

JTCC's Junior Champions

Programs 1 and 2



2018-2019 Overview

5200 Campus Drive
College Park, MD, 20740
301-779-8000
www.jtcc.org

Follow JTCC on Twitter and Instagram: @TheJTCC
Like JTCC on Facebook – <http://www.facebook.com/TheJTCC>
Senior Program Manager – Wilfrance Lominy
Contact: wlominy@jtcc.org or 202-580-9264

Background

JTCC strives to be the best junior tennis training program in the world. The not-for-profit training 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 players 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 was named the first United States Tennis Association (USTA) Regional Training Center by the USTA, tennis' national governing body. It was awarded the USTA Development Program of the Year and USTA Organization of the Year in 2013. JTCC received the USTA Development Program of the Year award for the second time in 2017.

Group Mentoring

- The most unique and important part of our program is our mentoring. The Group mentoring for the Junior Champions Program is responsible for the total development of that player on and off the court. The coach-mentor will also recommend a tournament schedule for the player, oversee video analysis of strokes and match play, and meet quarterly with the parents and player to report on the player's progress. We believe our mentoring relationships foster a community of values, and encourage our players to become mentors in their own communities.

Tennis Training

- The tennis training is overseen by the JTCC High Performance staff, led by Ali Agnamba Director of Junior Champions. It is structured primarily as peer or group training. Groups of 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 high intensity and high repetition.

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

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 coaches will check periodically, to help track the training and progress of each player.

Training with JTCC Senior Advisors: Our advisors work closely with our staff and players when on site.

Mats Wilander – Former world #1, seven Grand Slam singles titles, inducted into the International Tennis Hall of Fame in 2002.

Pat Etcheberry – Sports fitness expert, trained athletes with over 90 collective Grand Slam titles.

Brian Gottfried – Former World #3, three time Grand Slam doubles champions

Claudio Pistolesi – Former top 75 player on the ATP tour. Coach to a number of ATP/WTA stars including Robin Soderling and Daniela Hantuchova. New Director of Bolles Tennis and College Prep Program.

Fitness Training

- The fitness training is overseen by Senior Director of Fitness TC Costello. Like the tennis training, the intensity, focus, and duration of the physical training vary 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 by the fitness staff.

The Edge Training

- Each player will receive mental training throughout the year. This is led by Senior Advisor of Optimal Performance Peter Lee. 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 parents.

Program Descriptions

Junior Champs 1

Tennis Training

- Junior Champs 1 is offered seven days a week between 4:00-7:00pm on weekdays and 2:00-5:00pm on Sundays.
- **On some Saturdays competitive match play at JTCC will be offered. These dates will be communicated in advance as they are determined.**
- Fundamentals Training: New concepts are introduced along with long-term technical changes. The training will focus on high intensity and high repetition utilizing the Yellow Ball.
- 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.
- Opportunities to train with Champ players.

Fitness

- Much like the tennis, the fitness for the Junior Champs 1 group will be a gradual progression into the more intense physical workouts for one hour. There will be intense running and sprinting drills as well as strength and yoga training to improve power and flexibility.

Tournament Coaching / Match Evaluations

- JTCC coaches will travel to L3 Mid-Atlantic Championship/Challenger and various section and national tournaments over the course of the year to watch our players compete and provide instruction on competitive and tournament routines.

Player Report

- Semi Annual player reports will be completed and a parent, player and coach meeting will be scheduled to discuss the player's progress.

The Edge Training

- Quarterly one-hour mental training sessions in the classroom.

Summer Training

- Students enrolled in the Junior Champions Program will receive six weeks of summer training in June- August any additional training weeks may be purchased at a preferred rate of \$250/week. Summer training consists of a full time schedule.

Family Membership

- At the time of enrollment to the JTCC, the player and all the members in the household will receive a complimentary Family Membership at the College Park Tennis Club (CPTC) 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 (membership form is part of registration process).

Make-up Policy

NO MAKE-UPS will be allowed for players who miss training days due to tournaments and/or school activities. Up to four (4) make-ups are allowed due to illness or injury, which must be documented by a physician.

Junior Champs 2

Tennis Training

- Junior Champs 2 is offered seven days a week between 4:30-7:00pm on weekdays and 2:30-5:00pm on Sundays.
- **Saturdays will be Competitive match play only where Junior Champ players will compete.**
- The Junior Champs 2, 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 ball drills along with progressive training techniques and live ball tactics with the **Green Dot Ball**.

Fitness

- The focus of fitness training for our Junior Champs 2 is highly specialized. Thirty minutes of tailored training will concentrate specifically on coordination, balance, and agility.

Tournament Coaching / Match Evaluations

- JTCC coaches will travel to various section and national tournaments over the course of the year to watch our players compete and provide instruction on competitive and tournament routines.

Player Report

- Semi Annual player reports will be completed and a parent, player and coach meeting will be scheduled to discuss the player's progress.

Summer Training

- Students enrolled in the Junior Champions Program will receive six weeks of summer training in June-August any additional training weeks may be purchased at a preferred rate of \$250/week. Summer training consists of the full time schedule.

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 College Park Tennis Club for the period the player stays at the Champions Center. In order to enjoy the Family Membership benefits, the parents must complete a Family Membership application (part of registration process).

Junior Team Tennis

- Players in the Junior Champs program (1 & 2) will have the opportunity to compete on various Junior Team Tennis teams based out of JTCC. 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.

Make-up Policy

NO MAKE-UPS will be allowed for players who miss training days due to tournaments and/or school activities. Up to four (4) make-ups are allowed due to illness or injury, which must be documented by a physician.

Important Dates for 2018-2019

- September 4: First Day of Fall Programming
- November 22-25: No Training for Thanksgiving
- December 21: Last Day of Fall Programming
- January 2: First Day of Winter Training
- **March: JTCC School Spring Break TBD awaiting dates of Easter Bowl**
- April 21: Easter Sunday No programming
- May 25-27: No programming for Memorial Day Weekend
- June 7: Last Day of Spring Programming
- June 10: First Day of Summer Training

Summer Training Policy for 2019

All players in the Junior Champions Program for the full year will receive 6 weeks of summer training free of charge in 2019. These free weeks can be used at any time during the course of summer training. We do expect that the groups 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. Players that join the program mid-year will receive a proportional number of weeks relative to when they join the program. **Any player leaving the JTCC program during the year WILL NOT receive any free summer training weeks.**

Pricing and Billing Information

Billing for JTCC programming is due during the second week of each month. JTCC will store credit card information on file and process payment automatically for the monthly tuition on the 12th of the month. It is also possible to pay by check before the 12th of every month. Players with an outstanding balance for more than 30 days will be subject to removal from practice. Siblings participating in the JTCC program are eligible for a 15% discount.

Junior Champs 1 (Director Approval)

After School & Weekend Program – five (5) days per week and fitness	\$13,532 (\$1,504/per month)
After School & Weekend Program – four (4) days per week and fitness	\$11,687 (\$1,299/per month)
After School & Weekend Program – three (3) days per week and fitness	\$10,364 (\$1,152/per month)
After School & Weekend Program – two (2) days per week and fitness	\$9,016 (\$1,002/per month)
Drop-In Daily Rate	\$95/per day

Junior Champs 2

After School & Weekend Program – five (5) days per week and fitness	\$11,850 (\$1,317/per month)
After School & Weekend Program – four (4) days per week and fitness	\$10,320 (\$1,147/per month)
After School & Weekend Program – three (3) days per week and fitness	\$9,260 (\$1,029/per month)
After School & Weekend Program – two (2) days per week and fitness	\$8,200 (\$912/per month)
Drop-In Daily Rate	\$85/per day