



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.

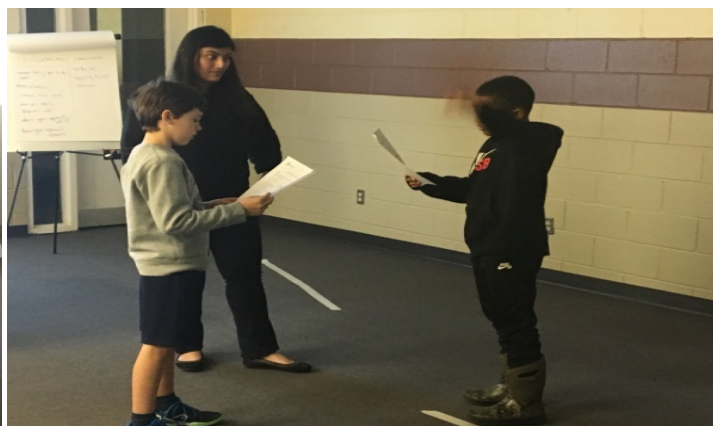
Sana Rizwan Farid holds an M.A. with a focus on Conflict Transformation from the University of Notre Dame (USA) and has extensive experience mentoring and providing conflict transformation training to youth.

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

Empower Aces and Ace Tennis are excited to hold the Mind Games Empower Aces Workshop Series for our parents and athletes. The first introductory workshop for parents for the 2018-2019 session is scheduled for Saturday October 13th 2018 at Ace Burlington and Saturday, October 27th for Toronto Tennis City. Parent workshops are open to parents of athletes from all competitive programs. Stay tuned for more details.

U12 workshops will be scheduled approximately every six weeks. Workshops will be offered on weekdays from 6pm to 7:30pm after Provincials and on Saturday mornings from 10am to 12noon. Our first U12 workshop is scheduled for Monday, October 22nd. Stay tuned for our U12 workshop in November. Workshops will also be conducted for the Champions and Futures groups. Workshops for Champions are offered every quarter starting November 2018.

Stay tuned for additional Empower Aces workshops at Ace Tennis in 2018 and 2019.



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](#)

My Tennis Tree

Exercise:

- Find a corner to work in
- Write 3 to 5 things about yourself that are your strengths such as :

Brilliant Backhand

Consistent

Great Line Calls

Cool & Calm

Winning Volleys

Great Serve

Very Respectful

Attacking Forehand

Awesome Attitude

- Now write 3 to 4 things that you would love to be good at but find hard. Things that you can't play or do - yet
- Not! look back to your strengths. Were they always this easy? Convert your weakness to a strength. Keep working hard at it and grow your tree as they convert to strengths.

