



**HIGH PERFORMANCE**  
**TCSP**

# TCSP HIGH PERFORMANCE 2018—2019

## **Early Fall Program**

No Training for Labor Day

**September 3—October 28**

September 3

## **Late Fall Program**

No Training for Thanksgiving

**October 29—December 23**

November 22—24

## **Winter Program**

Winter Break

**January 7—March 3**

December 24— January 6

## **Early Spring Program**

Summer Registration

**March 4—April 28**

April

## **Late Spring Program**

No Training for Memorial Day

**April 29—June 23**

May 27



Tennis Center Sand Point  
7135 Sports Field Drive NE



(206) 522 - 5008



[www.tenniscentersandpoint.com/highperformance/](http://www.tenniscentersandpoint.com/highperformance/)



@highperformance\_tcsp

# Program Approach

We believe the best results are achieved when all aspects of the game are systematically addressed in a comprehensive manner.

## **ON-COURT TENNIS TRAINING**

Groups of players of similar age and ability will train together under the supervision of their coach/mentor as much as possible. The training sessions are dictated by the theory of periodization training. The training cycle consists of the parts (1) Fundamentals, (2) Tournament Prep Training, and (3) Tournament Peak Training. The timing of these cycles will be different for each player in the program and the coach/mentor will ensure that each player is maximizing their training time.

## **MENTAL TRAINING**

Players will receive mental training throughout the year from Brian Park. Brian is a Certified Mental Coach with a Masters of Science in Sports Psychology. Mental training will consist of in-class educational sessions and on-court implementation throughout the week. Brian will be in close communication with the coach/mentors to discuss each player's mental skills development.

## **FITNESS TRAINING**

Fitness is one of the most important aspects of player development. Our goal for the high performance program is to provide a safe, energetic, and effective program to aid athletes with injury prevention, recovery, and performance. Tennis is a physically demanding sport; without training to be a superior athlete, it is near impossible to become a top player.

## **COACH TOURNAMENT TRAVEL**

Watching players during tournament play is a very critical part of training. Coaches will be traveling to 2 tournaments per session (8 weeks). Coaches will be attending many of the local tournaments.

# SCHEDULE

## MORNING TENNIS TRAINING

Morning classes will be open both A and B group players. We will ensure that the playing levels/abilities of each class are appropriate; coaches may recommend alternate classes for certain players.

### A & B GROUP

TUESDAY | THURSDAY | FRIDAY

6:00 AM—8:00 AM

## AFTERNOON TENNIS TRAINING

Afternoon classes are structured primarily as peer group training. Players will be grouped with those other who are of similar ages and abilities to provide consistency. Our program is organized into two levels (groups A and B).

### A GROUP

MONDAY 4:00 PM—5:45 PM

WEDNESDAY 5:45 PM—7:30 PM

THURSDAY 4:00 PM—6:00 PM

SATURDAY 1:00 PM—3:00 PM

### B GROUP

MONDAY 5:45 PM—7:30 PM

TUESDAY 4:00 PM—6:00 PM

WEDNESDAY 4:00 PM—5:45 PM

SATURDAY 3:00 PM—5:00 PM

# SCHEDULE (CONT.)

## FITNESS TRAINING

Fitness classes will emphasize on a variety of specific focuses to ensure that players are developing all-around physical skills. Players are required to attend fitness classes **2 times** per week.

### MONDAY | WEDNESDAY

4:15 PM—5:15 PM

5:45 PM—6:45 PM

### TUESDAY | THURSDAY

6:00 PM—7:00 PM

### SATURDAY

3:00 PM—3:30 PM

5:00 PM—5:30 PM

## MENTAL TRAINING

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

### MONDAY | WEDNESDAY

5:15 PM—5:45 PM

### TUESDAY

6:40 PM—7:00 PM

# ADMISSIONS

## REGISTRATION

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

- Class sessions will run over the course of 8 weeks as laid out in the 2018—2019 program dates. The dates outlined follow the other programs at TCSP.
- Registration requests will take place during the 5th week of the preceding session.
- Please keep in mind that your player may not get into every class requested. Placement will be based on UTR, fit, coachability, and commitment to our program.
- TCSP Junior Membership is required for enrollment.

## TUITION (Per Class)

<b>\$60</b>	Morning classes ( <b>\$50</b> for prorated 90 minutes)
<b>\$70</b>	Afternoon Classes (Monday   Wednesday)
<b>\$80</b>	Afternoon Classes (Tuesday   Thursday   Saturday)

## DISCOUNTS

<b>10%</b>	Enrollment in 4 classes or more per week   Sibling in the program
<b>30%</b>	Scholarship for players with a Top 50 USTA National ranking
<b>50%</b>	Scholarship for players with a Top 10 USTA National ranking

## PAYMENT POLICY

- Tuition is due the 1st and 5th week of each session.
- Payment will be made through your player's online account at TCSP. If you do not have a credit card on file, the class fee will be billed to that account and remain a balance.
- 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.

# POLICIES

## MAKE-UP POLICY

- At least **24 hours** notice must be given to qualify for a make-up class.
- If a player is unable to make-up missed classes within the session they are missed, those make-ups cannot be rolled over to the following sessions.
- At least **24 hours** notice required if missing a make-up class, it is otherwise forfeited.
- If a player is out with an injury for 2 weeks or more: Provided 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 communicated to the HP Coordinator for all missed classes:

## DROP-IN POLICY

Must be scheduled with the HP Coordinator in advanced on a space available basis. Drop-in payment must be made at the time of confirmation though your TCSP account.

**\$70** Per Morning Class

**\$90** Per Afternoon Class

## TOURNAMENT TRAVEL

- 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).
- Travel to non-PNW national tournaments — coaches' airfare, hotel, food, and rental fees will be split among the number of players competing.
- From time to time, a coach may travel with players without parents if needed.
- Tournament recommendations for our players will be updated seasonally.

# HIGH PERFORMANCE EXPECTATIONS

We want our players to be successful everyday. Our philosophy of success is as follows.

We use the demands and stress of elite tennis training to help players become strong, resilient, people of great character. We value tennis results, but first and foremost, we care about your personal growth through tennis. Our most important objective is winning with character. Everyday is a new opportunity to further develop traits such as; work ethic, discipline, integrity, humility, responsibility, self-control, and ability to handle adversity. Each player's journey is unique; regardless of how far you go as a player, the lessons you learn in tennis training will serve to be invaluable and instrumental in your future endeavors.

- Players are expected to attend a minimum of 2 fitness classes per week.
- Players are expected to attend 1 mental class per week.
- Players who do not give 100% effort on the court or in fitness will be subject to removal from class — No refund will be given for this missed class.
- Players who are disrespectful to fellow players or coaches will be subject to removal from class — No refund will be given for this missed class.
- Parents will notify the HP Coordinator if their child cannot make class (Make up policy).
- For a full list of Tennis Center Sand Point's policies, please refer to the TCSP 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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**PLAYER NAME (PRINT)**

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**SIGNATURE OF PLAYER**

**DATE**

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**SIGNATURE OF PARENT**

**DATE**