



HIGH PERFORMANCE  
TCSP

# TCSP HIGH PERFORMANCE 2019—2020

## Early Fall Program

No Training for Labor Day

**September 3—October 27**

September 2

## Late Fall Program

No Training for Thanksgiving

Winter Break

**October 28—December 22**

November 28—December 1

December 24— January 6

## Winter Program

Summer Registration

**January 6—March 1**

March 1

## Early Spring Program

**March 2—April 26**

## Late Spring Program

No Training on Memorial Day

**April 27—June 21**

May 25



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.

## **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.

## **PARENT EDUCATION**

Parents play a critical part in a player's development. In the 2nd quarter of every year, there will be a formal parent meeting to discuss progress, future needs and pathways. The Program asks that parents be as supportive as possible to both players and the Program.

## **TOURNAMENT COACHING**

Being able to coach a player while competing is an important part of a player's development. From time to time, HP coaches will travel to observe, notate and coach players depending on the location and size of a tournament, as well as the total number of players

# SCHEDULE

## MORNING TENNIS TRAINING

Morning classes will be open both A and B group players. Certain days may have more capacity limitations than other days. 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 | WEDNESDAY | THURSDAY | FRIDAY

6:00 AM—7:30 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 = B GROUP

5:15 PM—5:45 PM

### WEDNESDAY = A GROUP

5:15 PM—5:45 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 2019—2020 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>\$50</b>	Morning Classes
<b>\$70</b>	Afternoon Classes (Monday   Wednesday)
<b>\$80</b>	Afternoon Classes (Tuesday   Thursday   Saturday)

## DISCOUNTS

<b>10%</b>	For families that have more than 1 player in the program only (Sibling)
<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 at the time of registration which is 3 weeks prior to the start of each session.
- Payment will be made through your player's online member account at TCSP. If you do not have a credit card on file, the class fee will be due in full and must be paid within 7 days of registration to maintain a current account.
- Players with an outstanding balance for more than 14 days will be subject to removal from practice.
- Financial hardships will be taken into consideration for families that earn less than \$100,000 per year. Financial documents must be submitted for consideration and will be kept confidential. Please email the HP Coordinator to be considered for partial scholarship.

# POLICIES

## MAKE-UP POLICY

- A player may receive a Make-Up credit if at least **24 hours prior** to the missed class a written notice (email) is delivered to the HP Coordinator or a player has used the Time-Tap management system to withdraw.
- The time stamp of the email will be used to strictly enforce the 24-hour rule.
- A Make-Up credit will only be issued for the following reasons:
  - Tournament Travel both local & national events
  - Severe Health Issues via a doctor's note
- Make-Up credits will not be issued for minor illness, vacations or school-related activities.
- If a player is unable to make-up missed classes within the session they are missed, those make-ups cannot be rolled over to subsequent sessions.
- Missing a make-up class itself must also be made known in writing at least **24 hours** in advance to the HP Coordinator. Without this advanced notice, the make-up class will be forfeit.
- Injuries that cause a player to miss 2 or more weeks may receive account credit for the missed classes. A doctor's note must be provided in order to receive account credit and must be submitted within the first two weeks of the injury time period. Account credit will not be issued for notes submitted beyond this time frame.
- Any player that misses 2 or more classes without providing prior notice and reason will be subject to removal from a schedule at the discretion of the HP Director & Coordinator.
- Emailed notice must be communicated to the HP Coordinator for all missed classes: [hp@tenniscentersnadpoint.com](mailto:hp@tenniscentersnadpoint.com)

## DROP-IN POLICY

Players may elect to drop into additional classes. Players or parents must schedule these with the HP Coordinator at least 24 hours in advance or use the TimeTap class management app. Drop-in class fees will be billed through the player's TCSP member account or must be paid in full at the Front Desk on the day of the actual class.

**\$60** Per Morning Class

**\$90** Per Afternoon Class

# POLICIES (continued)

## TOURNAMENT TRAVEL

- HP Coaches will travel to a limited amount of tournaments throughout the year, such as the Level III Sectionals event.
- The Program will charge a traveling fee to cover coaching time, transportation, hotel, food, and other travel-related expenses.
- The traveling fee will be assessed to only those players that are participating in the event and will be variable depending on the number of players in that particular event.
- If available, a player(s) may request a coach to attend a tournament of his/her choosing for one or more days at a separate travel rate specific to that player or group of players outside of the above mentioned tournaments.
- Each player must manage their own tournament schedule and maintain a minimum number of events throughout the year to insure their UTR rating is valid.



# 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.
- Players and Parents will be expected to provide communication to the HP Coordinator for any and all schedule changes in writing via email or via the TimeTap class management app.
- 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**