

Pierre Lamarche – founder of All Canadian – now ACE Tennis – is talking:

All Canadian - now ACE Tennis - has always been about developing values.

We try to show the kids what excellence is – understanding that it not easy. Success comes from hard work.

A champion means being able to understand that you yourself is responsible for your actions.

It is so easy to blame someone else. We as a team of coaches and leaders work hard at showing the kids this.

When you look at top players around the world, and you see how committed they are year after year – you begin to understand what it takes.

Although we are in the business of developing tennis players – all coaches at ACE Tennis stand behind the notion that ***“it is more important to develop champions in life than tennis champions.”***

Pierre has tremendous joy from kids phoning after many years – to tell him where they are at in life –and how much the time they spent at ACE helped them to face all of life’s challenges with the right attitude.

Ace has been successful for 40 years, Pierre believes that one of the reason why ACE has been so successful is that he has been good at finding the right people to work with – one of them being Doug Burke –president at ACE and Tennis Director in Burlington – who is his partner and he has known him for more than 30 years.

Their union started when Doug came from Jamaica to join Pierre when he was Davis Cup captain back in the 1980’s - - Doug came to join the team as a hitting partner – Pierre remembers it was early morning training, it was snowing, Doug showed up on court in a tuke, gloves, long coat. Pierre took one look at him and immediately felt a bond – this is where their friendship started.

Coach Walker Lamarche of the Mini Tennis team – Pierre’s son - and Brandon – Doug Burke’s son, has been best friends since they were born.

Doug and Pierre has a different approach, but has had a relationship as coach and player and now partners – and they complement each other well.

The type of coaches that works with kids in high performance are different than other coaches because of the nature of a childs’ development. The kids give some much

back. Kids do not lie, if they don't like you – you will know. To work with kids has been a great gift to Pierre.

It is very important to Ace that customers are satisfied. As an organization ACE tries to be very clear to explain what we are trying to do.

There are reasons for everything we do. Everything gets handled. We are currently making sure everyone knows the curriculum – from beginning to going off to university. We work very hard to ensure that programs are effective.

This year we have sent the outlines of all our programs, if you have questions, please email us directly, talk to your coach –you can even email Pierre directly:
pierre@acetennis.ca.

Content and curriculum will be given by ACE – parents have to develop an awareness of these goals and curriculums

Kids in our competitive programs end up being in the top 5% in Canada. Please be aware that If a kid is competing at a provincial or national level he has already succeeded!

Make sure you always support your kids. Don't put undue pressure on them. If you do put too much pressure on them – they will know that it is not right. Kids are smart.

DOUG BURKE – President of ACE Tennis speaks:

Behind every player, there is a dedicated parent. Pierre is a parent – he knows what is involved.

For a child to achieve his dreams you have to make sacrifices.

Here are some traits that can influence the kids:

- Unconditional love
- Promote and instill the life skills that ACE embrace
- Make sure they take responsibility for their actions
- Guide them to listen to the coach

This will help them keep up the effort, the hard work. It will show them how to have respect for others. This includes coaches, officials, other players and administrators.

Parents should also be prepared to listen and learn from a child's experience.

It is a process, and both parties learn along the way.

It is important to focus on the long - term well-being and development of the child - and not be obsessed with ranking etc. Always keep the overall success of the child in mind.

Respecting coaches and communication

We have tried to improve our communication with the parents and team around the player, we are really working hard on that.

Some red flags:

Living through your child's tennis is not recommended.

Support them, but do not be overly involved - as the child gets older they need to be accountable for their actions. Don't try to coach, unless you are following coaches order. Encourage the player to discuss any issue with the coach.

There are positive parenting practices:

Encouraging your child to practice

Help players be prepared for practice

Disciplining if lack of effort etc

Be an educated spectator during matches

Control your emotions

Give players time after matches to regroup themselves

Allow player to speak to your coach first

Coach will make sure the right message comes across

Help your child set goals

PIERRE LAMARCHE:

Tennis is stressful. Competing is stressful. Life is tough.

As parents we have fears, children have fears. For instance, "my kid does not like to compete" – then help him/her understand how to deal with competition.

Winning and losing is not the important thing.

But tackling the issue –and doing your best.
Learn your lesson.
Do everything you can do.
Then move on.
Don't stay with it.

For those of you who are not aware - during the summer, we operate at the Burlington tennis Club – downtown Burlington. We offer adult programs as well as junior spring programs and summer camps.

Pierre would like to challenge those who do not play tennis, to come out and play - - you will see how difficult it really is – and it is a great way of understanding the sport, and understanding better what your kids go through.

Lastly, we will be putting up a LTAD - Long Term Athlete Development – board, so you can have an overview of the path players can take and what it involves.

**KYRYLO TABUNSHCHYK – Progressive Tennis Director
Head Coach Futures/Champions/Tournament Director**

Pierre: We like to brag about Kyrylo. He has a Bachelor and Master's Degree of Science in Physics, PhD in Physics and Mathematics.

When he came to Pierre to ask for a job he did not have any background in tennis except for having coached his daughter who at the time was a rising star within the sport.

Seeing what a good job he had done, Pierre hired him and have never regretted it as Kyrylo has been a tremendous asset to the organization. His daughter is now being recruited to play tennis for several Ivy League schools in the US.

Kyrylo speaks: ACE recreational programs are an option for kids who are interested in learning the game of tennis – called “the game of a lifetime” - but who are not prepared to commit to tennis by spending a minimum of 3 hours on court a week, and to follow a regimented fitness program in order to start playing tournaments.

We offer entry level and advanced level progressive programs for kids age 4 -15 in Progressive 1, 2, 3 and 4, the latter program, Progressive 4 is an advanced program where players sign up for 1.5 hours twice a week –for 15 weeks at a time. Players in this program have to be able to rally from baseline to baseline.

It can be harder to create cohesive levels in the Progressive 2, 3 especially, as some players in these classes are beginners and some are more experienced. This is also due to less flexibility on individual families schedules due to other commitments – but ACE works hard to synchronize the classes as best as possible, and some juggling can happen at the beginning of the session. Any issues you have please speak to the head coach of your program.

MAKING THE CHANGE TO THE COMPETITIVE STREAM

Children start at age Start 5-6. The only difference from recreational tennis is commitment.

As soon as you and especially the kid wants to play more – we are always willing to help them get adjusted.

Kyrylo has a lot of examples where kids are playing only once per week –and they want to play more and compete, we can easily make these adjustments – teach them more.

We direct them to a better group, players commit to twice a week, sometimes take extra lessons to catch up. Basically, the formula is to play more hours.

Important to follow our annual plan - we do recommend playing tournaments to become comfortable with competition.

Summer camp and March break Camp is a great opportunity to improve fast.

Players can be successful competitive players starting at any age before 10 - it doesn't matter how good you are now – what matters is how much you want it, how much you are willing to work hard, and we will help you get there.

Encourage them to run, to skip, to play against the wall, to swim –encourage them in all these activities.

When is good time to start playing tournaments?
Do they know how to score, behave in a tournament?
If your kids want to do it, don't stop them.

We run so many tournaments here at Ace
It is easy to start here, in their own club

Kyrylo runs the tournaments, and this is good for the kid's, they know him –it helps making our programs better and it helps the players feel more comfortable.

ACE now has about 70% of players in the competitive stream that started their tennis here at ACE – or came from another club as recreational players.

Next to speak is Mike Hall who has been with ACE for 14 years. He is ACE's top High Performance coach - and has been very successful in helping players reach top National levels. Mike has also received Tennis Canada's Excellence in Coaching Award. The way he is with his players astounds Pierre – he is so passionate!

Mike Hall speaks:

Pierre spoke about developing excellence through the sport of tennis.

We are trying to develop excellence in the student first, by expecting proper behavior on and off the court. Respect for your coaches, for other players, respect for themselves.

We place quite a demand on the students in our programs, 5 days of training a week is a lot of physical and mental pressure.

Kids come in early in the am - -then go to school. Then come back to tennis, go home do homework, but - they love it and eventually succeed

Most kids that graduate here, have a goal to play in the NCAA, and this requires them to have a certain level of skills.

We set goals with the players, make sure the tennis is on the right path.

We have a former principle that works for us, and helps the kids with all they need, including SAT tutoring – the SAT is a test you have to pass in order to get a scholarship in the US and play for the NCAA.

What can you do to help the process?

Make sure you have a positive effect on them during the practice and tournament play.

Mike recommends not being there during every practice and play.

He is not saying don't ever watch them – but give them a break here and there.

Help your child deal with issues by talking to the coach first.

'We had a player who grew up during our programs - -Katy Schuleave - -she became very successful - -she and the parents believed in the process –

When she went home to complain - -her father would always say the same –go and speak to your coach. He had a sports background – so he understood.’

So, go to the coach –speak to the coach –and if you have issues yourself you should go and talk to the coach as well.

DEREK BENNETT – ACE Fitness Director

Works generally with Champions program and up.
He has developed the fitness programs.

Effort and discipline is the most important thing during fitness practice.
As soon as you get a kid who cannot do that it will hurt the whole group.

He has to crack down on that right away.
If there are any issues with that come and talk to me right away.

The older kids are in a yearly plan –they have phases, every 5 – 7 weeks.
Generally, pre-tournament, we start with longer runs and as tournaments approach we reduce the time and begin to get more tennis specific.

In the International group [morning program] we focus on Coordination, Speed and Agility - we want to develop FASTER kids –and Derek has been working with the older groups on this. He is making a video of this and we will make this available.

As for strengthening they start with lots of reps and less weight, then move to more weight with less reps, and lastly, we try to convert the strength gains to power. This is because all sport is played fast and you want to train how you will play.

Derek monitors how the kids maintain their body in general. It is important to keep their body as a possession. That means especially during stretching.

Players need to be stretching 45min after exercise – which is the best time to improve flexibility and maintain the body. Rolling is used in addition to this. Ice can also be used for joint pain and heat can be used to relax and rehab muscular injuries. Hydrotherapy is also often used (30sec cold water [55F] and 1min hot water [95F] alternating 5-6 times). Hot tubs, saunas relax the muscles.

If there is any pain – make sure you come and talk to Derek – he will direct you further.

Nutrition plays a huge role in athletics and players/parents should inquire about nutrition help if they are not sure.

DOUG BURKE – ACE President ON COMMUNICATION

As mentioned - we have worked hard at improving our communication.

Curriculum/content has been sent out so that everyone can be aware of the phases of training and competition.

If you come in and see the practice for instance and you do not understand why they are doing what they are doing – know that it is all part of the plan.

We also provide committed players [Provincial U16 and up] individual annual plans.

This gives parents a really good idea of what their kids are working towards.

What it does is it puts the player/coach and the parent on the same page.

If there is an issue with the program; contact the head coach of the program, if necessary the Tennis Director will get involved.

If there is an issue with a player and their personal coach; address it with the coach if possible, if necessary the Tennis Director / President –even Pierre Lamarche can assist.

Contact the head coach – email, phone call, or speak directly to the coach.
If there is an issue with your coach – go to the Tennis Director directly.

We also have weekly meetings where all issues are brought up.

ACE Replay:

ACE Replay is a video analysis system that we have created. It allows anyone interested to get a recording of their practice or tournament play for a small fee. All players in the advanced programs can have a video recording of their match for free. In the best scenario, the video recording is looked at with the coach, and allows the player to understand exactly what happened during certain scenarios. Parents can look at it as well and see practices etc.

We now offer 10 Replays each \$5 [normally \$10]. Email us at info@acetennis.ca and we will arrange the transaction and provide promo codes.

