

ALBERTATENNISCENTRE.CA



SEPT 2023 – JUNE 2024 COMPETITIVE & HIGH PERFORMANCE PROGRAM GUIDE



High Performance Program

SESSIONS

SEPT 5, 2023 - JUNE 30, 2024

SCHEDULE EXCEPTIONS

Sessions that have classes on a holiday will have one less week in their program.

There will be no classes on the following dates:

- October 9, 2023 - Thanksgiving Monday
- November 2-12, 2023 - Calgary National Bank Challenger
- November 11, 2023 - Remembrance Day
- February 19, 2024 - Family Day
- March 29 - April 1, 2024 Easter Weekend
- May 20, 2024 Victoria Day



OVERVIEW

Our Competitive and Performance streams are geared toward players who want to compete in local, provincial, national and international competitions. Admission into our Competitive & High 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.

High Performance Stream Explained (copy & paste link into internet browser):

https://www.youtube.com/watch?v=Oi_IGVzNEb4

General Information

HOW DOES THE HIGH 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.

PROGRAM EXPECTATIONS & 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 High Performance program training schedule for the entire 2023 – 20234 training season
- All players must be evaluated, approved and designated into the appropriate program by the Performance Coaches



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@abtenniscentre



Osten & Victor Alberta
Tennis Centre



General Information

PROGRAM EXPECTATIONS & REQUIREMENTS (continued)

- 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, motivation 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 parent-coach 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 events not previously noted will be given out throughout the year. Injury credits must be approved by the CEO and will only be given out for serious injuries that keep the athlete off the court for 3 or more weeks

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.





General Information

PROGRAM CONSISTS OF


- Training with some of the best players in Canada
- Psychological, tactical, technical and physical 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)

HOW TO REGISTER

If your child is not already in our program, an assessment with our Competitive and High Performance programs will be arranged by our ATC coaching team, program recommendations will be made based on the individual athlete. Competitive & High 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 Long Term Athlete Development (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 High Performance, Head of Junior Competitive Tennis & Events to confirm the optimized weekly training program including group and potential private lessons.


INSTALMENT SCHEDULE

Fees will be collected in 4 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 1 – due at the time of registration (Summer 2023 – 50% Deposit for Fall Training Fee)
 - Instalment 2 – September 5, 2023 (Remaining 50% of Fall Term training fee)
 - Instalment 3 – January 8, 2023 (Winter Term Training Fee)
 - Instalment 4 – April 2, 2023 (Spring Term Training Fee)
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Important Announcements

- **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. Parents are asked to notify the program Head Coaches and Manager of the Club administration about the injury or sickness ASAP.**
 - Membership required at an additional cost.
 - Courts reserved outside of the training program are an additional cost.
 - Some programs have walk in privileges, there are no court fees for walk-on. "Walk-on" courts can be booked within the hour of play and can only be booked for 60 minutes at a time.
 - Program requires full school year commitment (September to June);
 - The program price includes the team clothing, 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;
 - Athletes in the Competitive & High 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 changes can ONLY occur at the end of each term (Fall, Winter) and a \$125 transaction fee will apply to any decrease in hours made to a players schedule.
 - 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.
 - 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.
 - All programs subject to applicable tax.
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Meet The Team



NICK COUTTS

Tennis Director

Originally from Victoria, BC, had a successful playing career, reaching #1 in U18 provincially and becoming a doubles finalist at the U18 nationals. He graduated from the University of Utah with a Bachelors in Exercise Sport Science on a Division 1 tennis scholarship and achieved notable coaching accolades. ncoutts@albertatenniscentre.ca



DIANA JACOBS

Head of Junior Competitive Tennis & Events

Diana has been working in tennis for 15 years, starting in a small town in Alberta, where she grew a tennis club from a few members to over 180 active players. She has since joined the ATC, leading the U10 Competitive tennis program and contributing to U12-U18 High-Performance training groups while actively participating in tournament planning and organization. djacobs@albertatenniscentre.ca



MARC COLANGELI

Head of High Performance

Marc Colangeli has spent 15 years in the Tennis industry and received the Tennis Alberta Coach Recognition Award in 2019. Actively contributing to the sport's growth and development in Western Canada, Marc is helping athletes achieve college scholarships, provincial rankings, national recognition, and international success. mcolangeli@albertatenniscentre.ca

If you have any questions or concerns about the Junior Fundamentals Programs, email Coach Nick, Coach Diana or Coach Marc. They would be happy to provide you guidance or recommend one of the several talented, hard working and well educated coaches and trainers who have coached Alberta's best up and coming junior players.

Junior Pathways

FUNDAMENTAL STREAM

TRY-IT

New to tennis?

Try-It Programs are designed for players with little or no experience to learn how to serve, rally & score.

PLAY-IT

Play-It are designed for players with experience, and can already serve, rally & score.

Player Level Assessment (PLA) is required of a 2.0 level.

*Tiny Tots 'Play-It' does not need a PLA.

COMPETITIVE

U7 RED BALL PROSPECTS TEAM

The Red Ball Prospects Team is for players looking to play in tournaments and progress into the Next Gen Under 8 Program.

NEXT GEN UNDER 8

Next Gen is for players under the age of 8 years old, that compete regularly in tournaments.

NEXT GEN U9-U10

Next Gen is for players between the ages 9-10 years old, that compete regularly in tournaments.

3.0 & 3.5 COMPETITIVE

All competitive programs must be approved by the Head of Competitive Junior Tennis.

PERFORMANCE

HIGH PERFORMANCE

Want to reach your full potential?

Maximize performance to a Top Provincial and National level. Required Number of hours, physical standards, tournament matches are needed to apply for this High-Performance Program.

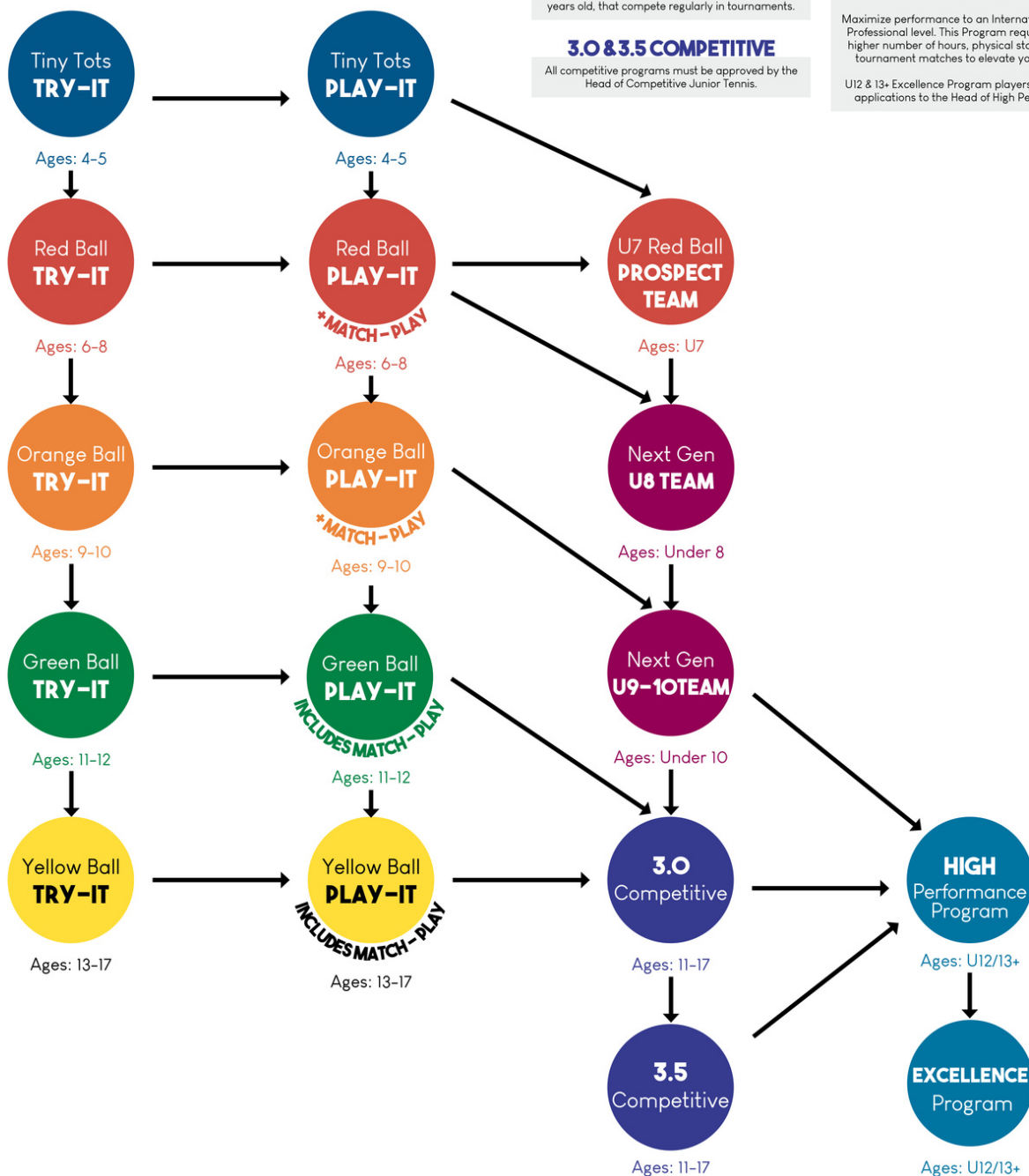
U12 & 13+ High Performance players submit their applications to the Head of High Performance.

EXCELLENCE PROGRAM

Want to reach your full potential?

Maximize performance to an International, NCAA, Professional level. This Program requires an even higher number of hours, physical standards, and tournament matches to elevate your abilities.

U12 & 13+ Excellence Program players submit their applications to the Head of High Performance.



Red Ball Prospects

Ages 5-7

This year long program develops a passion for the sport while teaching the skills necessary for competition. Red Ball Prospects requires a commitment to increased training hours and tournaments. Players approved by the Head of Junior Competitive Tennis and Events may access this program. All classes include tennis specific coordination training critical for long-term development. Players in this program are not required to have an active membership in the training year of 2023- 2024. 5:1 Student to Coach Ratio.

SCHEDULE OPTIONS

Total hours per week: 4.5

TEAM TENNIS TRAINING & ATHLETIC DEVELOPMENT

Monday: 4:00 - 5:30 PM

Wednesday: 4:00 - 5:30 PM

MATCH PLAY

Friday: 4:00 - 5:30 PM

Total Cost: \$4270.50

(Based on a 39-week training schedule. The actual price may vary.)



Next Gen

This 39-week program is designed for competitive athletes playing in a High Performance environment. As a guideline we recommend selected players attend all sessions during the week (Please contact Head of Junior Competitive Tennis & Events if there are any limitations or conflicts with scheduling). Membership is required for this program. 5:1 Student to Coach Ratio.

Program Benefits:

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

SCHEDULE for Next Gen U8

Total hours per week: 8.0

TEAM TENNIS TRAINING & ATHLETIC DEVELOPMENT

Monday: 4:00 – 6:00 PM

Wednesday: 4:00 – 6:00 PM

Friday: 4:00 – 6:00 PM

Tuesday: 6:30 – 8:00AM (Optional)

MATCH PLAY

Saturday: 7:00 – 9:00 AM

Total Cost: \$7041

Optional Training Add On Cost: \$1,550.25

(Based on a 39-week training schedule. The actual price may vary.)

SCHEDULE for Next Gen U9/U10

Total hours per week: 8.0

TEAM TENNIS TRAINING & ATHLETIC DEVELOPMENT

Monday: 5:00 – 7:00 PM

Wednesday: 5:00 – 7:00 PM

Friday: 5:00 – 7:00 PM

Tuesday: 6:30 – 8:00AM (Optional)

MATCH PLAY

Saturday: 7:00 – 9:00 AM

Total Cost: \$7761

Optional Training Add On Cost: \$1,550.25

(Based on a 39-week training schedule. The actual price may vary.)



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 local and provincial level tournaments. Membership is required. 6:1 Student to Coach ratio and athletes must sign up for all listed sessions.

Program Benefits:

- Team Clothing
- Walk-on court booking privileges. "Walk-on" courts can be booked within the hour of play.

SCHEDULE for 3.0 COMPETITIVE TEEN

Total hours per week: 4.0

TENNIS TRAINING & ATHLETIC DEVELOPMENT

Monday: 5:00 – 6:00 PM

Wednesday: 5:00 – 6:00 PM

MATCH PLAY

Saturday: 4:00 – 6:00 AM

Total Cost: \$3627

(Based on a 39-week training schedule. The actual price may vary.)

SCHEDULE for 3.5 COMPETITIVE TEEN

Total hours per week: 4.0

TEAM TENNIS TRAINING & ATHLETIC DEVELOPMENT

Monday: 6:00 – 7:00 PM

Wednesday: 6:00 – 7:00 PM

MATCH PLAY

Saturday: 4:00 – 6:00 PM

Total Cost: \$3627

(Based on a 39-week training schedule. The actual price may vary.)



Performance

The purpose of the Performance Stream is to help players achieve competitive performance goals of top National or International rankings. Membership is required. 4:1 Student to Coach ratio.

Program Benefits:

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

HIGH PERFORMANCE PROGRAM

Maximize performance to a top Provincial and National level. Required number of hours, physical standards, tournament matches are needed to apply for this High Performance program.

EXCELLENCE PROGRAM

Maximize performance to an International, NCAA and Professional level. This program required a higher number of hours, physical standards, tournament matches to elevate your abilities.



	High Performance Program		Excellence Program	
Age Group	U 12	13 & Over	U 12	13 & Over
Groups	7.5 Hours Minimum Tennis Groups & Fitness	10 Hours Minimum Tennis Groups & Fitness	11 Hours Minimum Tennis Groups & Fitness Program	14 Hours Minimum Tennis Groups & Fitness Program
Number of Balls Hit	120,000-180,000	160,000-240,000	176,000-264,000	224,000-336,000
Privates	Not Included	Not Included	1 Included	1 Included
Scheduling Priority	-	-	YES	YES
Summer Camps/ ATC Trips	-	-	Priority	Priority

TRAINING SCHEDULE & COST

DAY	TRAINING SESSION	COST (+ Tax)
Monday (Training)	6:30 – 8:00 AM (1.5 hrs on-court training)	\$1351.50
Monday (Training)	2:00 – 5:00 PM (2 hrs on-court training/ 1 hr fitness)	\$2414.00
Monday (Training)	4:00 – 7:00 PM (2 hrs on-court training/ 1 hr fitness)	\$2516.00
Tuesday (Training)	6:30 – 8:00 AM (1.5 hrs on-court training)	\$1550.25
Tuesday (Training)	2:00 – 5:00 PM (2 hrs on-court training/ 1 hr fitness)	\$2769.00
Tuesday (Training)	4:00 – 7:00 PM (2 hrs on-court training/ 1 hr fitness)	\$2886.00
Wednesday (Training)	6:30 – 8:00 AM (1.5 hrs on-court training)	\$1550.25
Wednesday (Training)	2:00 – 5:00 PM (2 hrs on-court training/ 1 hr fitness)	\$2769.00
Wednesday (Training)	4:00 – 7:00 PM (2 hrs on-court training/ 1 hr fitness)	\$2886.00
Thursday (Training)	6:30 – 8:00 AM (1.5 hrs on-court training)	\$1510.50
Thursday (Training)	2:00 – 5:00 PM (2 hrs on-court training/ 1 hr fitness)	\$2698.00
Thursday (Training)	4:00 – 7:00 PM (2 hrs on-court training/ 1 hr fitness)	\$2812.00
Friday (Training)	6:30 – 8:00 AM (1.5 hrs on-court training)	\$1510.50
Friday (Training)	2:00 – 5:00 PM (2 hrs on-court training/ 1 hr fitness)	\$2698.00
Friday (Training)	4:00 – 5:30 PM (1.5 hrs on-court training)	\$1596.00
Saturday (Match-Play)	7:00 – 10:00 AM (2 hrs Match Play/ 1 hr fitness)	\$2146.00