physical development and travel support at selected tournaments;
- Classes missed due to statutory holidays and the Calgary National Bank Challenger have been accounted for in the overall price of the program. Classes cancelled unexpectedly due to tournaments, or any other reason will be credited throughout the year;
- **No refunds will be given.** Credit requests due to injury (Unable to play for more than 3 weeks, with a note from a medical professional) must be approved by the CEO.

COMPETITIVE TEEN

Designed for athletes that have progressed through the first 4 stages of progressive tennis or play at an intermediate to advanced level. These athletes will be working on improving their skills in order to compete in provincial level tournaments. Membership is mandatory.

Program Benefits:

- Walk-on court booking privileges. "Walk-on" courts can be booked within the hour of play.
- Team uniform
- Tournament support at selected events

COMPETITIVE TEEN TEAM

2019 - 2020 SESSION: September 9, 2019 - June 28, 2020

- Approved athletes may select one or both of the following days: Monday (6:00 - 7:00pm), Saturday (12:00 - 1:00pm)
- Optional Match Play Upgrade: Friday (6:00 - 7:00pm)
- 5:1 (student/coach) ratio
- Total Hours per week: Up to 3.5
- Total Cost: minimum **\$851.00** (based on a 37 week season, at 1 hour per week). Fees will be collected in 5 instalments throughout the year

NOTE(S):

- Membership required at an additional cost;
- Program requires full school year commitment (September to June);
- The program price includes the team uniform, physical development and travel support at selected tournaments;
- Classes missed due to statutory holidays and the Calgary National Bank Challenger have been accounted for in the overall price of the program. Classes cancelled unexpectedly due to tournaments, or any other reason will be credited throughout the year;
- **No refunds will be given.** Credit requests due to injury (Unable to play for more than 3 weeks, with a note from a medical professional) must be approved by the CEO.

PERFORMANCE STREAM

The purpose of the Performance Stream is to help players achieve competitive performance goals of top National or ITF rankings. Membership is mandatory.

Program Benefits:

- Walk-on court booking privileges. "Walk-on" courts can be booked within the hour of play.
- Team uniform
- Tournament support at selected events

PERFORMANCE TEAM - Option 1

2019 – 2020 SESSION: September 9, 2019 - June 28, 2020

- Group Training Schedule: Tuesday (5:00 - 7:00pm), Wednesday, (5:00 - 7:00pm), Thursday (5:00 - 7:00pm)
- Match Play Options: Wednesday (6:30 - 8:00am) OR Saturday (7:00 - 9:00am)
- Physical development training is included in the program
- 4:1 (student/coach) ratio
- Total Hours per week: 7.5 or 8
- Total Cost: **\$6,382.50 or \$6,808.00** (based on a 37 week season). Fees will be collected in 5 instalments throughout the year

PERFORMANCE TEAM - Option 2

2019 – 2020 SESSION: September 9, 2019 - June 28, 2020

Athletes must select a minimum of 8 hours per week from the following options

- Group Training Schedule: Monday (5:00 - 7:00pm), Tuesday (2:00 - 5:00pm & 5:00 - 7:00pm), Wednesday (2:00 - 4:00pm & 5:00 - 7:00pm), Thursday (2:00 - 5:00pm & 5:00 - 7:00pm), Friday (2:00 - 4:00pm)
- Match Play Options: Wednesday (6:30 - 8:00am), Saturday (7:00 - 9:00am)
- Physical development training is included in the program
- 4:1 (student/coach) ratio
- Total Hours per week: minimum 8
- Total Cost: minimum **\$6,808.00** (based on a 37 week season, at 8 hours per week). Fees will be collected in 5 instalments throughout the year

NOTE(S):

- Membership required at an additional cost;
- Program requires full school year commitment (September to June);
- The program price includes the team uniform, physical development and travel support at selected tournaments;
- Classes missed due to statutory holidays and the Calgary National Bank Challenger have been accounted for in the overall price of the program. Classes cancelled unexpectedly due to tournaments, or any other reason will be credited throughout the year;
- **No refunds will be given.** Credit requests due to injury (Unable to play for more than 3 weeks, with a note from a medical professional) must be approved by the CEO.

Athletes in the Elite Performance Program are registering for a full school year program. Changes to schedules must be approved by the Tennis Director and will result in changes in fees.

SCHEDULE EXCEPTIONS

There will be no classes on the following dates:

- October 14, 2019 Thanksgiving Monday
- November 8 - 11, 2019 ITF Senior Event & Remembrance Day
- February 17, 2020 Family Day
- February 23 - March 1, 2020 Calgary National Bank Challenger
- April 10 - 12, 2010 Easter Long Weekend
- May 18, 2020 Victoria Day
- August 1-3, 2020 Heritage Day Long Weekend

INSTALMENT SCHEDULE

Fees will be collected in 5 equal instalments throughout the season. An email with a payment deadline will be sent before any instalments are withdrawn from an account. Any payments that are not collected 7 days after the deadline without making prior arrangements will result in the player not being able to participate until the fee is collected.

Instalment Schedule:

- Instalment 1 - due at the time of registration (Spring 2019)
- Instalment 2 - September 1, 2019
- Instalment 3 - November 1, 2019
- Instalment 4 - February 1, 2020
- Instalment 5 - April 1, 2020