

ELEVATE TENNIS

**FULL-TIME ACADEMY PROGRAMME
INFORMATION BROCHURE 2023**



WELCOME TO OUR ELEVATE TENNIS ACADEMY FULL-TIME PROGRAMME!

Elevate Tennis Academy is located in Christchurch, New Zealand and is the first South Island club to offer a full-time coaching programme for aspiring junior athletes.



Our Vision

Elevate Tennis wants to provide the best opportunities for the younger generation to become a better version of themselves with a passion and drive for tennis. We aim to create a positive culture and team environment for players to thrive and chase their tennis dreams through our structured programme.

Our Values (the 4 C's)

Character is a set of qualities that shape our thoughts, actions, reactions and feelings. People with stronger character show compassion, are honest and fair, display self-discipline, make good judgments, show respect to their peers and have a strong sense of responsibility.

Community is about people being proud, loyal and working together to achieve a common goal. It is the “togetherness” that makes everyone want to succeed on and off the court. It’s an understanding of how important your family, coaches and peers are to your personal achievements.

Confidence is an attitude about your own skills and abilities. It means you accept and trust yourself to make good decisions. You know your strengths and capabilities, but you let your abilities on the court do the talking. You set realistic expectations and goals, communicate assertively and can handle criticism. Most of all, you back yourself to perform under pressure.

Consistency is the repetitive mindset and execution of trying to get 1% better every single day. It’s about still going to training when you are not feeling 100% and making sure your commitment to each practice, lesson or match is the same day in, day out. Consistent people are responsible, passionate and disciplined.



Our Team



Nic Jenkins - Academy Director/Head Coach

Nic founded Elevate Tennis in 2017 and is the Head Coach of our full-time coaching programme. Nic is the current Tennis New Zealand Professional Coach of the Year (2022) and recently led the NZ 13U Boys Team to compete at the Australian Nationals Event. Nic is currently in charge of the 11U regional programme for Tennis Canterbury, as well as coaching the 12U and 14U Canterbury teams at Nationals.



Sam Cribb - Academy Performance Coach

Sam joined Elevate Tennis in 2022 and is a crucial part of leading our junior programmes. Sam controls our performance/video analysis to help our academy players develop their technical, tactical, physical and mental skills during matches. Sam is an ITF Level 1 qualified coach and has competed at the Pacific Nations Cup alongside Davis Cup pro athletes.



Louise Oxnevad - Performance Coach

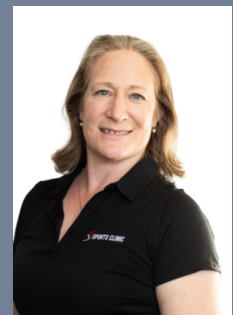
Louise is a former New Zealand junior nationals champion and recently competed on a college scholarship in the states before returning home to NZ. Playing at an extremely high level gives Louise a wealth of experience and knowledge to share onto our academy players.



Aaron Cartwright
Mindset Coach



Erica Prescott
Fitness Coach



Amanda Armitage
Fitness Coach

For more information, head to: www.elevatetennis.co.nz/ourteam

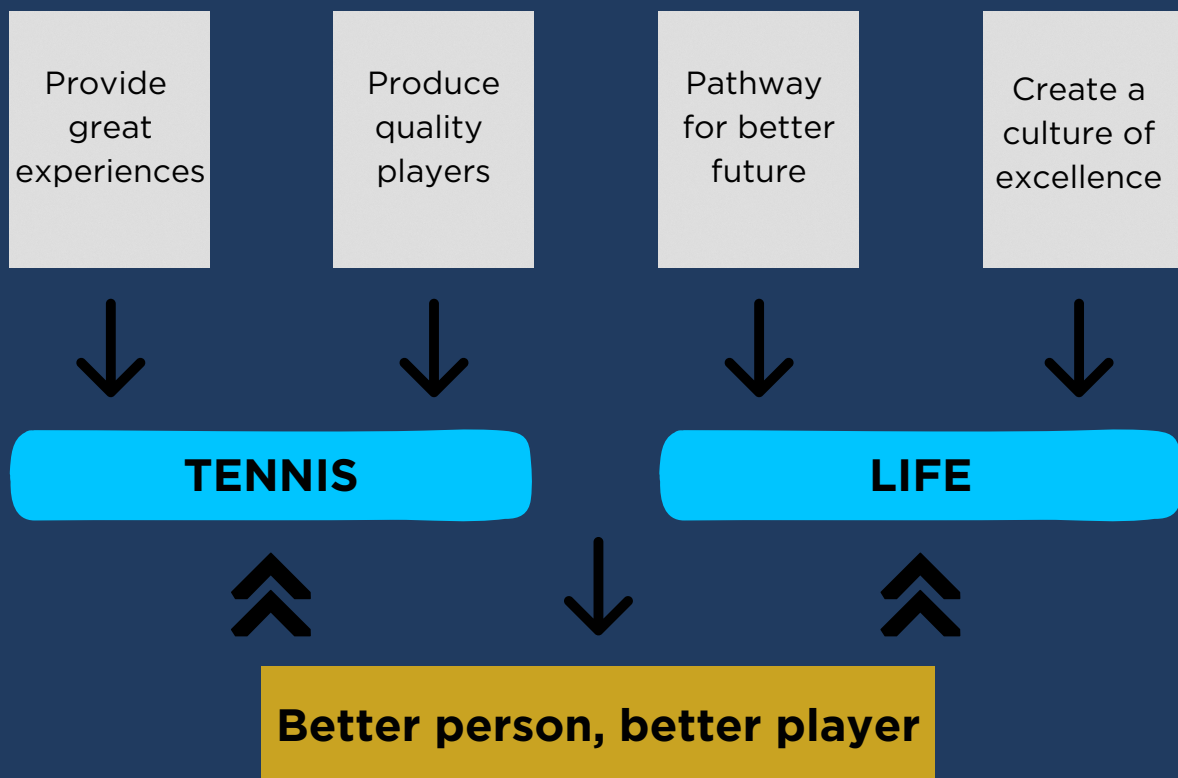


Our Methodology

Our methodology focuses on five key areas;
Technical, Tactical, Physical, Mental and our values.

			
<p>Technical</p> <p>Executing each athletes technique so they can execute their shots to perfection when competing</p>	<p>Tactical</p> <p>Giving you a tactical edge over your opponents with specific drills to suit each individual</p>	<p>Physical</p> <p>Building a stronger and healthier body to improve your performance and avoid long-term injuries</p>	<p>Mental</p> <p>90% of matches are won/lost before a ball is hit, so our aim is to have the mental edge in matches</p>

Our Model





Our Programme

We run a holistic coaching programme for junior players wanting to compete at an elite level. We aim to provide a positive, team culture for players can work hard, achieve their goals and enjoy competing. We cater our coaching methods to each individual and we are passionate about developing every single player that enrolls in our academy. We pride ourselves at watching our academy players compete at a regional and national level.

Academy Advantages

- All year-round coaching programme and tournament planning
- Qualified, experienced and award-winning coaching team
- Injury prevention, strength and conditioning individual programme
- Termly fitness testing and weekly group programme
- Weekly mindset sessions, tactical insights and podcast guests
- Video Analysis
- Coaches that watch our players compete at tournament level and provide pre-match tactics + post-match discussions
- Training camps to prepare players for upcoming events
- Tournaments and trips around New Zealand
- Structured goal setting and priority on the players' long-term development

Academy Principles

- Priority to individual players' long term development
- Equal opportunities for every player to reach their full potential
- Attention to mental and physical performance, as well as nutrition and schooling
- Respecting our Elevate Tennis values

Academy Pathway



10U Development Programme

Our Development Programme is suited for players aged 8-10 who are competing regularly at tournaments with the goal of joining our full-time academy soon after.

Players in this programme will train twice per week, for 75 min each, and be expected to participate in private lessons during the week (45 - 60 min).

10U Program Benefits



Train with peers of a similar age and ability in a positive environment that is challenging and rewarding with a proven coaching team



Develop the technical aspect of your game to increase your execution on groundstrokes, serving, returning and volleying



Get the best possible preparation for your Interclub and tournament matches, with point play focused drills, tactical strategies and shot patterns



Full-Time Academy Program



Weekly private & group sessions



Termly Fitness Testing



1 on 1 and Group Fitness Programmes



Online Mindset, Podcasts & Tactics



Yearly Goal Setting & Tournament Planning



1x Match Analysis per term (video)



Pre-Tournament Holiday Camps



Tournaments, Trips & Matchplay





FREE Tournament Warm Ups/Support

"Nic and his coaching team at Elevate have developed our daughter's tennis to a highly competitive and successful tournament level. We trust the processes Nic puts in place with the Academy/LIGA programme as it does not only develop her tennis skills, technique and tactics but also her physical, mental and wellbeing... while still incorporating a fun and safe environment. Elevate has a positive and encouraging culture with a high level of professionalism, innovation and knowledge." (Fleur Kelso)

"The Elevate Academy has greatly improved my tennis, my confidence and my enjoyment of the game. My coach Nic is always attentive and full of advice. He makes training challenging but fun and he brings out the best in everyone."
(Samuel Baird)

Weekly Training Structure

The training programme is organised to maximise development and spread the physical load on the players over the week. Within the structure, we have planned different levels of intensity depending on the term, week and upcoming events.

PROGRAM	MON	TUE	WED	THU	FRI	WEEKEND
Aces Program		Group Training		Rest	Group Training	Rest
10U Program		Group Training	Rest	Group Training		 GAME
Academy Program	Group Session/ Mindset	Morning Session	Group Session	Match Session	Rest/ Podcast	 GAME

YEAR PLAN



TERMS

1

2

3

4



WEEKS 1 - 10

LIGA Programme

LIGA ("Learn, Improve, Grow, Achieve") is an online hub where academy players receive weekly sessions in mindset, tactics and podcasts. These sessions are LIVE via Zoom with the recordings uploaded to the LIGA website to watch at your own convenience.

LIGA has been run for 2 years now and helped numerous athletes improve their Journaling, learning from losses and skills to stay calm under pressure.

Head to: www.ligasportshub.com for more information!

Video Analysis

Each player in the academy receives video analysis to help develop their technical ability, tactical understanding, movement, body language and to look for disadvantages in your opponent's game. It's a great tool to compare your match statistics with previous performances and see what needs improving or what has developed. After a match is filmed, we upload the recording for coding through our in-depth software and present the data back to the players (and parents) through an in-person meeting.

ENJOYING THE JOURNEY

Enjoying the journey helps us in many ways

1. Helps us be more mentally resilient
2. Helps us feel more fulfilled
3. Helps us play at our best more often

Aaron Cartwright - Mindset Performance Coach



Tournament Trips

We run regular tennis trips around New Zealand to give our players more opportunities to compete at a high level against a variety of opponents and to provide tournament support (e.g. pre and post-match discussions). Trips are an amazing way to create a positive team culture in the academy and it builds the player's responsibility, independence and resilience. Players get the benefit of having structured warm ups, pre-match tactics, post-match debriefs and support from their coaches/peers.

It is essential for coaches to watch their players compete at a tournament level as this information can be implemented into their private and group sessions!



Private Lessons

Private Lessons are the fastest way to improve your game with our award-winning coaching team. Having the same private and group coach is essential to give the athlete better clarity and consistency, as well as stick to the same long-term development plan. The benefit of joining our private lessons is that they are structured within the training schedule program which links to the tournament calendar and designated rest days. Parents and players can be assured that our team will be at the courts whenever possible to support each individual at regional/national tournaments.



Hitting Sessions with coaches and older players also available at discounted rates!



Sponsorship Opportunities

Players may be eligible to receive sponsorships, discounts and additional opportunities if they are exclusively involved with our full-time programme!

Uniform Package



Tee



Singlet



Jacket



Vest

Registration Information

Online at www.elevatetennis.co.nz

Select Academy, then **Book Now**

Or email: nic@elevatetennis.co.nz

Payment Structure

Payment can be made for the year
or for each term - spots limited.

**Join us for ONE week of FREE training to experience the
difference of the Elevate Tennis academy programme!**

(Email us to apply)



ELEVATE TENNIS

"Elevate Your Game"



nic@elevatetennis.co.nz



@elevatetennis



www.elevatetennis.co.nz



@elevate_tennis