

**Peak Performance/Pine Point**  
**Summer Training 2022**

The Peak Performance Tennis Academy's progressive competitive programs are designed for players ages 5 through 10 years of age who are looking to excel in a full-time competitive training environment. There are three levels of progressive tennis; Red, Orange and Green. Peak Performance will run competitive programs for "Red" "Orange" and "Green".

The summer is a vital time for a competitive player's development. If this time is used efficiently any player can see a huge jump in their play. Thus, it's important for any high performance player to have an organized summer training schedule to enhance their development.

The weekly curriculum will focus on technical, tactical, physical and psychological skills, coordination, basic physical literacy and competitive play.

**Red Ball**

Red ball and a 10.97-meter court for children aged 5-7 years old is used for this program. Players should commit to 2 days a week and be playing at least 3-4 hours of tennis per week for optimal improvement. Players in this age group are recommended to be training 6-8 hours a week, play in club tournaments, and compete in other sports on a regular basis. This Program is offered two times a week on Tuesdays and Thursdays at 4:00pm-6:00pm.

**Orange Ball**

Orange ball and a 18-meter court for children aged 7-9 years old is used for this program. Players should commit to 2 days a week and be playing at least 7-9 hours of tennis per week for optimal improvement. Players in this age group are recommended to be training 12-14 hours a week, play in tournaments and compete in provincially sanctioned events on a regular basis. This program is offered two times a week on Tuesdays and Thursdays at 4:00pm-6:00pm.

**Green Ball**

Green balls and a full-sized court for children aged 8-10 years old. Players should commit to at least 2 days a week and be playing at least 8-10 hours of tennis per week for optimal improvement. Players in this age group are recommended to be training 12-14 hours a week, play in tournaments and are competing in provincially sanctioned events on a regular basis. This program is offered 2 times a week on Mondays and Fridays at 4:00pm-6:00pm.

*Note: To ensure LTAD (Long Term Athlete Development) hour recommendations are being met, additional hours on court will be required outside of our program hours.*

## **Pine Point Membership**

All participants must be a member at Pine Point Tennis Club. The membership fee is \$100.

If you have any questions about the Pine Point Membership please contact, Mark Iuliano by email: [markiuliano@yahoo.com](mailto:markiuliano@yahoo.com)

## **Program Dates**

Pine Point will be running 8 weeks of programming. You can either register for 4 weeks or 8 weeks. Dates below:

Block #1: Week of June 27, July 4, July 11, July 18

Block #2: Weekly of July 25, August 1, August 8, August 15

1 Day - 4 Weeks: \$280 + HST (\$316.40)

2 Days - 4 Weeks: \$560 + HST (\$632.80)

## **Program Registration**

We have limited spots available for each program and players will be selected based on commitment and level of player. Your spot will only be reserved with a completed form and payment.

To Register:

By email: Completed form should be sent to [nikkicarnovale@gmail.com](mailto:nikkicarnovale@gmail.com)

If you have any questions about the Pine Point program (scheduling, organization, level, or appropriateness for your child) please contact, Nikki Carnovale by email:

[nikkicarnovale@gmail.com](mailto:nikkicarnovale@gmail.com)

## **Try Out/Assessments**

No assessment is required for our 'Red Ball' program.

Our 'Orange Ball' and 'Green Ball' program will require either an in person or video assessment upon acceptance into the program.

**PEAK PERFORMANCE SUMMER PROGRAM AT PINE POINT TENNIS CLUB 2022**

Players Name \_\_\_\_\_ Age \_\_\_\_\_ Home Phone \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Health Card # \_\_\_\_\_  
Parents' Names \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_  
Parents' email \_\_\_\_\_ Alternate email \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_  
Allergies/Medical/other concerns \_\_\_\_\_  
\_\_\_\_\_

**Block #1 OR #2 (4 weeks)**

1 Day - 4 Weeks: \$280 + HST (\$316.40)  
2 Days - 4 Weeks: \$560 + HST (\$632.80)

**Block #1 AND #2 (8 weeks)**

1 Day - 8 weeks: \$560 + HST (\$632.80)  
2 Days - 8 weeks: \$1,120 + HST (\$1,265.60)

**NO FORM/NO PAYMENT = NO TENNIS!!!! Please complete and return ASAP**

**Camp week (check off appropriate boxes):**

**Block #1: June 27 - July 18**

**Block #2: July 25 - August 15**

Red Ball - Tuesday - Block #1 \_\_\_\_\_ Cost \_\_\_\_\_  
Red Ball - Thursday - Block #1 \_\_\_\_\_ Cost \_\_\_\_\_  
Orange Ball - Tuesday - Block #1 \_\_\_\_\_ Cost \_\_\_\_\_  
Orange Ball - Thursday - Block #1 \_\_\_\_\_ Cost \_\_\_\_\_  
Green Ball - Monday - Block #1 \_\_\_\_\_ Cost \_\_\_\_\_  
Green Ball - Friday - Block #1 \_\_\_\_\_ Cost \_\_\_\_\_  
Red Ball - Tuesday - Block #2 \_\_\_\_\_ Cost \_\_\_\_\_  
Red Ball - Thursday - Block #2 \_\_\_\_\_ Cost \_\_\_\_\_  
Orange Ball - Tuesday - Block #2 \_\_\_\_\_ Cost \_\_\_\_\_  
Orange Ball - Thursday - Block #2 \_\_\_\_\_ Cost \_\_\_\_\_  
Green Ball - Monday - Block #2 \_\_\_\_\_ Cost \_\_\_\_\_  
Green Ball - Friday - Block #2 \_\_\_\_\_ Cost \_\_\_\_\_

**Total Due = \_\_\_\_\_ (includes HST)**

Once registration is confirmed by Nikki Carnovale, please complete form and e-transfer the fee to [peakperformancetennisacademy@gmail.com](mailto:peakperformancetennisacademy@gmail.com)

By signing below I agree to hold the Peak Performance Tennis Academy, Pine Point Tennis Club, Mayfair Clubs, and/or all their agents, contractors and employees harmless from any claims arising from the above child's participation in any of the above activities, either on or off club grounds.

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