

# NEW THIS FALL

## ***“The International Team Program [ITP]”***

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 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 times per week. Programs can be customized to add additional training based on player needs.

**When:** Program operates from 6am to 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 \$2500 plus Cedar Springs Gold or High Performance Membership.

The IPT will be under the direction of a Head Coach/manager for players 5 to 11 and 12 to 18. These are the components of this new program:

1. Individual player management
2. A 40 week training program of 3 to 5 mornings per week
3. Daily training sessions of 1.5 hours
4. Once a week semi private tennis specific movement on court training
5. Groups of 2 to 4 players led by one designated coach
6. An integrated training/coaching plan with afternoon training
7. Movement specific evaluation
8. Technical/tactical evaluation
9. An individual plan based on the player's needs and goals
10. Two evaluation reports
11. Free access to ball machine for specific volume training
12. Tournament management through goal setting and review
13. Free access to Ace Replay to review training and match play

The HPT reduces the number of required private lessons and as such provides a more cost efficient option for parents. This option will be available to all players registered for Ace competitive training programs. For further details please contact:

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