



OFFICIAL PARTNERS



ACE Tennis has partnered with Sana Rizwan Farid, Conflict Transformation Consultant of Empower Aces, to provide ACE Athletes and Parents with Mental Strength and Empowerment Training. Workshops will be offered both at ACE Burlington and at the TTC.

Sana Rizwan Farid holds an M.A. with a focus on Conflict Transformation from the University of Notre Dame (USA) and has extensive experience mentoring and providing conflict transformation training to youth.

For a detailed bio, please visit www.empoweraces.com

Ace Tennis and Empower Aces had an exciting start to the 2018-2019 year. Ace Tennis hosted two Empower Aces' workshops and informational sessions. Our first informational session for the parents was held in early October and covered topics such as drivers of optimum performance, challenges facing junior athletes and how to support junior athletes.

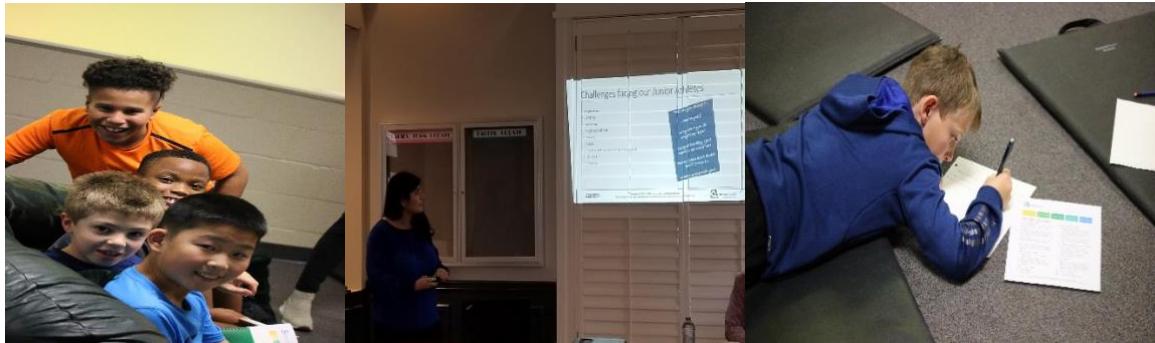
Our first U12 workshop for the 2018-2019 session was held on Monday, October 22nd. The junior athletes received an overview of drivers of optimum performance, the importance of having a growth mindset in tennis and the importance of goal setting and routines in improving performance. The latter end of the workshop focused on helping junior athletes learn and practice how to set specific and attainable goals.

October also saw the first Empower Aces workshop hosted at Toronto Tennis City. The workshop was attended by parents and junior athletes. The workshop held discussions around growth mindset, internal conflict, controllable and uncontrollable factors as well as on how to support junior athletes. The junior athletes were also introduced to Ten Rules to Remember – simplified concepts from Tennis Canada's code of conduct.



The next Empower Aces workshop at Ace Tennis has been scheduled for Thursday, January 17th, 2019 at 6:10pm directly after U12 Provincials program. The workshop is designed for U12 and U10 athletes from the Provincial and Champions programs.

Stay tuned for additional Empower Aces workshops and group sessions at Toronto Tennis City and Ace Burlington during 2019. For more information about upcoming sessions, email us at sana.farid@empoweraces.com



Workshops for Parents

Sample List of Mind Games workshops and areas of focus for parents:

- Mind Games for Parents - Core Concepts for Parents to Help Junior Athletes Thrive
- Mind Games for Parents II - Additional Concepts to Help Your Junior Athlete Thrive
- Mind Games for Parents III - Understanding Sportsmanship and the Code of Conduct
- Mind Games for Parents IV - Understanding Emotions and How to be a Supportive Parent

For a complete list of workshops for Parents please refer to [click here](#)

Workshops for U12 Junior Athletes

Sample List of Mind Games workshops and areas of focus for U12 players:

- Mind Games - Core Concepts for Junior Athletes (U12)
- Self-Awareness workshop I - Focus on Identifying Anger and Frustration Triggers
- Self-Awareness workshop II - Converting Negative Self Image to Positive Self Talk
- Self Confidence and the Importance of Body Language

For a complete list of U12 workshops [click here](#)

Workshops for U9-U10 Junior Athletes

Sample list of Mind Games workshops and areas of focus for U9-U10 players:

- Ready to Compete: Preparing Junior Athletes for the Competitive Circuit
- Mind Games - Core Concepts for Young Athletes (U9-U10)
- Sportsmanship and Handling Unsportsmanlike Conduct

For a complete list of U9-U10 workshops, [click here](#)