



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 have had an exciting 2018-2019 year. Ace Tennis hosted its first combined U10-U12 workshop on January 17th 2019. The workshop covered key topics such as “What are emotions? Impact of anger and frustration on the game and the brain, Importance of body language and the Importance of routine.” The athletes, through activities and exercises discovered the impact anger and frustration has on their game. They also practiced their confidence walk and worked on developing their routines for in-between points.

During February, Empower Aces will be conducting 15-minute review sessions at ACE Burlington to help junior athletes clarify concepts, receive feedback and fine tune their approach.

Empower Aces will now also be offering one-hour sessions for small groups (2 to 4 athletes) focussed on individual needs and challenges including building self confidence, learning emotional control and developing discipline.



The next Empower Aces workshop at Toronto Tennis City for the U9-U12 group has been scheduled for Sunday March 31st, 2019 at 2pm. The workshop is designed for athletes from the Provincial, Champions and Futures programs.

The next U10-U12 workshop for Ace Burlington will be scheduled for spring before the start of the outdoor season.

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



