

ALBERTATENNISCENTRE.CA

JULY 2024 - AUG 2024

JUNIOR SUMMER FUNDAMENTALS PROGRAM GUIDE



Junior Program

SESSIONS

SESSION #1 (SUMMER): JULY 2 - JULY 28 (4 weeks)

SESSION #2 (SUMMER): JULY 29 - AUG 25 (4 weeks)

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:

- July 1, 2024 - Canada Day
- August 5, 2024 - Heritage Day



OVERVIEW

Our FUNdamentals programs are recreation programs designed to introduce basic skills, play the game and enjoy the sport for a lifetime. They are focused on encouraging children to love tennis while learning fundamental skills and playing the sport. Multiple classes are offered throughout the week, but players only need to commit to a minimum of one. These programs can potentially lead into our Competitive and Performance streams.

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.

FUNdamentals Stream Explained (copy & paste link into internet browser or scan QR code): www.youtube.com/watch?v=YHxzqm1KAYs



GENERAL INFORMATION

Program Policies & Information

- **Cancellation Policy:**
 - Up to 8 days before the start of the program, participants will be charged \$25 administrative fee + 10% of program fee.
 - No refunds or credits will be offered within 7 days of the start of the program or after program has started.
- To register your child for programs visit www.albertatenniscentre.ca and complete the online registration. Payment must accompany your child's registration.
- Court fees are included in the price of programs.
- 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 In the event your child is withdrawn from a program, every effort will be made to place the participant in an alternate suitable program.
- Level Advancement: Progressing to the 'Competitive' or 'Tournament' programs requires additional practicing outside of scheduled lesson times. To access higher level programs, players must achieve appropriate competencies as assessed by coaching staff.
- 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.
- Credits may be issued in the case of an injury with a Doctor's note, at the discretion of the CEO.
- All programs subject to applicable tax.
- For more information, follow us on our socials:



@AlbertaTennisCentre



@abtenniscentre



Osten & Victor Alberta
Tennis Centre



@albertatenniscentre

Meet The Team



SUZANA CAVALCANTE

Head of Junior Development

An accomplished tennis player from Brazil, holds 27 US collegiate records and was the most decorated female athlete in the history of the University of West Florida. She is a Tennis Canada High Performance Coach certified, fluent in multiple languages, and holds a Masters Degree in Exercise Physiology and Athletic Training.

scavalcante@albertatenniscentre.ca



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

If you have any questions or concerns about the Junior Fundamentals Programs, email Coach Suzana or Coach Nick. 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.

To view a full list of the coaching staff scan the QR code below or visit:

<http://www.albertatenniscentre.ca/programs-services/tennis-professional-staff/>



TERMINOLOGY

TRY IT

New to Tennis? Try-It Programs are designed for players with little or no experience to learn how to serve, rally and score. For Tiny Tots, parent participation is required however a Player Level Assessments (PLA) is not required.

PLAY IT

Play-It are designed for players with experience, and can already serve rally and score. Player Level Assessments (PLA) is required to play 2.0 or higher.

FUN MATCH - PLAY

Coach supervised match play that is highly recommended for furthering development. Players must be approved by coaching staff.



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.

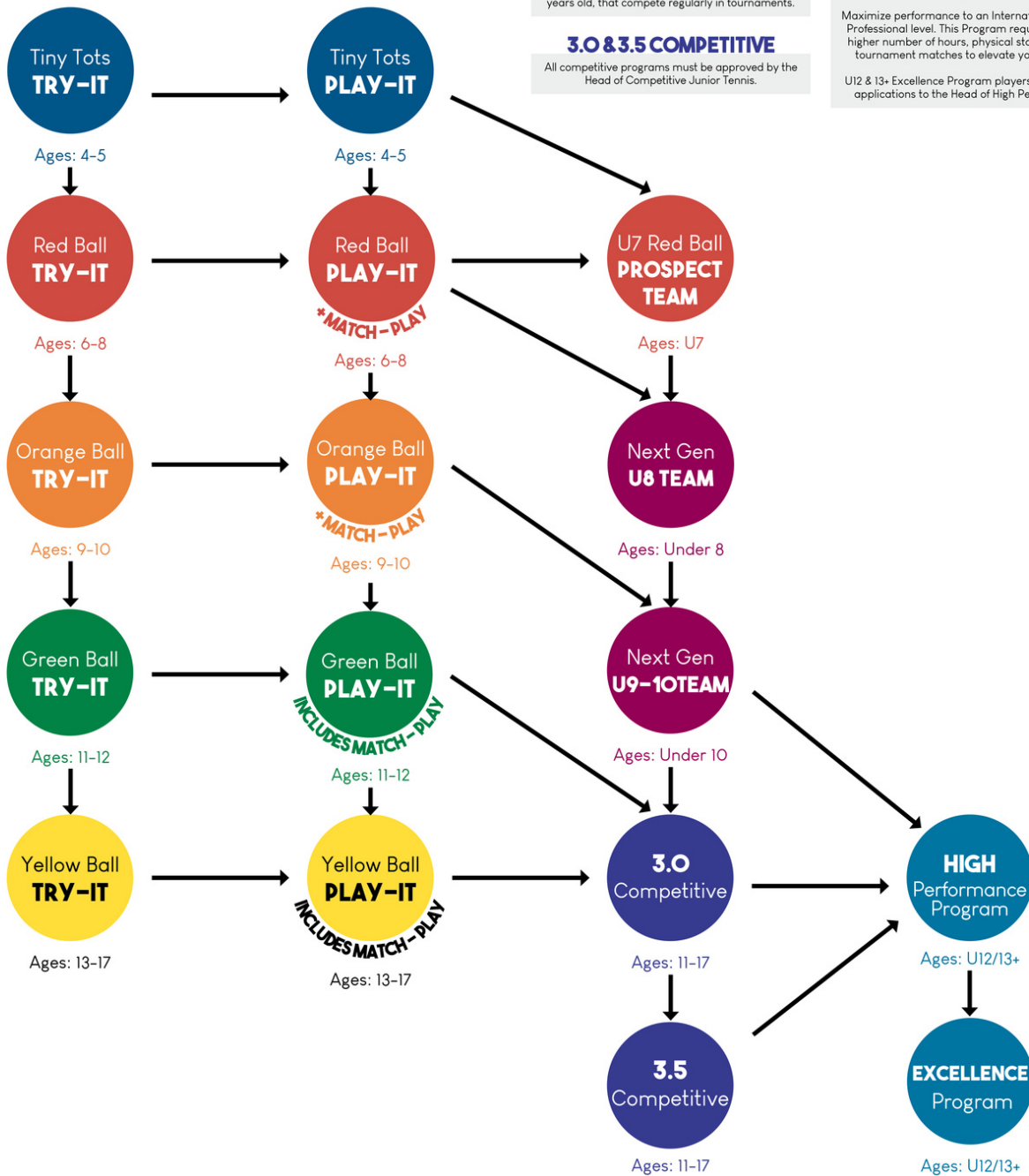
U12 & 13+ High Performance players submit their applications to the Head of High Performance.

EXCELLENCE PROGRAM

Want to reach your full potential?

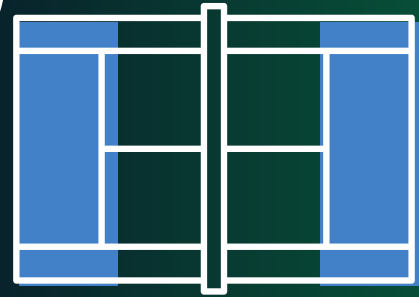
Maximize performance to an International, NCAA, Professional level. This Program requires an even higher number of hours, physical standards, and tournament matches to elevate your abilities.

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



Tiny Tots

Ages 4-5



Equipment Equipment modifications to ensure success.

- 1/2 court tennis
- 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")
- Coach to Student Ratio 6:1

SCHEDULE OPTIONS

TRY IT

Saturday: 9:00 AM - 10:00 AM

PLAY IT

Monday: 4:00 PM - 5:00 PM

Wednesday: 4:00 PM - 5:00 PM



Session	Try It		Play It	
	Member	Non-Member	Member	Non-Member
Summer Session #1 (4 Weeks)	\$80	\$96	\$160	\$192
Summer Session #2 (4 Weeks)	\$80	\$96	\$160	\$192

Red Ball

Ages 6-8

The RED 1/2 court tennis program is the second step of progressive tennis. Coordination and cooperative activities will lead to the development of the basic tennis and athletic skills in a FUN and active environment. Coach to Student Ratio 6:1

SCHEDULE OPTIONS

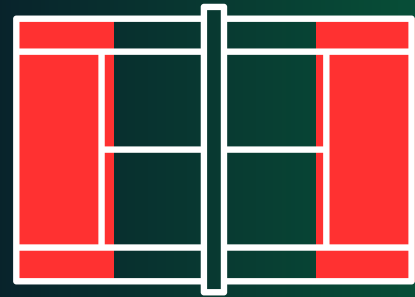
TRY IT

Saturday: 9:00 AM - 10:00 AM

PLAY IT

Monday: 4:00 PM - 5:00 PM

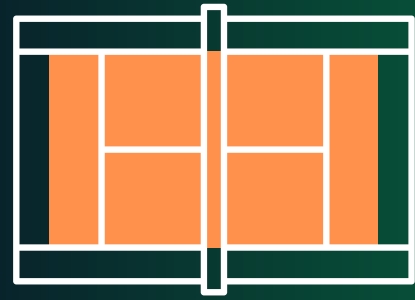
Wednesday: 4:00 PM - 5:00 PM



Session	Try It		Play It	
	Member	Non-Member	Member	Non-Member
Summer Session #1 (4 Weeks)	\$80	\$96	\$160	\$196
Summer Session #2 (4 Weeks)	\$80	\$96	\$160	\$196

Orange Ball

Ages 9 - 10



Equipment modifications to ensure success:

- 3/4 Court
- 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")

SCHEDULE OPTIONS

TRY IT

Saturday: 10:00 AM - 11:00 AM

PLAY IT

Tuesday: 4:00 PM - 5:00 PM

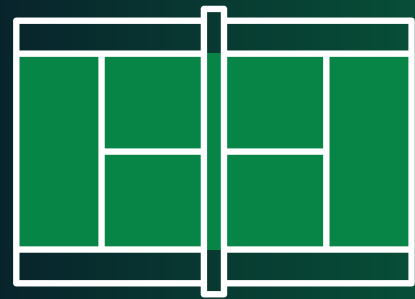
Thursday: 4:00 PM - 5:00 PM



Session	Try It		Play It	
	Member	Non-Member	Member	Non-Member
Summer Session #1 (4 Weeks)	\$88	\$100	\$176	\$200
Summer Session #2 (4 Weeks)	\$88	\$100	\$176	\$200

Green Ball

Ages 11 – 12



Equipment modifications to ensure success:

- Full Court
- 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")
- Coach to Student Ratio 6:1

SCHEDULE OPTIONS

TRY IT

Saturday: 11:00 AM – 12:00 PM

PLAY IT

Tuesday: 5:00 PM – 6:00 PM

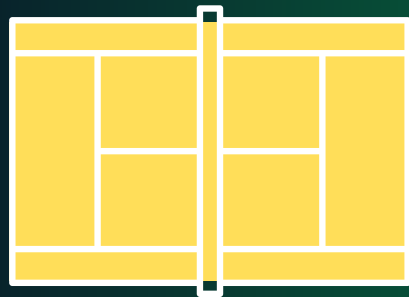
Thursday: 5:00 PM – 6:00 PM



Session	Try It		Play It	
	Member	Non-Member	Member	Non-Member
Summer Session #1 (4 Weeks)	\$88	\$100	\$176	\$200
Summer Session #2 (4 Weeks)	\$88	\$100	\$176	\$200

Teen Tennis

Ages 13 - 17



Equipment modifications to ensure success:

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

SCHEDULE OPTIONS

TRY IT

Saturday: 12:00 PM - 1:00 PM

PLAY IT

Tuesday: 6:00 PM - 7:00 PM

Thursday: 6:00 PM - 7:00 PM



Session	Try It		Play It	
	Member	Non-Member	Member	Non-Member
Summer Session #1 (4 Weeks)	\$88	\$100	\$176	\$200
Summer Session #2 (4 Weeks)	\$88	\$100	\$176	\$200