



The Academy on court training is held Sunday - Friday with Tennis Film Lab match play on Friday and Sunday. Players can train as frequently as they like with our flex schedule. Training schedules are created according to the player's developmental needs and can vary in frequency throughout the year. The chart below lists all the training days and times and are leveled based on a player's skill level. To register for the STARS home schooling program and the Red team, players must have approval from the Academy Director and coaches.

The STARS Program (**S**tand out **T**ennis **A**thletes & **R**esponsible **S**tudents) is designed for players on an alternative schooling pathway such as home schooling. Players who would like to participate in the STARS program must first meet with the Academy Director for approval.

	STARS & Red	STARS & Red	Core Program Blue	Core Program White & Red	Core Program Future STARS & White	Core Program Blue	Tennis Film Lab Match Play
M	1:30-3:30pm		4-6pm White	5-7pm Red			
Tu	1:30-3:30pm	6:30-8:30pm	3:30-5:30pm Blue	4:30-6:30pm White			
W	1:30-3:30pm		4-6pm Blue	5-7pm Red	*5:30-7am		
Th	1:30-3:30pm	6:30-8:30pm	3:30-5:30pm Blue	4:30-6:30pm White			
F	1:30-3:30pm				*5:30-7am & 7-9pm White		7-9pm All Teams
Su						3:30-5:30pm Blue	1:30-3:30pm All Teams

**Group Descriptions**

- |                   |  |                                |
|-------------------|--|--------------------------------|
| <b>STARS</b>      | National and Top Ranked Sectional Players    | UT Rating 10.1 & higher        |
| <b>Red Team</b>   | Advanced National & Sectional Ranked Players | UT Rating 10.1 & higher        |
| <b>White Team</b> | Advanced Sectional Players                   | UT Rating 7.25 -10. 14 & older |
| <b>Blue Team</b>  | Advanced Sectional Players                   | UT Rating 5.-7.25 13 & under   |

Core Program Fitness Schedule			
Monday & Wednesday	5-5:30pm	5:30-6pm	
Tuesday & Thursday	5-5:30pm	5:30-6pm	6-6:30pm

The Core Fitness Program is included in the tuition. This program is designed to be a dynamic warm up, functional movement development and injury prevention through core strengthening routines. All Academy players are encouraged to attend as many days as their schedule permits.

Tennis Film Lab	(see attachment)*
Small Group Fitness Training	Monday-Thursday 4-5pm (see attachment)*
Tournament Travel	(see attachment)*
Team Trips to Local College Matches	(see attachment)*
Deep Practice Instruction	(see attachment)*

We offer additional Academy services that we know are beneficial to a player's development. These services are an enhancement to all the training the players do on and off the court. A separate registration form\* is attached to the inside of the application. We have taken the liberty to highlight services on the form we feel your child would most benefit from.  
\*Contact the Academy for this schedule.

- The credit card information section below must be completed in full at the time an application is submitted and is required to remain on file with the Academy during enrollment in the program.**
- A \$100 deposit must accompany your application. The deposit will be credited on your first tuition payment. You can use the credit card number provided or send a check along with the application.**

Credit card type and # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name on card \_\_\_\_\_

Please see payment schedule in the Session/Fees section of the application.

Once a player is accepted to the Academy, he/she is responsible for the remaining tuition in full, or in the event of a withdrawal, until we can fill the vacant slot. Credit is considered for injuries only.

The Academy accepts all major credit cards. Please make checks payable to: NEAOT/Longfellow Tennis Club

By signing below you acknowledge you understand the financial terms of participating in the Academy.

Name \_\_\_\_\_ Date \_\_\_\_\_

## PLAYER AGREEMENT

**Academy Participant Name** \_\_\_\_\_

### **Expectations**

Welcome to the New England Academy of Tennis. When you are accepted into the Academy, you enter into an agreement with the Academy tennis, fitness and support coaches. In this agreement we promise to give you our time, attention and expertise in order to help you become a more complete tennis player. We promise to provide a thoughtful, dynamic and productive training environment. Your half of the bargain is to show up for every practice session willing to give your best effort, support your Academy teammates and work with the coaching staff to better your game. The information and policies below outline specific responsibilities that you must agree to while enrolled in the Academy whether on court, in fitness, a classroom or representing the Academy in regional or national tournament play.

### **Coachability**

Our responsibility as Academy coaches is to educate you as an athlete in all aspects of the sport. We bring years of experience, a depth of knowledge, and a sincere desire to see you succeed both on and off the court. We will ask you to focus on fundamental but powerful aspects of your game. You must be receptive to coaching, and be ready and willing to embrace the discomfort that is part of developing your game to its full potential.

### **Work Ethic**

Part of being an Academy participant is developing the work ethic of a dedicated athlete. Working toward your potential as a player requires repetition and attention to detail that can become tedious. You must learn to master the boredom. As you learn to love the work, your diligence will be rewarded with steady progress. In every training environment we expect your best effort at all times.

### **Respect**

You are responsible for treating your coaches, teammates, and yourself respectfully at all times. This means that you must listen attentively when someone else is speaking (e.g. no hitting tennis balls, spinning racquets, or talking). In addition, behaviors such as throwing racquets, ball abuse, verbal abuse, or other disrespectful outbursts are strictly forbidden and may result in expulsion from the Academy.

### **Responsibility**

While the Academy Coaches are here to support you in your quest to reach your potential as a player, your successes and/or failures rest largely on your shoulders. Every athlete experiences triumphs and setbacks. Take responsibility for your own progress both on court and in fitness. In addition to being responsible for your own progress, you have a duty to your peers to help them practice productively. Be unselfish. Work hard-not only for yourself, but also for the sake of others.

### **Attendance**

Make your best effort to be at every Academy session. Your participation level is a measure of your commitment to your tennis and to the program. If you attend the on court training session, you must attend the fitness session as well. While we understand that scheduling conflicts are sometimes unavoidable, absences should be rare. If you cannot attend an Academy session, tennis or fitness, please notify the Academy staff as soon as possible. Every practice session that you are unable to attend is an opportunity for someone else to participate.

### **Representing the Academy**

When you compete in USTA tournaments you are a representative of the Academy. We expect you to display excellent sportsmanship in competition. Carry yourself with confidence, treat opposing players and officials with respect, and engage in fair match play no matter what the score. If you receive a USTA suspension, you will be suspended or expelled from the Academy.

### **Discipline**

Participation in the Academy is a privilege. If it is clear that you cannot live up to these expectations and that you are unable to fulfill your part of the agreement, you will be asked to leave the Academy.

**New England Academy of Tennis**

*Integrated Training for Athletes Committed to Excellence*

## PLAYER HEALTH HISTORY PROFILE

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent(s) Name(s) \_\_\_\_\_

Home Phone \_\_\_\_\_ Parent(s) Work Phone \_\_\_\_\_

Physicians Name and Phone \_\_\_\_\_

1. Have you had a physical in the last year?  Yes  No Date of last physical \_\_\_\_\_

2. Are you currently under a physicians care for any injury or illness?  Yes  No

Please explain \_\_\_\_\_

3. Are you currently taking any medications that would effect your training on or off court?  Yes  No

Please explain \_\_\_\_\_

4. Have you ever had a sports related injury?  Yes  No

Tennis Elbow  Shoulder/Rotator Cuff  Wrist/Hand  Back  Knee(s)  Pulled Muscles  Other

Please explain \_\_\_\_\_

5. Is there any reason you should not participate in a physical conditioning program?  Yes  No

Please explain \_\_\_\_\_

## WAIVER

As a condition for acceptance into the New England Academy of Tennis, the following items must be read and understood, and by signing below you acknowledge acceptance of these conditions.

1. It is hereby understood and agreed to that any accident or illness claims while attending the New England Academy of Tennis practices, functions, tournaments and during travel will be covered by the participants parent(s)/legal guardian(s) insurance.
2. The New England Academy of Tennis agents have my permission as the parent/legal guardian to transport my child to practices, events, tournaments and related functions.
3. The New England Academy of Tennis has my permission as the parent/legal guardian to seek emergency medical treatment for my child at any New England Academy of Tennis based practices, events, tournaments and related functions in the event I can't be reached.
4. The New England Academy of Tennis has my permission to use photographs of my child for the expressed purpose of promoting the New England Academy of Tennis including brochures, website and other advertising print or electronic mediums.

## AGREEMENT ACCEPTANCE

By signing below, I acknowledge I have read and agree to the terms and conditions of the Application, Player Agreement, Health History Profile and Waiver.

Academy Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

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