



# HIGH PERFORMANCE TCSP



Tennis Center Sand Point  
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[www.tenniscentersandpoint.com/highperformance\\_home/](http://www.tenniscentersandpoint.com/highperformance_home/)



@highperformance\_tcsp

# TCSP HIGH PERFORMANCE PROGRAM DATES 2017 - 2018

## **August 28 - October 21**

*September 4*

## **Early Fall Programming**

*No Training for Labor Day*

## **October 23 - December 17**

*November 23 - 25*

## **Late Fall Programming**

*No Training for Thanksgiving*

## **January 2 - February 24**

## **Winter Programming**

## **February 26 - April 21**

*April*

## **Early Spring Programming**

*Summer registration will take place in April*

## **April 23 - June 16**

*May 28*

## **Late Spring Programming**

*No Training for Memorial Day*

## PROGRAM APPROACH

We believe that the best results are achieved when all aspects of the game are systematically addressed in an overall comprehensive manner. Our program combines:

- Coach/Mentor Relationships
- On-Court Tennis Training
- Fitness Training
- Mental Training
- Nutrition Guidance
- Match Play (*as needed*)
- Coach Tournament Travel

# PROGRAM SCHEDULE

## MORNING TENNIS CLASSES

All Morning Classes will be open to all players in the program. We will make sure the level of each group is right, which may mean recommending a different training schedule for certain players. Players will be able to get a lot of individual attention during the morning classes.

MONDAY to FRIDAY (Open to all players)

- 6:00-7:30 am

## AFTERNOON TENNIS CLASSES

The tennis training is structured primarily as peer group training. Groups of players with similar ages and abilities will train together as much as possible. The training sessions are dictated by the theory of periodization training.

### A Group:

- Monday 5:45-7:30 pm
- Wednesday 4:00-5:45 pm
- Thursday 4:00-6:00 pm
- Saturday 1:00-3:00 pm

### B Group:

- Monday 4:00-5:45 pm
- Tuesday 4:00-6:00 pm
- Wednesday 5:45-7:30 pm
- Saturday 3:00-5:00 pm

## FITNESS TRAINING

We will have a specific focus on different fitness classes to add variety and also make sure players are developing all around physical skills. Players are required to attend fitness class 2 times per week and register for specific schedules.

### MONDAY:

- 4:15-5:15 pm
- 5:45-6:45 pm

### TUESDAY:

- 6:00-7:00 pm

### WEDNESDAY:

- 4:15-5:15 pm
- 5:45-6:45 pm

### THURSDAY:

- 6:00-7:00 pm

### SATURDAY:

- 3:00-3:30 pm
- 5:00-5:30 pm

## MENTAL CLASS

Mental training includes, but is not limited to: breathing techniques, rituals, focus, concentration, imagery training, and relaxation training. The most important objectives are to improve the athlete's competitive strength and to develop strong people of great character.

### MONDAY:

- 5:15-5:45 pm

### TUESDAY:

- 6:40-7:00 pm

### WEDNESDAY:

- 5:15-5:45 pm

### THURSDAY:

- 6:40-7:00 pm

## TOURNAMENT TRAVEL

- For traveling within the PNW, coaching fees and coaches' travel expenses are covered by tuition. Coaches will plan to attend 2 PNW tournaments per session (every 8 weeks).
- For traveling to non-PNW national tournaments, players who are competing will split the coaches' airfare, hotel, food and rental car among the number of players participating.
- From time to time, a coach may travel with players without parents if needed.
- Tournament recommendations for our players will be updated seasonally.

## MAKE-UP POLICY

- At least 24 hours notice must be given to qualify for a make-up class.
- If a player is out for an injury for 2 weeks or more, with a doctor's note, they will receive account credit for missed classes. At least 24 hours notice is still required for these missed classes.
- **Emailed notice must be given to the High Performance Coordinator for all missed classes:** [hp@tenniscentersandpoint.com](mailto:hp@tenniscentersandpoint.com)

## DROP-IN POLICY

- Morning drop-ins are \$60 per class.
- Afternoon drop-ins are \$90 per class (regardless of day).
- Jr. Membership is required for a drop-in class.
- Must be scheduled with the HP Coordinator in advance on a space available basis.
- Drop-in payment must be made at the time of confirmation through your TCSP account.

# TUITION

**Players are required to register for a minimum of 3 classes per week.**

- All mornings classes are \$50 per class.
- M/W afternoon classes are \$70 per class (1.75 hours)
- T/Th/Sat afternoon classes are \$80 per class (2 hours)

## DISCOUNTS

- 10% discount for 4 classes or more per week.
- 10% discount for sibling in the program.
- 30% scholarship for players with a top 50 USTA National ranking.
- 50% scholarship for players with a top 10 USTA National ranking.

*\*\*\*Discounts/scholarships may not be combined. WA State Tax added to all fees. TCSP Junior Membership required. Classes will be prorated for the previously stated holidays.*

## REGISTRATION

- Class sessions will run 8 weeks as laid out in the 2017-2018 Program Dates. These dates will follow the rest of the programs at TCSP.
- Registration requests will take place during the 5th week of the prior session.
- Please keep in mind that you may not get into all of the classes that you request. Priority will be given based on UTR, commitment to our program, and coachability.

## PAYMENT POLICY

- Payment will be made through your online account at TCSP. If you do not have a house account (credit card on file), a statement will be emailed to you a week prior to the due date.
- Tuition will be due the 1st and 4th week of each session.
- Players with an outstanding balance for more than 14 days will be subject to removal from practice.
- Financial hardships will be taken into consideration on a case by case basis. Please email the HP Coordinator if you want to be considered for a partial scholarship.

# High Performance Expectations

We want our players to be successful everyday. Here is our philosophy of success:

We use the demands and stress of elite tennis to help you become strong, resilient, people of great character. We care about your tennis results; but we care more about who you are becoming because of tennis. Our most important objective is winning with character. Every day represents another opportunity to develop character traits such as: work ethic, discipline, honesty, integrity, humility, responsibility, self-control, and dealing with adversity. No matter how far you go as a player, if you use tennis to strengthen your character, tennis will always be a priceless gift.

- Players are expected to attend at least 2 fitness classes per week.
- Players are expected to attend one mental class per week.
- Players that do not give 100% effort out on court or in fitness will be subject to removal from class. No refund will be given for missed class.
- Players that are disrespectful to their fellow players or coaches will be subject to removal from class. No refund will be given for missed class.
- Parents will notify the HP Coordinator if their child cannot make class.
- For a full list of Tennis Center Sand Point's policies (including private lessons and court reservations) please refer to our website:  
<http://tenniscentersandpoint.com/policies/>

**I understand the above expectations and agree to comply by the Tennis Center Sand Point's High Performance policies and expectations.**

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SIGNATURE OF PLAYER

DATE

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SIGNATURE OF PARENT

DATE

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PRINT PLAYER NAME