



TENNIS ACADEMY



Elite | Performance | Training





A MESSAGE FROM YVES BOULAIS

Dear Junior Players & Parents,

My name is Yves Boulais, and I proudly serve as the Tennis Director at the Ontario Racquet Club. I am thrilled to share our innovative plans for the upcoming 2023-2024 Academy Season.

With a wealth of experience spanning over four decades, I have honed my expertise in developing elite tennis players. Throughout my career, I have made significant contributions to the Canadian tennis landscape as an Olympic Coach, Fed Cup Coach/Captain, and World Cup Junior Captain. Additionally, I have had the privilege of coaching at more than 30 Grand Slam tournaments, nurturing the development of numerous junior and professional players.



With the assistance of our highly qualified coaching team, we have assembled what we consider to be the most comprehensive development program in Canada. To consistently develop successful athletes, it is essential to have a robust system in place that encompasses multiple interconnected factors.

In order to achieve this, we have carefully curated a program that addresses all aspects of player development. This includes technical skills, physical conditioning, mental training, and strategic analysis, all while providing ample opportunities for competitive play. By integrating these elements, we provide a holistic approach to player development that ensures consistent progress.

Our Academy consists of three distinct Streams for aspiring tennis players, with each offering a range of development programs:

- At the pinnacle is the **Elite Stream**, which provides high-performance training programs for selected athletes who have demonstrated the potential to become successful national and international competitors. The focus of this Stream is to nurture and develop athletes with the aim of achieving excellence on the global stage.
- The **Performance Stream** serves as a stepping stone towards the Elite Stream. It is designed to equip players with the fundamental skills and knowledge necessary to progress to the Elite level. Participants in the Performance Stream receive comprehensive training that prepares them for the demands of high-performance tennis.
- For serious tennis players who have not been selected for the Elite or Performance Streams, or have limited time to dedicate to tennis, we offer the **Training Stream**. This stream provides a successful pathway for players who are passionate about their development, but may have other commitments that prevent them from dedicating their time to the same extent as the other streams.



A MESSAGE FROM YVES BOULAIS

We are thrilled to unveil some exciting new updates and enhancements to our programs for this year. Here's what you can expect:

1. **Elite Program:** We are delighted to announce that the Elite Program has been extended from 44 weeks to 48 weeks per year.

2. **Introducing Jr. Elite S Program:** As part of our continuous effort to provide the best training experiences, we are introducing a brand new option for the Jr. Elite athletes called the **Jr. Elite S** Program. This unique program combines the popular Jr. Elite program, that spans the Fall through the Spring season, with the addition of a full Summer of the Elite program. Athletes who choose this comprehensive year-round training experience will benefit from a total of 48 weeks of world-class training. We understand that players may have commitments such as tournaments or vacations that cause them to miss practices, so we have significantly discounted the summer portion of this program to offset the cost.

3. **Increased Weeks for Jr. Elite and Jr. Performance Programs:** In our dedication to fostering skill development and overall growth, we have expanded the duration of the Jr. Elite and Jr. Performance Programs from 35 weeks to 40 weeks. This extension provides participants in these programs with additional weeks of training and support, empowering them to further enhance their skills and reach new levels of excellence.

4. **Extended Weeks for Other Academy Programs:** All our other Academy programs have also undergone an extension, now spanning 38 weeks instead of 35 weeks. By lengthening the duration of these programs, we aim to offer participants more training opportunities and a longer period to elevate their tennis abilities.

These remarkable offerings and additions exemplify our unwavering commitment to the ongoing innovation of ORC's Tennis Academy. Should you have any questions or require further information about our offerings or program updates, please do not hesitate to contact us.

Sincerely,

Yves Boulais

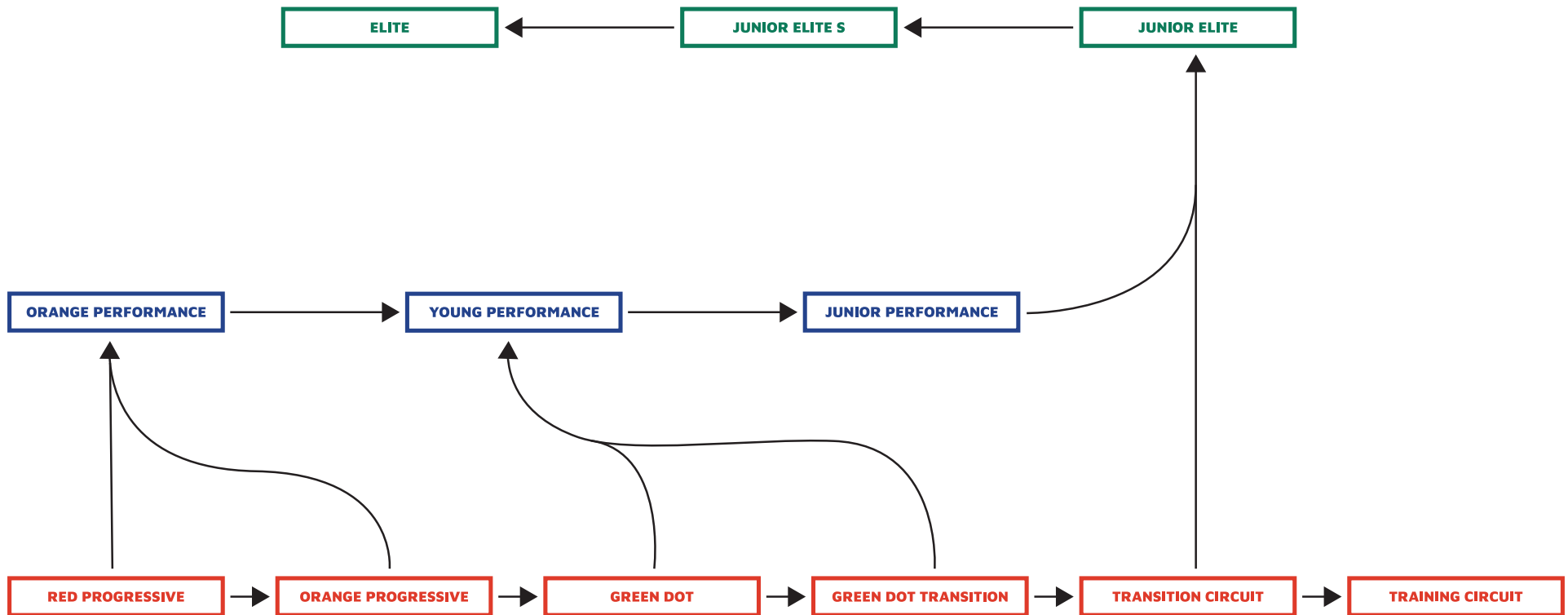
Tennis Director

Ontario Racquet Club

 **ELITE STREAM**

 **PERFORMANCE STREAM**

 **TRAINING STREAM**





ACADEMY MEMBERSHIP POLICY 2023/24

ACADEMY MEMBERSHIP DUES FOR PLAYERS NOT ON AN ORC FAMILY MEMBERSHIP

Players Ages 12 & Under

\$1209 + HST

Players Ages 13 & Up

\$1099 + HST

Please Note: 12 & Unders require adult supervision in all areas of the club. See our Guardian Policy on the following page for more details

BENEFITS OF BEING AN ACADEMY PLAYER AT ORC

- Access to the club for 12 months
- Access to ORC's Aquatics and Fitness Centres
- Ability to book tennis courts to play with other Academy Players
- Ability to book private lessons
- Guest privileges and 4 complimentary guest passes per calendar year
- Ability to register in programming outside of Tennis Academy; for example, swimming lessons
- Complimentary group fitness classes for players aged 15+

MEMBERSHIP DUES FOR PLAYERS ON ORC FAMILY MEMBERSHIPS

Deluxe Members

\$500 + HST

Optimum Members

No dues

ORC GUEST POLICY

- Guests are \$20 each for the day
- Each guest can visit ORC a maximum of once a month
- Guests must check in with either an Academy Player or a member at the Front Desk before entering the club
- While visiting the club, guests must remain with the Academy Player or member, including while dining in the restaurant
- No spectators are permitted on courts

For information regarding a Family Membership at ORC please contact our membership department membership@ontarioracquetclub.com



ACADEMY MEMBERSHIP POLICY 2023/24

GUARDIAN POLICY

Children under 12 years of age must be accompanied by an adult in all areas of the Club. Access to the club for two Guardians is, therefore, included in the Membership Fee for 12 & Under Players.

Guardians may access the club to assist players to and from tennis programs and lessons, and to supervise and participate in leisure swim with their children in the pool area.

Guardians may also wait in the club for players to finish programming and lessons.

Use of the Fitness Centre and Aquatics Centre, for purposes outside of supervising children, as well as participation in group classes, and court usage are prohibited. Guardians are also not able to register in ORC programming unless guests are permitted.

Please note: Due to safety concerns, guardians and spectators are not permitted to be on court.





ELITE STREAM 2023/24

ORC's hallmark Tennis offering is the Elite Stream, which comprises the Junior Elite, Junior Elite S, and Elite programs. The Elite Stream is designed for athletes seeking a competitive pathway to success at the Collegiate, National, and International levels of competition.

One of Canada's premier tennis programs, the ORC Elite Stream provides top-level athletes with access to world-class coaches, creative and unique training regimens, state-of-the-art facilities, and competitive exposure. The programs are designed to maximize potential and foster holistic athletic development.

ORC ELITE ATHLETES ARE EXPECTED TO MEET THE FOLLOWING CRITERIA

- Athletes must commit to attending the program **5 days (17 hours) a week in the Fall and 4 days (20 hours) a week in the Summer**
- **Athletes are expected to gain extra play** using walk-on privileges and private lessons, and compete in a minimum number of tournaments annually
- **Athletes are expected to build their UTR** rating through Provincial, National, or international competition
- **Athletes should demonstrate a respectful and positive attitude** towards coaches, fellow players and the club as a whole. They should be team-players and prepared to be challenged athletically in a group environment

ORC ELITE PLAYERS ENJOY THE FOLLOWING BENEFITS

- **Industry-leading coaching:** development from our highly qualified & experienced coaching team, including new faces who are renowned in the international tennis community
- **Personalized training:** recognizing the unique strengths and areas for improvement in each athlete, our coaches develop individualized training programs that encompass technical, tactical, physical, and mental aspects of the game
- **Best-in-class year-round facility:** with newly resurfaced courts. ORC was recently awarded *Canada's Large Club of the Year* by the CMAC (2022)
- **Holistic athlete development:** beyond on-court training, our program incorporates strength and conditioning sessions, mindfulness training, and injury prevention strategies to foster overall well-being
- **Free UTR Power User membership** and regular in-house UTR match play opportunities
- **Unlimited walk-on privileges:** players must be present at the club to walk-on, no pre-booking is allowed. Guest and court fees apply to all non-members
- **Coach presence** and support at selected tournaments
- **Clothing package** included



ELITE STREAM 2023/24

PROGRAM	DESCRIPTION	DAYS	TIME	DAYS/ WEEK	SEASON FEES
Junior Elite 40 Weeks	BY INVITATION ONLY This program is for players competing at the provincial level	Monday & Wednesday Tuesday & Thursday	4:00 PM - 7:00 PM 4:00 PM - 6:00 PM	4 days/week 10 hours	7 x \$1,705.68 \$11,939.76
	Start Date: September 5, 2023End Date: June 28, 2024				
Junior Elite S 48 Weeks	BY INVITATION ONLY Junior Elite with the Summer option	September - June	Monday & Wednesday 4:00 PM - 7:00 PM Tuesday & Thursday 4:00 PM - 6:00 PM	4 days/week 10 hours	7 x \$2,046.82* \$14,327.71
		July - August	Monday - Thursday 7:00 AM - 10:00 AM 12:00 PM - 2:00 PM	4 days/week 20 hours	
	Start Date: September 5, 2023End Date: August 22, 2024				
Elite Full Year Program 48 Weeks	BY INVITATION ONLY This program is for players competing at the provincial or national level Minimum UTR of 4.5	September - June	Monday - Thursday 2:00 PM - 5:30 PM Friday 1:00 PM - 4:00 PM	5 days/week 17 hours	7 x \$2,927.07* \$20,489.51
		July - August	Monday - Thursday 7:00 AM - 10:00 AM 12:00 PM - 2:00 PM	4 days/week 20 hours	
	Start Date: September 5, 2023End Date: August 22, 2024				

*A 5% discount will apply on payment in full upon receipt of signed contract. Membership Dues and HST are not included in all the prices above.



ELITE STREAM 2023/24

IMPORTANT DATES

October 7, 2023 - October 9, 2023 (inclusive)	Thanksgiving Weekend
December 25, 2023 - January 6, 2024	Winter Break
February 17, 2024 - February 19, 2024 (inclusive)	Family Day Weekend
March 11, 2024 - March 16, 2024 (inclusive)	Spring Break
March 29, 2024 - April 1, 2024 (inclusive)	Easter Weekend
May 18, 2024 - May 20, 2024 (inclusive)	Victoria Day Weekend
June 24, 2024 - June 29, 2024	Make-Up Week (if needed)





PERFORMANCE STREAM 2023/24

ORC's Tennis Performance Stream is intended for players who already possess a solid foundation of technique and tactical knowledge, and have demonstrated a genuine desire to be challenged and continually improve. Performance athletes are passionate about tennis and are committed to regular competition. Enrollment is by selection only.

ORC PERFORMANCE PLAYERS ARE EXPECTED TO MEET THE FOLLOWING CRITERIA

- Players are required to attend the program for a **minimum of 3 days a week**
- **Players are encouraged to gain extra play** by using walk-on privileges and taking private lessons
- **Players are expected to build their UTR** rating through regular tournament competition, or to work diligently towards that goal

ORC PERFORMANCE PLAYERS ENJOY THE FOLLOWING BENEFITS

- Best-in-class year-round facility with newly resurfaced courts. ORC was recently awarded *Canada's Large Club of the Year* by the CMAC (2022)
- Development from our highly qualified and experienced coaching team, including new faces who are renowned in the Ontario Tennis community
- Walk-on privileges at designated times: players must be present at the club to walk-on, no pre-booking is allowed. Guest and court fees apply to all non-members
- Extended walk-on privileges on holidays
- All-day walk-on privileges for the Jr. Elite and Elite level players
- Clothing package included

**Requests for changes to program days/times after the original registration must be made in writing. All requests are subject to space/availability and cannot be guaranteed.*





PERFORMANCE STREAM 2023/24

PROGRAM	DESCRIPTION	DAYS	TIME	DAYS/ WEEK	SEASON FEES
Orange Performance 38 Weeks	Orange Ball Performance Program (Players must attend 3 times a week)	Tuesday Thursday Saturday	4:30 PM - 6:00 PM 4:30 PM - 6:00 PM 9:00 AM - 10:30 AM	3 days/week 4.5 hours	7 x \$949.42* \$6,645.97
	Start Date: September 11, 2023 End Date: June 22, 2024				
Young Performance 38 Weeks	Orange/Green Performance Program (Players must attend 3 times a week)	Wednesday Friday Saturday	6:00 PM - 8:00 PM 4:00 PM - 6:00 PM 10:30 AM - 12:30 PM	3 days/week 6 hours	7 x \$1,148.48* \$8,039.36
	Start Date: September 11, 2023 End Date: June 22, 2024				
Junior Performance 40 Weeks	Green/Regular Ball Performance Program (Players must attend 3 times a week)	Monday Tuesday Thursday	5:30 PM - 8:00 PM	3 days/week 7.5 hours	7 x \$1,276.02* \$8,932.16
	Start Date: September 5, 2023 End Date: June 28, 2024				

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PERFORMANCE STREAM 2023/24

IMPORTANT DATES

October 7, 2023 - October 9, 2023 (inclusive)	Thanksgiving Weekend
December 25, 2023 - January 6, 2024	Winter Break
February 17, 2024 - February 19, 2024 (inclusive)	Family Day Weekend
March 11, 2024 - March 16, 2024 (inclusive)	Spring Break
March 29, 2024 - April 1, 2024 (inclusive)	Easter Weekend
May 18, 2024 - May 20, 2024 (inclusive)	Victoria Day Weekend
June 24, 2024 - June 29, 2024	Make-Up Week (if needed)





TRAINING STREAM 2023/24

ORC's Tennis Training Stream is intended for players who already have an enjoyment of the sport, a strong foundation of technique, and a desire to play and improve their skills. This program is not for beginners. Final placement is by selection.

ORC TRAINING PLAYERS ARE EXPECTED TO MEET THE FOLLOWING CRITERIA

- **Players must be committed to a full season of indoor tennis (September to June).** ORC offers seasonal recreational level programs for those who are not ready for this level of commitment
- **Players must play a minimum of two (2) days per week.** Private lessons, match play opportunities, private court bookings, and tournaments are additional to this and encouraged
- Though tournaments are not mandatory, we highly encourage our players to sign up for extra competition

ORC TRAINING PLAYERS ENJOY THE FOLLOWING BENEFITS

- Best-in-class year-round facility with newly resurfaced courts. ORC was recently awarded *Canada's Large Club of the Year* by the CMAC (2022)
- Instruction from our highly qualified and experienced coaching team, including new faces who are renowned in the Ontario Tennis community
- Walk-on privileges at designated times: players must be present at the club to walk-on, no pre-booking is allowed. Guest and court fees apply to all non-members
- Extended walk-on privileges on holidays
- Clothing package included

**Requests for changes to program days/times after the original registration must be made in writing. All requests are subject to space/availability and cannot be guaranteed.*





TRAINING STREAM 2023/24

PROGRAM	DESCRIPTION	DAYS	TIME	DAYS/ WEEK	SEASON FEES
Progressive Circuit Red 38 Weeks	Ages 6 - 7 Red Ball on 1/2 Court	Monday & Wednesday or Tuesday & Thursday	4:30 PM - 6:00 PM	2 days/week 3 hours	7 x \$560.12* \$3,920.84
	Start Date: September 11, 2023End Date: June 22, 2024				
Progressive Circuit Orange 38 Weeks	Ages 7 - 9 Orange Ball on 3/4 Court	Monday & Wednesday	4:30 PM - 6:00 PM	2 days/week 3 hours	7 x \$687.91* \$4,815.36
	Start Date: September 11, 2023End Date: June 22, 2024				
Progressive Circuit Green Dot 38 Weeks	Ages 8 - 10 Green Ball on Full Court	Monday & Wednesday	4:30 PM - 6:00 PM	2 days/week 3 hours	7 x \$687.91* \$4,815.36
	Start Date: September 11, 2023End Date: June 22, 2024				
Progressive Circuit Green Dot Transition 38 Weeks	Ages 9 - 11 Green Ball transitioning to Regular Ball on Full Court	Tuesday & Thursday	4:30 PM - 6:00 PM	2 days/week 3 hours	7 x \$751.21* \$5,258.44
	Start Date: September 11, 2023End Date: June 22, 2024				
Transition Circuit 38 Weeks	Ages 15 & Under For players who enjoy the game at the regional level	Monday - Thursday	6:00 PM - 7:30 PM	2 days 7 x \$751.21* \$5,258.44*	
		Friday	4:00 PM - 5:30 PM 7:00 PM - 8:30 PM	3 days 7 x \$1,089.19* \$7,624.32*	
		Saturday	12:30 PM - 2:00 PM 3:30 PM - 5:00 PM		
	Start Date: September 11, 2023End Date: June 22, 2024				



TRAINING STREAM 2023/24

PROGRAM	DESCRIPTION	DAYS	TIME	DAYS/ WEEK	SEASON FEES
Training Circuit 38 Weeks	Ages 18 & Under For experienced older players who play at the regional level	Monday & Wednesday	7:30 PM - 9:00 PM	2 days 7 x \$751.21* \$5,258.44*	3 days 7 x \$1,089.19* \$7,624.32*
		Tuesday & Thursday	6:00 PM - 7:30 PM		
		Friday	5:30 PM - 7:00 PM 7:00 PM - 8:30 PM		
		Saturday	2:00 PM - 3:30 PM 3:30 PM - 5:00 PM		
	Start Date: September 11, 2023		End Date: June 22, 2024		

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