



NIAGARA  
**ACADEMY**  
of tennis

## HIGH PERFORMANCE & NEW GENERATION COMPETITIVE PROGRAM

### PHILOSOPHY

- ✓ We care about our students being the best they can be – technically, physically, emotionally, spiritually and intellectually.
- ✓ It is key that they become “player of the game.”
- ✓ It is important that the Niagara Academy Team tap into the spirit of each player.
- ✓ It is vital that our players become complete athletes.
- ✓ We work diligently with our students, helping them develop a deeper commitment to patience, discipline, fitness and focus.
- ✓ We feel it is essential that our players learn life lessons in the process of learning tennis.
- ✓ We feel it is important that players find the fun in it all!

### METHODOLOGY

Niagara Tennis Academy believes that the most important part of the game of tennis is first played with the MIND, second with the FEET, and third with the SWING. NAT methodology is to teach these concepts in the opposite direction. We start by making sure all the aspects of the SWING are in order; the player has the proper grips, the proper set up and can make the right transfer of energy from the beginning to the end of each stroke. Once the swing is in order, the next step is to make sure that the player can use their FEET in the most efficient way to get into a position to execute the swing. The final and third element that we teach is how to play the game using the MIND by teaching patterns of play, variations, breathing techniques, rituals, visualization and more. As our students’ progress, we coach them on how to use the tools they were taught while exposing them to all aspect of the game.

### TECHNOLOGY

To maximize the impact of our training methodology, NAT has some of the most technologically advanced equipment available in sports today (Dartfish).

The High-Performance programs at Niagara Tennis Academy are designed for the players that show extraordinary passion, desire, and ability for the sport of tennis. The high-performance groups are filled by invitation only. Each player that joins a high-performance group must be committed to lead by example, practice with high intensity and be willing to get better on daily basis.

The 39-week program is highly structured and is divided into macro cycles that address the technical, tactical, physical, emotional, and mental aspects of the game of tennis.

Each macro cycle is divided in three meso cycles: specific, pre-competitive and competitive.

### **Specific preparation or technical cycle**

This period mainly focuses on the technical aspect of the game, such as how the players are executing their ground strokes, volleys and serves. Focus is also placed on the specific footwork for each shot. Each player gets to work on their specific individual needs, and through lots of hand feeding and racket feeding our staff tries to change, correct or adjust the strokes or the footwork of each player.

### **Pre-competitive cycle**

In this period, there is still a great deal of focus on the technical aspect of the game, but at the same time the players start hitting live more with the coaches and among each other. Through different drills the players are made accountable for the placement of the ball and more importantly their positioning on the court.

### **Competitive cycle**

In this period, the focus is on the decision making, rituals between points, and the competitive aspect of the sport. During this time, the players get to play lots of points with or without certain goals and limitations. Different scenarios are created in order to see how the players react under certain circumstances and how they deal with the pressure of competing.

Depending on the level and the average age of the group, the cycles vary in their length, and they are constantly adjusted based upon the needs of the players in the group. The coaching staff reserves the right to move players from one group or sub-group to another in order to put the players in a situation where they will be challenged in the many different aspects of the game, all with the common goal of making sure that each player keeps growing as a tennis player and as an individual.

The fact that we are trying to achieve all the above in a group environment is very challenging, but we are proud that the NAT high performance program has developed players that have won many sectionals, national and international junior titles and earned many college scholarships or have continued to be part of the tennis teams at highly ranked universities. (Michigan university, Niagara university, Brock university etc.).

## **FITNESS TRAINING**

Like the tennis training, the intensity, focus, duration and structure of the physical training varies depending on the training cycle of the players. The fitness training consists of speed and agility training, endurance training, strength training, balance training, tennis specific footwork exercises, dynamic and static stretching for better flexibility of the players and injury prevention. The main goal of the fitness program is to make sure that the players are trained in a way that is going to help their tennis, and at the same time give them a great athletic foundation for the rest of their lives.

The players will be tested three times per year for the fitness staff to have a much better understanding of their specific needs and track their development throughout the season.

## **MENTAL TOUGHNESS TRAINING**

The mental and emotional performance of each player is another important aspect of the High-Performance program. Our belief is that each player can benefit from the mental toughness training by implementing it not only on the tennis court and in the gym, but also in their everyday life. All the players will have at least one group mental toughness session every MONTH. During these sessions the kids will be exposed to different ways that can help them cope with the challenges of pre match, during match and post-match situations. This includes but is not limited to learning different on and off court rituals, breathing techniques, body language, training and competition situations, focus and character building.

The mental toughness training will be held during the time of the fitness sessions. The director of mental toughness training frequently roams the courts during the tennis portion of the clinics reminding the players to work on their mental/emotional goals.

## **BEHAVIOR RULES**

### **Rules of Niagara Tennis Academy Player Conduct**

The Niagara Tennis Academy Team expects the players to come to our program **on time**, mentally, physically and emotionally ready to practice and develop their game to their full potential. Our expectation is that the players must be responsible, self-motivated and

hardworking individuals. All the tennis, fitness and mental toughness sessions are taken very seriously by our staff and our expectations from the players are to:

- Constantly strive to become better on and off the court
- Be considerate to all the coaches, trainers, staff, parents and other players
- Respect the opportunities that the players are offered at NAT
- Be positive and supportive of the fellow NAT players

### General Rules

- Players must always wear tennis attire while on the tennis courts or in the gym
- Players are expected to stay at the facility where their sessions are taking place.
  - Players cannot leave the court, the gym without the permission of the coach.
- Use of profanity, cheating, smoking, possession of drugs or alcohol, using IT devices (phones, tablets, computers) to show inappropriate materials is strictly prohibited  
**Any player that violates any of the above rules shall be subject to disciplinary measures.**

### Failure to comply with any of the above rules of conduct may result in:

- Notification of parents.
- The player being sent home immediately. The decision of the NAT coaching staffs is final.
- Suspension or dismissal from all NAT programs.
- Making a written explanation and accounting of the incident

I have read and understand the Rules of NAT Player Conduct and will adhere to them while attending the program.

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Player Signature

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Date

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Parent/Legal Guardian Signature

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Date

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Coach's Signature

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Date

## DISCIPLINARY POLICY

We have been implementing a “three strikes and you are out” policy for all the players in the Niagara Tennis Academy High Performance program:

- 1st Violation: Warning
- 2nd Violation: Player will be asked to leave the practice for a day.
- 3rd Violation: Player will be suspended for a week or expelled from the program.

There will be **NO REFUNDS** when a player is suspended or expelled for a violation.

Violations may include, but are not limited to the following:

- Audible or Visible Obscenity
- Verbal Abuse of a Coach, Player or Staff member
- Physical Abuse of a Coach, Player or Staff member
- Abuse of Racquets, Balls, Equipment, or the Club Facility
- Unsportsmanlike Conduct

I, \_\_\_\_\_, understand the disciplinary policy and will adhere to the rules and regulations set forth by the Niagara Academy High Performance Staff.

\_\_\_\_\_  
Player Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Legal Guardian Signature

\_\_\_\_\_  
Date

## 2021 - 2022 NIAGARA TENNIS ACADEMY SEASON

### September 13, 2021 – June 30, 2022 (36 weeks)

Players in the 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.

#### Program Benefits

- Team uniform
- Tournament support at selected event

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#### Competitive & High Performance Weekly Schedule

- Monday 4:00-6:00 -pm - 1.5 hr. of tennis + 1/2 hr. of fitness on court + 1 hr. of fitness (Gym)
- Tuesday 4:00–6:00pm – 1.5 hr. of tennis + 1/2 hr. of fitness on court
- Wednesday 4:00–6:00pm – 1.5 hr. of tennis + 1 /2hr. of fitness on court
- Thursday 4:00–6:00pm – 1.5 hr. of tennis + 1/2 hr. of fitness on court +1 hr. of fitness (Gym)

Players under this program are expected to practice outside of the program times, Match Play, service practice, private or semi-private lessons

#### Cost

\$5,962.00+HST /36 weeks.

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#### New Generation (u10, u12) Weekly Schedule

Tuesday: 4:00-6:00 -pm - 1.5 hr. of tennis + 1/2 hr. of fitness on court + 1 hr. of fitness (Gym)

Wednesday: 4:00–6:00pm – 1.5 hr. of tennis + 1 /2hr. of fitness on court

Friday: 4:00–6:00pm – 1.5 hr. of tennis + 1/2 hr. of fitness on court +1 hr. of fitness (Gym)  
(Players under this program are expected to practice outside of the program times, Match play, service practice, private or semi-private lessons)

#### Cost

\$4,615.00+HST /36 weeks.

## Optional Extra Programs

- **Academy Personalize Program**  
Monday/Tuesday/Wednesday/Thursday 6 – 7 pm.  
39 Hours/10 Month  
**COST:** \$3,725+HST. (Block booking)
  
- **Match Play - Monthly Payment in advance (Non-Refundable)**
  - Friday 4:30–6:00pm 1.5 hours of point play/match play  
**COST:** \$450 +HST
  - Sunday 3:00–4:30pm 1.5 hours of point play/match play  
**COST:** \$450 +HST
  - Private & Semi-Private lessons  
**COST:** 10% discount for NAT players

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## Schedules Exceptions

There will be no tennis academy program on the following dates:

- October 11, 2021 -Mon thanksgiving
- February 11, 2021-Thu family day
- December 25, 2021- Sat Christmas Day
- January 1, 2022 – Sat New Year’s Day
- February 21, 20212 – Mon Family Day
- April 15, 2022 – Fri Good Friday
- May 23, 2022 – Mon Victoria Day
- July 1, 2022 – Fri Canada Day
- August 1, 2022- Mon Civic Holiday
- Sept 5, 2022 – Mon Labour Day

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## Installment Schedule

Fees will be collected in 5 installments throughout the season, an email with a payment deadline will be sent before any in-statements are withdrawn from an account.

- Installment 1- due at the time of registration
- Installment 2 November 1, 2021
- Installment 3 February 1, 2022
- Installment 4 April 1, 2022
- Installment 5 May1, 2022



## WAIVER AND RELEASE – JUNIOR

This is to acknowledge, confirm and state that **THE JUNIOR/CHILD/MINOR referred to on the preceding page of this Waiver and Release** is a minor and that I/we, his/her parent(s) or legal guardian(s), on his/her and their own behalf, release and hold **Niagara Academy, LLC** (the "PROVIDER"), its agents, members, managers, employees, affiliates, professionals, coaches, teachers, trainers, investors, officers or anyone else connected with PROVIDER (the "Released Parties"), harmless from and against any and all injury, loss, damage, claim or asserted claim whatsoever, including without limitation, loss of future earning ability, from and on account of any admittance of the minor to PROVIDER's premises, its services, training, use of facilities, coaching, physical therapy or physical activity, whether on or off PROVIDER's facilities or otherwise, and further acknowledge and agree that the minor enters onto PROVIDER's facilities and engages its services entirely at the minor's own risk. The undersigned parents or legal guardians of the minor, on his/her and/or their behalf, recognize that athletic training is strenuous and inherently involves risk of injury and therefore enter onto PROVIDER's premises and facilities and accept and engage coaches and services understanding and fully accepting the risk and agree, covenant, assert and promise not to make any claim whatsoever against any of the Released Parties arising out of, or connected with, the use of PROVIDER's facilities and services. This Consent and Release is intended to insulate the Released Parties from all liability whatsoever and is therefore intended to be interpreted as broadly as possible to so accomplish its intent. The minor, his parents or legal guardians on his/her and/or their behalf, understand that the Released Parties are relying on the broadest interpretation and protection of this Consent and Release in admitting the minor onto its premises and facilities and allowing the minor to utilize the services and coaching involved therewith.

I do hereby further declare my child to be physically sound and suffering from no conditions, impairment disease, infirmity, or other illness that would prevent his/her participation in the use of equipment and of machinery except as hereinafter stated. I do hereby acknowledge that I have been informed of the need for a physician's approval for my child's participation in an exercise/fitness/sports activity, or in the use of exercise equipment and machinery. I acknowledge that the junior has had a physical examination and been given a physician's

permission to participate at all Niagara Tennis Academy facilities and do hereby assume all responsibilities for his/her participation in activities and the utilization of all equipment and machinery, in such activities at the Provider's facilities.

I do further acknowledge and agree that Niagara Tennis Academy has the right to sell, trade or otherwise utilize any photographs or videos of the minor's participation in its programs as well as junior Tennis Canada, OTA tournaments and/or functions sponsored by Provider, to be used for publicity, educational, instructional, advertising or other commercial purposes.

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Parent/Legal Guardian Signature

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Date