

JTCC's Champions

Part-Time Champions



2018-2019 Overview

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

Follow JTCC on Twitter and Instagram: @TheJTCC
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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, the USTA Organization of the Year, and the USTA Facility of the Year in 2013. JTCC received the USTA Development Program of the Year award for the second time in 2017.

Academics

- JTCC 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 2.5 GPA to gain acceptance into JTCC and maintain a 2.75 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 (for more information contact Community Outreach Manager Annessa Taylor – atyalor@jtcc.org)

- 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 and each player is required to participate in the community service projects and **must complete a minimum of 15 hours 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 a 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.

Housing

- Players in the Champions Program have the option of staying in the DC area with a family of another student in the program. Host families will provide breakfast, dinner, and transportation daily. By living with area families, visiting students enjoy an environment focused on tennis and educational development. More information about the housing program is available on request.

College Counseling

- Juniors and seniors in the Champions Program will receive guidance through the college selection process from our college recruiting directors, Taka Bertrand and Michael Vann. Players will receive experienced input from our management staff through each step of the recruiting process from making a college video to communication with coaches and college visits. Each player will have access to an extensive network of college coaches to ensure they find the best possible tennis fit at the most competitive academic school.

Tennis Training

- The tennis training is overseen by the JTCC High Performance staff, led by Senior Director of Tennis Vesa Ponkka, 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 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.

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.

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.

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. Additionally, we are pleased to offer yoga sessions led by a professional yoga instructor to improve players' flexibility, strength, and body control.

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

Part Time Program

- Players will participate in a minimum of four hours of rigorous training every day. We recommend the part-time players to come to JTCC two weeks per month / 4 times per quarter. This training will be broken up into morning and afternoon practice sessions. The timing of the practice schedule will be determined by the coaching staff. Players that are in school at JTCC in addition to the 20 week part-time program will attend school during the hours they are not on court. The 20 week program players are not required to go to school at JTCC to participate in the part-time training program. Each player will also participate in one hour of fitness training each afternoon. A typical day for a part-time player is:

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|-------------------|--|
| - 8:00-10:00am | School |
| - 10:00am-12:00pm | Tennis training – Technical group drilling |
| - 12:00-12:30pm | Lunch |
| - 12:30-2:00pm | School |
| - 2:00-4:00pm | Tennis training – Competitive point and match play |
| - 4:00-5:00pm | Fitness training |

Sunday Training Sessions – Additional Cost for Part-Time Players

The additional training on Sunday is designed to supplement the regular training schedules of our players, but may also count as one of the three required days players must attend. Practices will be from 2:00-4:00pm, with fitness sessions from 1:00-2:00pm. The practice will be led by our regular team of JTCC Senior Coaches and fitness trainers. Again, groupings will be determined by the coaching staff.

Tournament Coaching / Match Evaluations

JTCC coaches will travel to various section, 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 (130 tournaments in 2017-18) will be communicated to both players and parents by the coaching staff.

Summer Training

Players in the 20 week Program will receive the member rate (\$350 per week) for summer training in 2019. Summer training consists of the full time schedule, Monday – Friday, from 8:00am-3:00pm or 11:00am-6:00pm depending for the two groups.

Family Membership

At the time of enrollment in JTCC, 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 JTCC. In order to enjoy the Family Membership benefits, parents must complete a Family Membership application (the membership form is part of registration process).

Make-up Policy

No makeups 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.

JTCC Travel Policy Program Year 2018-2019

A. Coaches expenses are covered by your tuition payments for the 5 major Championships:

1. Sectional L3 Singles Championships
2. Easter Bowl Championships
3. National Clay Courts Championships
4. National Hard Court Championships
5. Orange Bowl Championships

B. Players are responsible for their own tournament and travel related expenses for these events.

C. Since a large number of our players are competing in these tournaments we strongly encourage parents to travel.

D. During ALL other tournaments players are responsible to cover JTCC coaches' tournament and travel related expenses split amongst the number of JTCC players traveling. Prior to each tournament, the Senior Program Manager, Wilfrance Lominy, will contact parents to confirm if players will be splitting the costs for coaches' expenses. The responses will determine whether JTCC will send a coach. Players are responsible for their own tournament and travel related expenses.

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

Players in the 20 week Program will receive the member rate of \$350/week for summer training in 2018. We do expect that the training 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.

Pricing & Billing Information

Billing for JTCC programming is due during the 12th 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. 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.

Part Time Champions Program – 20 weeks (two practices per day, five days per week and fitness)	\$17,500 (\$1,945/month)
School Program (September – June) – Laurel Springs School course fees are not included	\$3,500 (\$389/month)
Extended School Program (July - August) – Laurel Springs School extended course fees are not included – extended school program only for players who register for the school program from September – June	\$900 (\$450/month)
Housing	\$300/week
Drop-In Weekly Rate	\$1,000/week
Drop-In Daily Rate	\$195/per day