

# PROGRAMS

## 40 YEARS OF EXCELLENCE

SINCE **1976**

acetennis.ca



### JUNIORS 4-18

## COMPETITIVE SKILLS DEVELOPMENT

BEGINNER TO ADVANCED



Rachel Krzyzak  
Photo: Christian Blouin

**SEE NEW**

### COMPETITIVE PROGRAM

For committed players



2017 - 2018  
TORONTO | BURLINGTON

## PROGRESSIVE 1

1/2 court tennis  
Racquets: 17-21 inch  
Red ball  
Age 4-7[8]

**PROGRESSIVE 2**  
3/4 court tennis  
Racquets: 23-25 inch  
Orange ball  
Age 8-10

**PROGRESSIVE 3**  
Full court tennis  
Racquets: 25-26 inch  
Green ball / Regular ball  
Age 10-13

**PROGRESSIVE 4**  
High School Team [Toronto]  
Full court tennis  
Advanced play  
Regular ball. Age 10-17

ACE's Skills Development programs follow a progressive teaching method helping young players learn how to play tennis quickly, efficiently and successfully. Players transition according to age through 3 stages using scaled down equipment allowing for a systematic transition. Progressive 4 is for experienced players who want to improve their match playing.

## PROGRESSIVE SKILLS DEVELOPMENT



Ace's Competitive Stream, is for players who want to compete at a provincial, national or international level. The players acquire the required "skill set" for competition through six training programs: the Mini Tennis / Little Aces Team, the Futures Team, the Champions Team, the Provincial Team, the National Team and the International Team. Acceptance into the programs are based on age and an assessment of level of play.

### NEW COMPETITIVE PROGRAM FOR COMMITTED PLAYERS

Ace's **New International Team** program offers committed players the opportunity to receive individual management and coaching while meeting recommended training volume.



ACE Tennis Burlington TEL: 905.632.9500 FAX: 905.632.9482 EMAIL: info@acetennis.ca 960 Cumberland Avenue ON L7N 3J6  
ACE Tennis Toronto TEL: 647.381.6464 FAX: 647.344.3613 EMAIL: info@torontotenniscity.com 185 Balliol St. ON M4S 1C2  
www.acetennis.ca

## PROGRAM OVERVIEW

### PROGRESSIVE

### PROGRESSIVE COMPETITIVE

### HIGH PERFORMANCE / COMPETITIVE

1 AGE 4-8	2 AGE 8-10	3 AGE 10-13	4 HIGH SCHOOL TEAM AGE 10-17	MINI TENNIS LITTLE ACES Advanced AGE 8-9	FUTURES AGE 7-9	CHAMPIONS AGE 8-10	PROVINCIAL AGE 10-12 / 13-16	NATIONAL AGE 12-18	INTERNATIONAL AGE 12-18
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### TOURNAMENT PLAY

### GENERAL POLICIES

- Systematic, Progressive, Integrated Training Environment** - This means that all curriculum for ACE's programs are designed in a manner that ensures progressive development when graduating from one program to the other.
- Annual Program Planning** - All players are provided an annual group training plan
- SAT Preparation** - Ace's Educational Advisor Helen Donohoe provides free SAT classes every Saturday in Burlington and is available for private sessions.
- Tournaments** - Ace operates over 50 international, national and provincial sanctioned tournaments per year.
- Tournament Coaching** - Ace provides tournament coaching at select events.
- Transportation** - ACE Burlington: transportation to and from some selected local schools is available for an additional fee.
- Injury Treatment Assistance** - All injuries should be discussed with the head coach for recommendations

### REGISTRATIONS, FEES AND PAYMENTS

- Registration for all programs is done through ACE's online system. All progressive program fees will be due and payable upon registration. The competitive program fees can be paid in full with a 5% discount on the program fee only. The Morning programs do not qualify for the discount, and will be charged full price regardless of method of payment.
- Otherwise the payment plan is as follows:**
  - 30% of program fees + administration fee DUE on Registration.
  - 15% of program fees - due on November 15, 2017
  - 15% of program fees - due on December 15, 2017
  - 15% of program fees - due on January 15, 2018
  - 15% of program fees - due on February 15, 2018
  - 10% of program fees - due on March 15, 2018
- Academy Holidays:**
  - Thanksgiving Day Oct. 9, 2017
  - Christmas/New Year Break: Dec. 23, 2017 - Jan. 7, 2018
  - Family Day, Feb. 19, 2018
  - March Break, March 12 - 16, 2018
  - Good Friday, March 30, 2018
  - Easter Sunday, April 1, 2018
  - Victoria Day, May 21, 2018
- No recreational programs, and fitness for competitive programs in Burlington on Mondays and Tuesdays during our ITF tournaments in November and April.
- Membership - Toronto location:** Membership is included in all competitive programs.
- Burlington location:** Players registered in the National and Provincial U16 programs must have a Gold Membership with Cedar Springs. A High Performance or Gold Membership is required for participation in the International program.
- Missed Sessions and Make-Ups** - All missed sessions for sickness, injuries, vacations or other reasons are NOT REIMBURSED.
- Refund Policy** - Fees are non-refundable. There will be consideration for extenuating circumstances.

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## 2017 - 2018 ACE TENNIS PLAYER DEVELOPMENT PROGRAMS BURLINGTON

TENNIS DIRECTOR ACE BURLINGTON - DOUG BURKE

### PROGRESSIVE / RECREATIONAL

DIRECTOR KYRULO TABUNSHCHYK

Session 1 [Autumn]: Tuesday September 5 - Monday December 18, 2017 [15 weeks]  
Session 2 [Winter]: Monday January 8 - Sunday April 29, 2018 [15 weeks]. No programs March Break.  
Session 3 [Spring]: Monday April 30 - Sunday July 1, 2018 [9 weeks]

ALL PRICES ARE SUBJECT TO HST

#### PROGRESSIVE 1 Age 4 - 7

This program is designed for children 4 - 7 years old. The 1st level of progressive tennis uses larger decompressed balls to allow for easier exchanges, 19" to 21" racquets for better control, mini sized nets and a smaller 12 meter court, which is proportional to the size of the student.  
When: Monday or Wednesday [6 - 7pm], Thursday Experienced [6 - 7pm], Sunday [8 - 9am].  
Cost: Session 1 and 2 [each 15 weeks / once a week]: \$300 per session. Session 3 [9 weeks / once a week]: \$180 per session.

#### PROGRESSIVE 2 Age 8 - 10

This program is designed for players 8 - 10 years old. The 2nd level of progressive tennis uses a normal sized tennis ball, but with 25% less compression than a regular ball to allow players to acquire the required skills at this stage of development. 23" to 25" racquets are used and the court is a ¾ court size, which is 18 meters long.  
When: Mondays, Wednesdays [7 - 8pm], Tuesdays [6 - 7pm], and Sundays [9 - 10am].  
Cost: Session 1 and 2 [each 15 weeks / once per week]: \$450 per session. Session 3 [9 weeks / once per week]: \$270 per session.

#### PROGRESSIVE 3 Age 10 - 13

This program is designed for players age 10 - 13. The 3rd level of progressive tennis uses a normal sized tennis ball, but with 15% less compression. Players graduate to a 26" to 27" racquet and a full sized tennis court.  
When: Mondays 7:30-8:30pm, Tuesdays or Thursdays [7 - 8pm] and Sundays [9 - 10am].  
Cost: Session 1 and 2 [each 15 weeks / once a week]: \$450 per session. Session 3 [9 weeks / once a week]: \$270 per session.

#### PROGRESSIVE 4 Age 10 - 15

This program is designed for players age 10 - 15 who are able to maintain a full rally on a full sized tennis court with regular balls. Players will be grouped according to their level of play.  
When: Mondays and Wednesdays OR Tuesdays and Thursdays [7:30pm - 9pm].  
Cost: Session 1 and 2 [each 15 weeks / twice a week]: \$1,350 per session. Session 3 [9 weeks / twice a week]: \$810 per session.

### PROGRESSIVE / COMPETITIVE

DIRECTOR KYRULO TABUNSHCHYK

SEPTEMBER 11, 2017 - June 24, 2018

#### LITTLE ACES / MINI TENNIS TEAM Age 5 - 7 Head Coach Walker Lamarche

Little Aces / Mini Tennis Team is for young players who have already been exposed to the fundamentals of tennis and are able to rally over the net. The 3rd day participation gives players an option to be eligible for Tennis Canada's Little Aces benefit package.  
**Mini Tennis Team:** Mondays and Wednesdays; OR Tuesdays and Thursdays [5:30pm - 7pm]. Format: 5:30 - 6pm fitness, 6 - 7pm tennis.  
Cost: 2 x a week \$2,500. Administration fee \$125.  
**Little Aces [3 days]:** Mondays and Wednesdays [5:30pm - 7pm] OR Tuesdays and Thursdays [5:30pm - 7pm] PLUS Saturdays [9 - 10:30am]  
Cost: 3 x week \$3,750. Administration fee \$125.

#### THE FUTURES TEAM Age 7 - 9 Head Coach Kyrulo Tabunshchik

The Futures Team is for players age 7 - 9 who are transitioning from Little Aces / Mini Tennis Team and will begin competing in events. Players are required to participate in the program a minimum of 2 times per week.  
When: Monday, Tuesday, Wednesday, and Thursday [5:30 - 7:30pm]. Format: 5:30 - 6pm fitness, 6pm - 7:30pm tennis.  
Cost: 2 x per week \$4,000. 3 x per week \$5,300. 4 x per week \$ 6,200. Administration fee \$125.

#### THE CHAMPIONS TEAM Age 8 - 10 Head Coach Kyrulo Tabunshchik

The Champions Team is for players who are interested in acquiring the required skills and tactics for full court [green ball] high performance/ tournament tennis. Players are required to participate in the program a minimum of 2 times a week.  
Cost: 2 x per week: \$4,475. 3 x per week: \$6,250. 4 x per week: \$7,560. 5 x per week: \$8,825. Administration fee: \$125.  
When: Monday, Tuesday, Wednesday and Thursday [4:30pm - 6:30pm]. Friday [4 - 6pm].

### COMPETITIVE HIGH PERFORMANCE

Director MIKE HALL SEPTEMBER 11, 2017 - June 24, 2018

#### PROVINCIAL TEAM U12 Age 10 - 12 Head Coach Jay Barlow and Brandon Alguire

For players who are transitioning from the Champions Team and are competing in OTA U12 provincial tournaments. Players are required to participate in the program a minimum of 3 days per week.  
When: Monday - Thursday [4 - 6pm].  
Cost: 3 x per week: \$7,550. 4 x per week: \$9,025. Administration fee: \$250.

#### PROVINCIAL TEAM U16 Age 13 - 16 Head Coach Jay Barlow

For players who compete at a provincial level. Players are required to participate in the program a minimum of 3 days per week.  
When: Monday and Thursday [5 - 6pm]. A gold membership with Cedar Springs is required to participate in the program and covers all court fees and use of the entire facility. Cost: 3 x per week: \$7,175. 4 x per week: \$8,300. Administration fee: \$250 plus Cedar Springs Gold Membership.

#### NATIONAL TEAM Age 12 - 18 Head Coach Mike Hall and Brandon Alguire

The National Team is for players who compete at a provincial and national level. Players are required to participate in the program a minimum of 4 days per week. A Gold membership with Cedar Springs is required to participate in the program and covers all court fees and use of the entire facility.  
When: Monday - Thursday [2:30 - 5:30pm]. Cost: 4 x per week: \$8,300. Administration fee \$250 plus Cedar Springs Gold Membership.  
Match play: Friday [7 - 9 am]. Format: Sunday [7 - 9:30am].  
Drop in fee: \$50 [Players need a Cedar Springs Gold membership].

### NEW INTERNATIONAL TEAM PROGRAM Head Coach U18: Mike Hall, Head Coach: U9-U12 Kyrulo Tabunshchik

Overall Program Development and Management: Doug Burke and Pierre Lamarche  
ACE's International Team Program targets players wishing to reach their full potential by providing an option which meets the training requirements and integrated team approach of High Performance players. Players will participate in a semi-private training program designed to complement the afternoon group training content and address individual needs. Head coaches will assign an assistant coach to implement the structured Team Program, and will monitor the program with the player's private coach. Players will also receive tennis specific on court movement training, individual fitness, annual plans, coaching at selected tournaments, access to a mental training program and free use of ACE Replay. Extra individual training will be available. Minimum participation for the U18 and U12 group is 3 x per week (2 x tennis with 2-3 players and 1 x fitness with 2-4 players). Minimum participation for U9 players is 2 x per week. Programs can be customized to add additional training based on player needs.

When: Program operates from 6am - 9:30am weekdays depending on players and coach availability.  
Cost U18 and U12: 3 x per week starts at \$3,500 plus Cedar Springs Gold or High Performance Membership.  
Cost U9: 2 x per week starts at \$2,500 plus Cedar Springs Gold or High Performance Membership.

### COMPLIMENTARY PROGRAMS

SEPTEMBER 11, 2017 - June 24, 2018

#### U12 - U18 COMPETITIVE TRAINING - BURLINGTON Head Coach Mike Hall

This program is available to 28 players of international, national and provincial standards.  
When: Saturday [8 - 11am]. Cost: ACE academy member \$1,875 for 35 weeks. OTA player \$2,180. \$75 drop in fee. 11 - 12pm SAT preparation at Cedar Springs Club with Helen Donohoe.

#### U12 - U18 SINGLES AND DOUBLES MATCH PLAY - TORONTO

This program is available to 12 players of international, national and provincial standards. OTA players who are not registered in the full time academy are invited to join this program. When: Friday [8:30 - 8:30pm]. Format: Singles and Doubles Match Play.  
Cost: ACE academy member: \$1,600 for 40 weeks. OTA player \$1,800 or \$50 'Pay as you play'.

#### U9 - U10 COMPETITIVE TRAINING - TORONTO

OTA orange and green court players who are not registered in the full time academy are invited to join this program. Evaluation is mandatory.  
When: Saturday [7 - 9 am]. Format: Singles and Doubles Match Play.  
Cost: ACE academy member: \$2,100 for 40 weeks. OTA players \$2,300 or \$60 'Pay as you play'.

#### U12 - U16 COMPETITIVE TRAINING - TORONTO

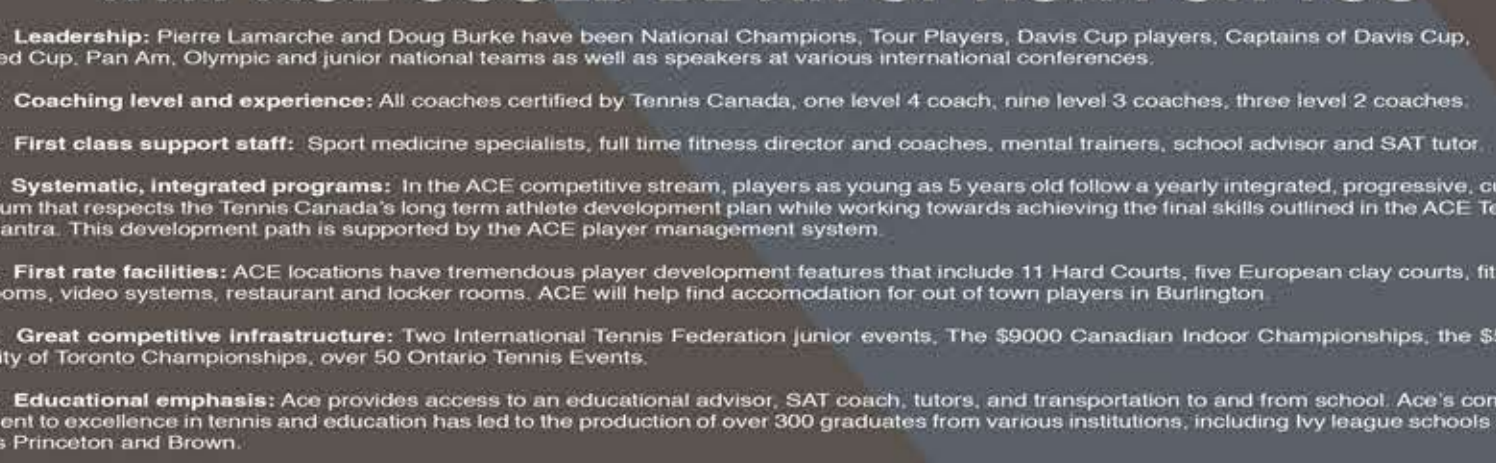
This program is available to players of national and provincial standards. OTA players who are not registered in the full time academy are invited to join this program. When: Sunday [7 - 9:30am]. Format: 7 - 9am tennis, 9 - 9:30am fitness.  
Cost: ACE academy member: \$2,100 for 40 weeks. OTA players \$2,300 or \$60 'Pay as you play'.

### PHYSICAL TRAINING AND MENTAL SESSIONS

Players in the ACE Tennis programs can access specialized fitness and mental training sessions at a set fee.

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ACE COACHES are certified by Tennis Canada and operate as a team under the ACE umbrella. They offer private lessons to players in the high performance programs and if available to players in the progressive stream. Progression of players within a program or from one program to another is discussed with the head coach for the program.



MIKE HALL, KYRULO TABUNSHCHYK, BRANDON ALGUIRE, JAY BARLOW, VICTOR HOANG, WALKER LAMARCHE, MIHAI MOCANU, FLAVIA NAGAYAMA, ADAM SVOBODA, TOM POCTECHA, DEREK BENNETT, CRAIG MERCER, IRFAN SHAMASDIN, NATALIE ARAYA, JOHN CAIRNS, LUIS GOMEZ, MORGAN LEVER, DOUG BURKE

## WHY ACE COULD BE AN OPTION FOR YOU

- Leadership:** Pierre Lamarche and Doug Burke have been National Champions, Tour Players, Davis Cup players, Captains of Davis Cup, Fed Cup, Pan Am, Olympic and junior national teams as well as speakers at various international conferences.
- Coaching level and experience:** All coaches certified by Tennis Canada, one level 4 coach, nine level 3 coaches, three level 2 coaches.
- First class support staff:** Sport medicine specialists, full time fitness director and coaches, mental performance coach, youth advisor and SAT tutor.
- Systematic, integrated program:** In the ACE competitive stream, players as young as 5 years old follow a yearly integrated, progressive curriculum that respects the Tennis Canada's long term athlete development plan while working towards achieving the final skills outlined in the ACE Tennis Mantra. This development plan is supported by the ACE player management system.
- First rate facilities:** ACE locations have tremendous player development features that include 11 Hard Courts, five European clay courts, fitness rooms, video systems, restaurant and locker rooms. ACE will help find accommodation for out of town players in Burlington.
- Great competitive infrastructure:** Two International Tennis Federation junior events, The \$9000 Canadian Indoor Championships, the \$5000 City of Toronto Championships, over 60 Ontario Tennis Events.
- Educational emphasis:** ACE provides access to an educational advisor, SAT coach, tutors, and transportation to and from school. Ace's commitment to excellence in tennis and education has led to the production of over 300 graduates from various institutions, including Ivy league schools such as Princeton and Brown.
- Performance:** In 40 years over 200 national titles won by ACE players, WTA and ATP players, Grand Slam Doubles winner, Davis Cup and Fed Cup players, ongoing presence at the national national championships.

### RECENT SCHOLARSHIP RECIPIENTS



Ines Milosovic Penn State University, Roy Stepanov Lamar University, Luke Smerek Marquette University, Katie Kubicz University of Florida, Malik Bhatnagar Stetson University, Jakob Nielsen George Mason University, Raheel Manji University of Indiana

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