



**REGISTER**

## **SOCCER, TENNIS & WELLNESS CAMP**

*A leading edge camp for the future!*

### **Mission Statement:**

Our mission is to provide a camp experience for kids that integrates the body, mind and heart, giving kids the skills to nurture physical abilities, inner resilience and mindfulness.

### **Vision:**

To be known to provide a leading edge camp experience for the future and for community clubs across Canada

The recent popularity of tennis has created a demand from families that love the benefits accrued from the sport for developing youngsters. This demand has resulted in increased pressure on community tennis courts which has also created a need for more tennis coaches.

Taking the lead from Tennis Canada's Long Term Athlete Development manual, All Canadian designed a program which respected the physical and emotional guidelines for younger children joining the sport to ensure a healthier approach to their long term development.

The first step was to design a summer camp in which families could introduce their children to healthy, fun filled activities while also providing them quality instruction found in more sport specific camps. The All Canadian Development team also added a Wellness component.

Adrian Boubalos, the Director of the All Canadian Soccer-Tennis-Wellness camps gathered the team of certified experts in their field to create a curriculum and activities which will not only provide enjoyment but also develop lifelong physical, intellectual, emotional and social skills. Boubalos says; "*Parents are looking for camps that will provide a well rounded rich experience for their kids. When this idea was first brought to my*

attention, I immediately knew it would become a leading edge camp for the future and for club communities across Canada". The soccer program was developed in partnership with the Burlington Soccer Association.

The Tennis program was designed by Tennis Canada Course Conductor, Andy Sutton using the Ace System of program delivery.

Wellness components and supporting activities were developed by Anne Cathrine Bang in conjunction with certified tennis coaches, Kyle Martin and Walker Lamarche.

Adrian Boubalos then proceeded to develop all components in an easy to apply daily program to be administered and supervised by active school teachers or equally qualified experts.

All individual camp directors and their assistants will also go through a formation session to ensure conformity of delivery.

**The concept was so well received that it will be offered in:**

- Ontario
- British Columbia
- Newfoundland

### FOR MORE INFORMATION

Ontario - Adrian Boubalos - [adrian@acetennis.ca](mailto:adrian@acetennis.ca)

Newfoundland - Mike Meany - [mike.tennistd@gmail.com](mailto:mike.tennistd@gmail.com)

British Columbia - Larry Jurovich - [larryheather@thetenniscentre.ca](mailto:larryheather@thetenniscentre.ca)

There are many advantages to enrolling your children in a multi-sport camp. From an athlete perspective, multi-sport athletes in training have a much higher chance of being active as adults. A variety of movements and activities can limit the occurrence of overuse injuries associated with just one sport or skill. From a youth development perspective, our camp focuses on wellness, social engagement and the importance of physical and mental health, helping children develop healthy habits and gain self confidence early on.



Our wellness component will guide children to make mindful choices and instill healthy habits to improve mental and physical wellbeing. Our camps will focus on wellness for approximately two hours each day, through teachings such as yoga, nutrition and mindfulness.



### WELLNESS CONTENT FRAMEWORK:

Our programming is guided by the [Ophea Healthy Schools Curriculum](#).

**SEE EXAMPLE OF A DAY**

## Day 1 - Theme: Intro to Mindfulness/Intro to Nutrition/Intro to Yoga (Sun Salutation)

**Priority of the session:** Kids have a basic understanding of the importance in being self-aware

**Overview:** How they use their breath, what they put in their body, how they connect mind in body through yoga

**Introduction to Mindfulness:** 3 Pillars Overview (Body, Feelings, Mind)

**Topic 1:** The Importance of Breathing

**Exercise 1:** Practice belly breathing

**Alternate 1:** Getting to know each other

Reference Material

Wellness Intro

Day 1:Breathe

Alternate Activities

### Nutrition 10-10:30a

**Introduction to Nutrition:** Pillars Overview (Heathly eating)

**Topic 1:** How can we make healthy choices?

**Exercise 1:** Identify healthy snacks in our lunch today. What makes them healthy?

**Alternate 1:** Getting to know each other

Reference Material

### Body 11:30-12pm

**Introduction to Yoga:** Pillars Overview (Body, Mind,)

**Topic 1:** Balance and breathing

**Exercise 1:** Part 1 Sun Salutation- teach two parts of the whole movement

**Alternate 1:** Cat Cow

Reference Material

### Wellness Review 3:30-4pm

**Day In Review:** Go over the topics of the day by quickly reviewing each subject and showing the kids where to find the reference info in their workbook

**Exercise 1:** Complete 10 minute Sun Salutation

**Clean up:** Organize all field activities (teach kids about responsibility and designate team leaders to finish the day)



## ALL CANADIAN SOCCER CONTENT FRAMEWORK:

*Validated by the Burlington Soccer Association*

**View the Complete All Canadian Soccer Content**

- Age 5 -7 Soccer
- Age 8 - 11 Soccer

## SEE EXAMPLE OF A DAY

## Day 1 / Theme: Passing / Ball Control

**Priority of the session:** Learn to Pass/Cooperate

**Skill assessment:** Beginner use physical warm up/Intermediate use a game of 2v2

**Warm up (10mins):** Octopus, Cone Dribbling, one touch/two touch, passing with a partner

### Tactical themes

**Consistency through cooperation - Working with a teammate**

#### Beginner Priorities

Learn to pass accurately & movement skills to receive

#### Intermediate Priorities

Develop passing and movement skills to receive a ball

#### Beginner drills

Drill 1: Passing with a partner through gates(two cones) (10min)

Drill 2: Passing and moving down the field (15min)

Drill 3: Tikki Takka (# of passes before goal is total points) (20min)

#### Intermediate drills

Drill 1: Passing with a partner through gates (three cones, two passes) (10min)

Drill2: Passing and cutting to get open 2v1 (15min)

Drill 3: 2v2v2 (3 teams of 2, rotate two defenders when the ball is taken) (20min)



## ALL CANADIAN TENNIS CONTENT FRAMEWORK:

*Validated by Tennis Canada's top Canadian Level 3 coach, and Tennis Canada Course Conductor, Andy Sutton*

**View the Complete All Canadian Tennis Content:**

- Age 5 - 7 Tennis
- Age 8 - 11 Tennis

## SEE EXAMPLE OF A DAY

## Day 1 - Theme: Developing consistency

Priority of the session: Developing consistency on groundstrokes, volleys, & serves

Skill assessment: Beginner use physical warm up/Intermediate use a game of up & down

Warm up (10mins): tag games, team keep away, relay races, agility drills, overhand throw tennis (from BL), etc.

### Tactical themes

**Beginner: Consistency through cooperation**

**Intermediate: Rallying cooperatively emphasizing recovery**

Beginner Priorities	Intermediate Priorities
Develop tracking & movement skills for set up & recovery and introduce competition	Develop movement and beginning projection skills on groundstrokes, volleys, and serves
Beginner drills	Intermediate drills
Drill 1: P1 - Throw rally or P5 - Self rally (10min) (service line)	Drill 1: P9 - Groundstroke rally w/ self rally or P10 - Crosscourt rally (10min) <b>Note: P10 rally can be DTL instead</b>
Drill 2: P7 - Feed & rally or P8 - Groundstroke feed & control (15min)	Drill2: P20 - Throw to volley or P21 - Groundstroke to volley(15min) <b>Note: P21 groundstrokes can be self rally if needed</b>
Drill 3: G5 - Team cones or G6 - Stop tennis (20min) (service line or orange court)	Drill 3: P15 - Overhead serve & return teams (10min) - <b>progress to singles matches (10min)</b>

- ACSM long term growth
- The opportunity - the present market
- The All Canadian Partner Clubs
- The ACE Summer Camps
- ACSM operates eight locations
- Outreach programs
- Options for 4 locations in Toronto / Oakville
- Existing Infrastructure
- Available resources



- A camp for the future
- An educational camp
- Leading edge integrated programs
- Certified staff
- A camp for families
- A camp for the community
- Affordable leading edge child care
- A safe environment with proper protocols

## THE REASON

## THE VISION

