



# **The Junior Champions Program Overview & Application**



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Any questions about the program should be directed to JTCC Program Manager William Ellison, [WELLison@thetccp.com](mailto:WELLison@thetccp.com), 301-779-3000 ext. 108.

# Background



*JTCC strives to be the best junior tennis training program in the world. The not-for-profit Champions Center has an unwavering commitment to developing tennis champions who uphold the highest competitive, ethical and personal values on their way to realizing their full potential. The Champions program uses tennis as a vehicle for educating young people, from their introduction to the game to top tier collegiate and professional competition. JTCC develops champions on and off the court, "Champions for life".*

- JTCC's goal is to identify talented and highly motivated young people and teach them to excel on the tennis court and in the classroom. Every student who has graduated from the program has received a scholarship to a Division I school or a facilitated acceptance at a Division III or Ivy League school.
- The core of the JTCC philosophy is the personalized mentoring that every student athlete receives. An important element is that character development is at least as important as athletic performance. Each player in the program has a primary coach-mentor who oversees the player's training and general development.
- Every student in the program receives extensive physical training designed by our world class strength and conditioning coach. This personalized tennis-specific fitness training gives our players a competitive edge.
- Players are tested and evaluated at specific points in the year regarding physiological aspects of tennis performance. These include coordination, balance, agility, power and speed. Individual profile assessments are generated by our exercise physiologist and provide an important base for each player's training regimen.
- Players receive guidance and competitive training from our certified sports psychologist throughout the year. Our coach-mentors are very involved in selecting the areas of mental training emphasis for the players.
- JTCC has been named the first United States Tennis Association (USTA) Regional Training Center by the USTA, tennis' national governing body.

## Academics

- The Champions Center places academic achievement on a par with athletic performance. Participation in the tennis program is contingent on good academic standing.
- To enable students to participate in more rigorous training schedules, JTCC provides college preparatory education at an on-site school with two highly qualified and committed full-time instructors and a comprehensive and nationally accredited online curriculum.
- Students must have at least a 2.0 GPA to gain acceptance into JTCC and maintain a 2.5 GPA after the first year. **Players must submit their report cards on a quarterly basis.**



## Mentoring

- The most unique and important part of our program is our mentoring. The coach-mentor for each player in the Champions Program is responsible for the total development of that player on and off the court. The coach-mentor will have a personal file for each of his mentees. These files will help the coach track and plan the training, academic, and general character development of each player. The coach-mentor will also recommend a tournament schedule for the player, oversee video analysis of strokes and match play, and meet twice formally with the parents and player to report on the player's progress. Coaches will also oversee the player's community service participation, in addition to tackle issues such as competing with integrity, self-esteem, diet, parental involvement, and time management. We believe our mentoring relationships foster a community of values, and encourage our players to become mentors in their own communities.

## Community Service

- We are committed to involving our players in community service and volunteerism. Our community service often takes place in the form of student-to-student coaching or peer mentoring. The community service aspect of the Champions Program is an obligation for all players in the program. Each player is required to participate in the community service projects over the course of the year. The coach-mentor will monitor the player's progress towards this goal, and will approve outside service opportunities to count towards JTCC requirements. We will keep parents and students up to date on different community service opportunities that are provided by the Champions Program throughout the course of the year.
- JTCC has formed a close partnership with the Washington, DC Department of Parks and Recreation, which will create many opportunities for our players to give back to children that otherwise would not be able to participate in tennis.



## Tennis Training

- The tennis training is overseen by the High Performance coaching staff, led by Directors Vesa Pönkka and Frank Salazar, and is structured primarily as peer or group training. Groups of three to four players of similar age, ability and work ethic 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 following periods:

**Fundamentals Training:** New concepts are introduced along with long term technical changes. The training will focus on lots of repetition.

**Tournament Preparation Training:** Short term and small technical adjustments are made. The focus will be on competition tactics and strategy.

**Tournament Peak Training:** Lots of grooving the strokes to maintain sharpness and a high level of play. The focus is to remain sharp without overworking in preparation for competition.

**Active Rest Training:** Low tempo and low quantity of practice. The idea is to recover after periods of intense training and play.

Depending on the training period, practices will consist of different proportions of dead-ball drilling, live-ball hitting, situational point play, and match play. The timing of these cycles will be different for different players in the program, and the coach-mentor will ensure that each player is maximizing their training time. Players are expected to maintain a tennis journal that the coach-mentors will check periodically, to help track the training and progress of each player.

## Fitness Training

- The fitness training is overseen by Director of Fitness Greg Petrosian. Like the tennis training, the intensity, focus, and duration of the physical training varies depending on the period of training in our players' tournament cycle. The fitness training consists of speed and agility training, strength training, endurance training, tennis specific footwork exercises, balance exercises, and dynamic and static stretching for flexibility and injury prevention. Our goal is for each student to connect what happens in the gym and on the track with efforts and results on the court. Ultimately, this training makes our players more effective in competitive situations and better athletes overall. Players will be tested in specific speed, strength, and agility settings to monitor their development over the course of the year.

## Mental Training

- Each player will receive mental training throughout the year. Each semester, the coaches choose areas of mental training emphasis for the players in the Champions Program. These areas include, but are not limited to breathing techniques, rituals, focus, training and competition mentalities, body language, and different situational techniques such as "playing the score". The mental training takes place both on and off court. There will be periodic evening training seminars designed for the players and sometimes parents.

# Program Description



## **Tennis Training**

- Players will participate in two hours of rigorous on court training and thirty minutes of fitness training. This program is offered six days a week between 5:30–8:00pm on weekdays, and 2:30–5:00pm on weekends. Players can choose to attend two, three, or four days per week. With the Junior Champs, the primary focus of the training is on stroke production and development. With our youngest players, it is critical to establish a strong foundation of technique as early as possible. Players should expect high repetition of drop and fed ball drills along with progressive training techniques incorporated into the QuickStart training methods.

## **Fitness Training**

- For our youngest Champions, the focus of the fitness training is highly specialized. Training will focus specifically on coordination, balance, and agility training. Tennis specific footwork drills will be incorporated to emphasize proper technique in moving to the ball, setting up for shots, and recovering back to the middle of the court after contact.

## **Junior Team Tennis**

- Players in the Junior Champs program will have the opportunity to compete on various Junior Team Tennis teams based out of the Tennis Center at College Park. Run by the Mid-Atlantic section, Junior Team Tennis provides a healthy, competitive forum for young players to compete in a team format in different styles of play including both regular tennis rules and QuickStart tennis rules.

## **Tournament Coaching**

- JTCC coaches will travel to various regional, national, and international tournaments over the course of the year to watch our players compete and provide instruction on competitive and tournament routines. The tournaments that coaches will attend will be communicated to both players and parents by the coaching staff.

## **Summer Training**

- Students enrolled in the Champions Program will receive six weeks of summer training in June and July. Additional training weeks in July and August may be purchased at a preferred rate. Summer training consists of the full time schedule, every day of the week from 9:00am–4:00pm.

## **Family Membership**

- At the time of enrollment to the Champions Center, the player and all the members in the household will receive a complimentary Family Membership at the Tennis Center at College Park (the Club) for the period the player stays in the Champions Center. In order to enjoy the Family Membership benefits, the parents must complete a Family Membership application.

## Important Dates for 2009–2010



September 8 <sup>th</sup>	First Day of Fall Programming
November 26 <sup>th</sup> & 27 <sup>th</sup>	No Training for Thanksgiving
December 22 <sup>nd</sup>	Last Day of Fall Programming
January 4 <sup>th</sup>	First Day of Spring Programming
June 11 <sup>th</sup>	Last Day of Spring Programming
June 14 <sup>th</sup>	First Day of Summer Camp

## Summer Camp Policy for 2010

All players in the Champions Program will receive 6 weeks of summer camp free of charge in 2010. These free weeks can be used at any time during the course of summer training. We do expect that camps will be very full, so all players are encouraged to submit all paperwork for the weeks they will be attending as early as possible to reserve their spot in the clinics.

# Program Application



Please detach pages 7 – 14, complete, and return to William Ellison as soon as possible to reserve your spot in the program. All parts of all forms **must** be completed to ensure our player database is completely up to date. Incomplete applications will not be accepted.

## Registration Information

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Participant's Name	Date of Birth	Age	Email Address
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Mother's Name	Home Phone	Cell Phone	Work Phone	Email Address
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Father's Name	Home Phone	Cell Phone	Work Phone	Email Address
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Address	City	State	Zip Code
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### Emergency Contact:

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Name	Relation to Child	Phone
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# Participation Waiver



Name of Participant: \_\_\_\_\_

KNOW ALL MEN BY THESE PRESENTS:

That (I), (we), \_\_\_\_\_, parent(s) or legal guardian(s) of \_\_\_\_\_ (Minor) in consideration for the opportunity of the Minor to enroll and participate in the Junior Tennis Champions Center (Academy) for the purpose of engaging in various sports-related activities, as well as education and physical fitness, do hereby covenant with Junior Tennis Champions Center Inc. (JTCC), that (I) (we), will not individually or as legal guardian of Minor sue or bring any legal action or proceeding against JTCC, its instructors, staff, or any of their affiliates or their legal representatives or successors and assigns for or on account of any injury or damage that the Minor may sustain by virtue of or arising out of the Minor's activities or the Minor's presence at the academy, or any off site location. (I) (We) understand that participation in such activities may involve travel away from the Academy; overnight stays at hotels and other activities, which are not under the control of JTCC. These presents may be pleaded as a complete defense to any action or other proceedings which may be brought, instituted, or taken by (me) (us), our heirs or legal representatives, successors and assigns in breach of this agreement, reserving unto the right to proceed against any and all other parties which may be involved in such action or proceeding.

(I) (We) acknowledge that enrollment in the academy and participation in activities by the Minor is without assumption of responsibility or risk of any kind by JTCC and JTCC does not make any warranties of any kind with respect to such enrollment or activities. (I) (We) assume the risk of all dangerous conditions arising from and inherent in such enrollment or activities or in the transportation connected therewith, regardless of whether such transportation is arranged for or provided by JTCC and waive any and all specific notice of the existence of such conditions.

(I)(We) further agree that in case of any action being brought for or on behalf of the Minor on account of any injury or damage sustained during the Minor's enrollment at the academy and participation in activities, or in transportation connected therewith, regardless of whether such transportation is arranged or provided by JTCC, (I) (we) will be personally responsible to, and agree to repay JTCC, its instructors, staff, or any of their affiliates or their legal representatives or successors and assigns and hold each of them harmless against any amounts recovered in connection with any such action and all related costs incurred by JTCC.

This agreement is executed by us, not in satisfaction of any damages sustained as compensation for injuries, nor in settlement of any claim for damages. Said enrollment in the Academy is offered as consideration for this covenant and agreements contained herein. It is distinctly understood and agreed that acceptance of this covenant by JTCC is not an admission of any liability on its part and that is expressly denies any liability in any manner.

This is a joint and several obligation of the parties hereto. (I) (we) have carefully read the foregoing and understand the contents thereof. IN WITNESS WHEREOF, (I) (WE) have hereunto set out signatures this \_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_.

\_\_\_\_\_  
Print Parent Name

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date

# Pricing & Billing Information



Billing for JTCC programming is due during the first week of each month. JTCC will store credit card information on file and process payment automatically for the monthly tuition on the 5<sup>th</sup> of the month. It is also possible to pay by check. Players with an outstanding balance for more than 30 days will be subject to removal from practice.

**Program Pricing** – Please mark appropriate program

After School & Weekend Program – <b>four (4)</b> days per week and fitness	\$9,500	<input type="checkbox"/>
After School & Weekend Program – <b>three (3)</b> days per week and fitness	\$8,500	<input type="checkbox"/>
After School & Weekend Program – <b>two (2)</b> days per week and fitness	\$7,800	<input type="checkbox"/>

**Total Program Tuition Due** \$ \_\_\_\_\_

**Monthly Payment Due (Total tuition divided by 10)** \$ \_\_\_\_\_

**September Payment Due (Equal to three (3) monthly payments)** \$ \_\_\_\_\_

## Payment Authorization Agreement

American Express \_\_\_\_\_ Master Card \_\_\_\_\_ Visa \_\_\_\_\_ Discover \_\_\_\_\_

Name on Card: \_\_\_\_\_ Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_

I have enrolled my child in the Junior Champions, Transitional Champions, or Champions Program at the Champions Center and accept full responsibility for all fees and expenses associated with the program. I hereby authorize the Champions Center to process payment for tuition expenses by drafting my credit card account on the 5<sup>th</sup> day of each month as agreed to above. I understand that other associated charges authorized by me can also be included in this payment. It is my responsibility to ensure that the payment information listed above is current and valid. I agree to pay a \$20 service charge, which will be added to my next payment, if the credit card company, for any reason, does not process a payment. This service charge can be charged at management's discretion. My child may not participate in the program until full payment has been received. Should my child withdraw from the program, I will be billed until the Champions Center receives **thirty (30) days written notice**.

**I agree with all the terms included in this contract:**

Parent/Guardian Signature

Date

# Schedule Form: Junior Champions Program



**STEP 1:** Please select the Junior Champions Program, in which you are enrolled in:

- Junior Champions Four Days per Week
- Junior Champions Three Days per Week
- Junior Champions Two Days per Week

**STEP 2:** Please select the days you would like to participate in the Junior Champs Program.

**Note:** Available spots will be filled on a first-come-first-served basis.

	Tennis & Fitness
Tue	<input type="checkbox"/> Tennis and Fitness from 5:30 – 8pm
Wed	<input type="checkbox"/> Tennis and Fitness from 5:30 – 8pm
Thurs	<input type="checkbox"/> Tennis and Fitness from 5:30 – 8pm
Fri	<input type="checkbox"/> Tennis and Fitness from 5:30 – 8pm
Sat	<input type="checkbox"/> Tennis and Fitness from 2:30 – 5pm
Sun	<input type="checkbox"/> Tennis and Fitness from 2:30 – 5pm

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Print Player's Name

Date

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Parent/Guardian Signature

# Medical Information



Name of Participant \_\_\_\_\_

## Emergency Contact Information

Primary Contact \_\_\_\_\_

Relation to Player \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Backup Contact \_\_\_\_\_

Relation to Player \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

## Insurance Policy Information

Policy Holders Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Relation to Player \_\_\_\_\_

Insurance Company \_\_\_\_\_

Policy number \_\_\_\_\_

Plan Number \_\_\_\_\_

Insurance Company Phone Number \_\_\_\_\_

SSN \_\_\_\_\_

## Medical Treatment Consent

Permission is granted for full athletic participation in the Junior Tennis Champions Center program, in accordance with the recommendations of the physician completing this form. I consent to examination and treatment of my child by a qualified physician and or hospital emergency room. I also understand that neither the Junior Tennis Champions Center, nor anyone connected with the Junior Tennis Champions Center will assume any responsibility for accidents or illness incurred by my child while participating in the program. I agree to assume sole responsibility for payment of any and all medical, dental, or other expenses incurred as a result of such illness and /or injury.

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Parent/Guardian Signature

Print Name

Date

# Junior Tennis Champions Center Champions Program Medical Release



Name of Participant \_\_\_\_\_

## Medical History and Immunization Dates

Does the player have any of the following - if yes, please explain blow.

Drug Allergies \_\_\_\_\_

Food Allergies \_\_\_\_\_

Allergies to insect bites \_\_\_\_\_

Special dietary needs \_\_\_\_\_

Asthma \_\_\_\_\_

Frequent headaches, dizziness, or seizures \_\_\_\_\_

Other health problems or limitations of activities \_\_\_\_\_

Taking medications? \_\_\_\_\_

Will the player be taking any specific treatment while participating in the program?

\_\_\_\_\_

Please explain any yes answers here: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Dates of Immunizations

Measles \_\_\_\_\_

Mumps \_\_\_\_\_

Rubella \_\_\_\_\_

or MMR \_\_\_\_\_

Polio Series Completed \_\_\_\_\_

Date of last medical checkup \_\_\_\_\_

Last tetanus (DPT, YD, TD) \_\_\_\_\_

## Physician's Information

Physician name \_\_\_\_\_

Physician Address \_\_\_\_\_

Telephone Number \_\_\_\_\_

I have examined the above named player and found she/he to be free from infectious and contagious disease and qualified for full participation in the program.

Physician's signature \_\_\_\_\_

Print Name \_\_\_\_\_

Date \_\_\_\_\_

# Fitness Training Consent Form



Name of Participant: \_\_\_\_\_

Fitness training is an important aspect of the Junior Tennis Champions Center (JTCC) player development program. The purpose of the fitness program is to develop the player's aerobic fitness, flexibility, speed, strength, and agility.

In signing the consent form, I state that I understand that participation in the JTCC is voluntary and undertaken without assumption of responsibility of any kind by the JTCC. I hereby waive all claims against the JTCC for any injuries of any kind or description arising from participation in this program.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

Player Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

Name of Physician \_\_\_\_\_

Address of Physician \_\_\_\_\_

Telephone Number \_\_\_\_\_

# Community Service Consent Form

Name of Participant: \_\_\_\_\_

Community Service is an important aspect of the JTCC player development. This is an opportunity for our players to use their expertise in tennis to benefit others while gaining valuable experience that will develop their mentoring and leadership skills. We believe very strongly our players should be spreading the love of the game of tennis, and giving back to the game that has given so much to them.

In signing the consent form, I state that I understand that participation in JTCC Community Service projects is voluntary and undertaken without assumption of responsibility of any kind by the JTCC. I hereby waive all claims against the JTCC for any injuries of any kind or description arising from participation in this program, and grant permission for my child to participate in JTCC community service projects under the supervision of JTCC coaches and staff.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

Player Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

# Disciplinary Policy



We have a “**three strikes and you’re out**” policy for all Champions Program students:

1<sup>st</sup> Violation:       Warning

2<sup>nd</sup> Violation:       Student will be asked to leave the practice for the day

3<sup>rd</sup> Violation:       Student will be suspended for the week, or expelled, with a recommendation for no re–invitation the following year

There will be **NO REFUNDS** when a student is suspended or expelled for a violation.

Violations include but are not limited to the following:

- Audible or Visible Obscenity
- Verbal Abuse of a Coach, Player, or Staff Member
- Physical Abuse of a Coach, Player, or Staff Member
- Abuse of Equipment or the Club Facility
- Cheating
- Unsportsmanlike Conduct

I, \_\_\_\_\_, understand the disciplinary policy and will adhere to rules and regulations set forth by Tennis Center at College Park and Junior Tennis Champions Center staff.

\_\_\_\_\_  
Printed Name of Student

\_\_\_\_\_  
Printed Name of Parent

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date