

# **NEW THIS FALL**

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

Ace has created a new morning program designed specifically for players wishing to meet the required volume and quality training demand of high performance development. The ITP will be offered every weekday morning and will provide the opportunity for players to meet the basic recommended weekly tennis training hours guidelines.

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 IPT 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:

- In Burlington Mike Hall, HPT Manager U12 - U18
- Kyrylo Tabunshchuk HPT Manager U11
- Toronto Craig Mercer, HPT Manager U12 - U18

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