



## **WVS PREMIER TENNIS ACADEMY 2021-2022 Open House Information**

## Acknowledgement



We would like to acknowledge and thank the Squamish Nation upon whose traditional territory West Vancouver Schools reside.

We would like to express our gratitude to this Nation as we value the opportunity to learn and share educational experiences on this traditional territory.



# Welcome & Introductions





# **Richard Schick**

WVS Teacher

Premier Tennis Academy Supervising Teacher

Assistant Coach

- Education Degree (English & Physical Education)
- NCCP Certification: Volleyball, Basketball, Soccer  
Currently pursuing Tennis Coaching Certification
- Hockey Canada Development 1 Certified
- Actively coaching little league baseball in his community
- 30+ years of coaching experience across a number of sports at various levels of development
- Former Head Coach, Volleyball Canada's National Excellence Program, Assistant Coach, Senior National Team and Head Coach, UBC Thunderbirds
- Multiple National Champion as athlete and coach
- Multi-sport Athlete: Played both post secondary basketball and volleyball
- Former Professional Athlete





## **Paul Tornquist**

Head Coach, WVS Premier Tennis Academy  
West Vancouver Tennis Club (WVTC) Tennis Professional

WVTC Head Professional since 2012

25+ years coaching experience at various locations:

North Shore Winter Club

Tennis Academy in Delray Beach, Florida,  
Vancouver Lawn Tennis & Badminton Club

Peter Burwash International Tennis  
Management Company

Tennis Director at private clubs and resorts

Singapore, West Indies, British Virgin Islands,  
New York, Florida, the Trivandrum Tennis Club  
in India and the Martin Verkerk Tennis &  
Events in Holland, former ATP top 10.

Paul has competed in the ITF Satellite Tournaments in  
Europe

Certified yoga instructor

Passion and enthusiasm for the game of tennis which  
he shares with every player he coaches and every  
organization that he has been involved

## **Gregg Eschelmuller**

Assistant Coach, WVS Premier Tennis Academy



Undergraduate degree in Kinesiology and Health Sciences

Currently a Master of Science student at the University of British Columbia

Research focuses on how the nervous system controls human movement.

Certified Tennis Canada coach

Registered Kinesiologist with the British Columbia Association of Kinesiologists

Passionate about tennis and fitness, and has experience working with athletes of all levels.

## General Concept

- Students registered full time in any one of WVS 3 secondary schools eligible
- Inclusive - designed for all WVS students
- Grades 8-12
- Female & Male



# What are WVS Premier Sports Academies?

- Academies are choice, fee-paying programs
- Disciplines are areas of interest, strength or passion for students
- WVS teachers work together in partnership with coaches in the community. We are partners with the West Vancouver Tennis Club (WVTC).
- Students receive course credits towards graduation
- The training environments are positive, challenging & fun for students





## The Academy Goals

- Develop knowledge, skills and abilities in the sport of tennis
- Provide opportunity for students to reach full potential as both as tennis players and students
- Use feedback and encouragement to help students increase self-esteem and self-confidence
- Provide a positive environment so that students not only enjoy participating, but that they also form great lifelong friendships
- Educate & meet individual needs to motivate students to stay involved in the sport and to be active for life



## The Benefits of the Sport

- The sport is equally accessible to all students
- A safe, low impact sport for students
- Builds the fundamental sport skills which is important as the district is focusing on Physical Literacy
- Improves hand-eye coordination
- The sport is a great mind, body & soul sport! Improves mental alertness, concentration, sharpens reflexes and refines tactics



## The Schedule & Sessions

September – June

All year long (linear) within  
the current quarter system

Early Mornings

Monday, Tuesday,  
Thursday & Friday

6:30 a.m. to 7:45 a.m.





## Quarter System - Sample Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
	6:30-7:45 a.m.	6:30-7:45 a.m.		6:30-7:45 a.m.	6:30-7:45 a.m.
Period 1					
Lunch					
Period 2					
3:30 – 5:00 p.m					

# The Components of the Program

Tactical  
Technical  
Physical  
Mental

## ***TACTICAL:***

The shot selections are based on the phase of play that the players are in.

The focus is to make the appropriate shot with the proper technique

Five phases of play:

Rally  
Defensive  
Forcing  
Attacking  
Counter-Attacking



# The Components of the Program

Tactical  
Technical  
Physical  
Mental

## ***TECHNICAL:***

Grip for forehands  
Grip for 2-handed backhand  
Grip for 1-handed backhand  
Grip for volleys  
Grip for serving  
Impact points (ground strokes,  
volley and serves)  
Hitting zones



Different stances (open, semi-  
open, neutral and closed)  
Rotation of body on ground  
strokes  
Unit turn on ground strokes  
Topspin  
Slice  
Serves  
Volleys



# The Components of the Program

Tactical  
Technical  
Physical  
Mental

## ***PHYSICAL:***

Strength  
Flexibility  
Speed  
Endurance



## The Components of the Program

Tactical  
Technical  
Physical  
Mental

### ***MENTAL:***

Focus  
Staying positive  
Determination  
Effort  
Sportsmanship  
Controlling negative & positive  
emotions  
Respect for peers  
Respect for coaches  
Respect for self



## Daily Sessions

- A warm-up / tennis warm-up
- An explanation of the theme of the day
- Drills focusing on the theme
- Feedback/technical corrections by the coaching staff
- Weekly match play session that focuses on the skills learned that week
- Continued feedback on decision-making by the players during open play





Location:

West Vancouver Tennis Club  
West Vancouver  
(just north of the West Vancouver Rec Centre)

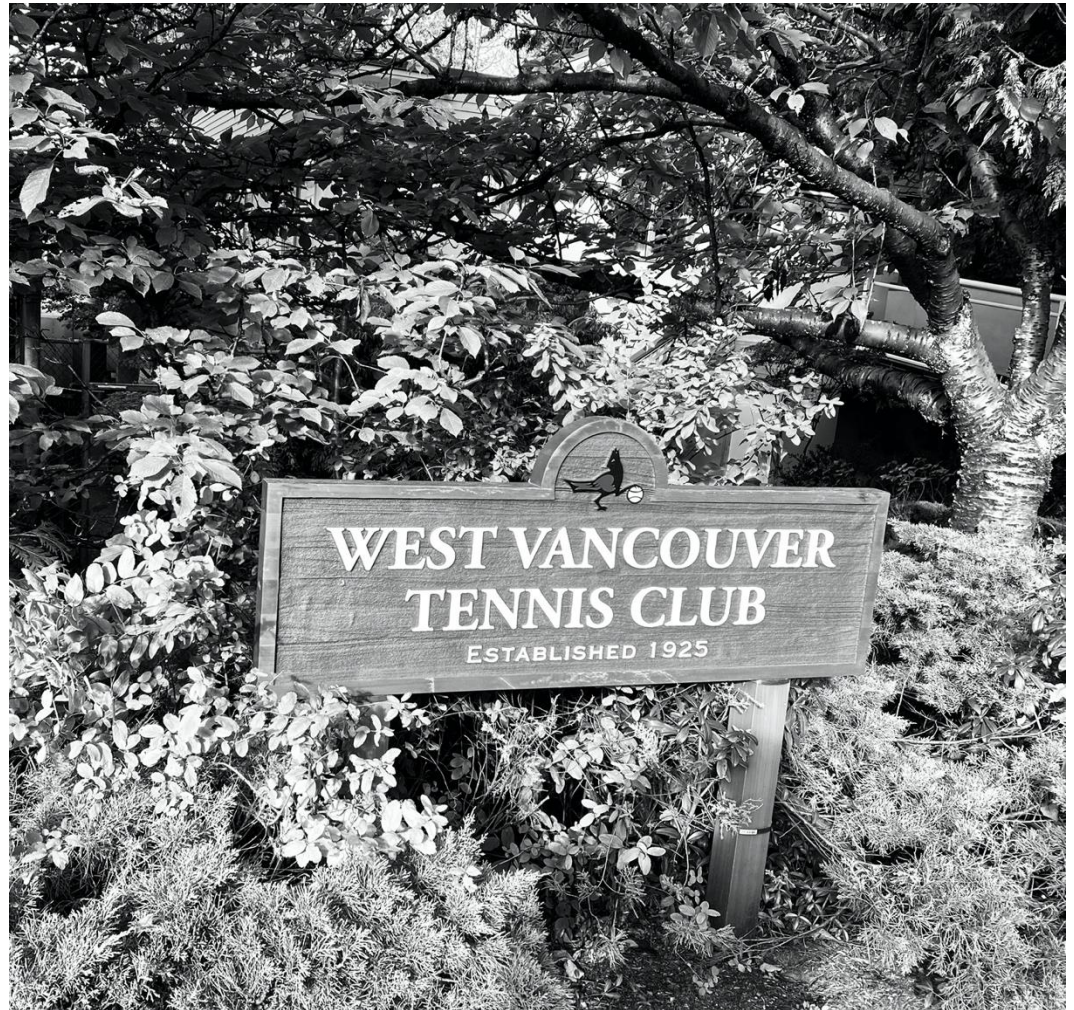




**Transportation**

## Transportation

- Students from all three schools are welcome to participate
- Parents are responsible for ensuring students arrive to the WVTC for a 6:30 a.m. start time
- Parents also responsible for ensuring students arrive back to their home schools (Rockridge, Sentinel & WVSS) for school start time







## **Course Credits & Assessment**

# Course Credit for Participation

## **Grade 8:**

Physical & Health Education 8

## **Grade 9:**

Physical & Health Education 9

**\*Grades 8 & 9 to take regular  
Physical & Health Education**

## **Grade 10:**

Physical & Health Education 10

## **Grade 11:**

Fitness & Conditioning 11

## **Grade 12:**

Fitness & Conditioning 12

**\*Grades 10-12 students are to schedule  
another academic course or elective**



# Assessment & Evaluation

## Assessment

On-going assessment each session

## Report Cards

Report cards issued 3 times per year

## Parent-Teacher Interviews

Open-door policy; Parents provided communication or currently a virtual interview when requested

Students observed on a daily basis by the coaching staff

- Arrival time, work ethic, attitude, listening skills tracked
- Students encouraged, motivated and provided with ongoing feedback





# **Clothing Kit**



## Clothing Kit

### **Mandatory Kit:**

2 t-shirts

2 pairs of shorts

1 water bottle

### **Also required:**

Tennis Racquet

Appropriate footwear

\*If returning each year, parents only replace items if required.



Parents of registered students will be informed when to order the clothing items online before the end of the current school year.



**Fees**

## Fees

September – June  
\$525 per month

Instruction 4  
mornings per  
week  
Professional  
Instructor  
Facility

Clothing Kit:  
T-shirt/Shorts  
Tennis racquet  
Appropriate  
footwear







# **The Selection Process**

## Selection Process & Criteria

- ☐ Genuine interest or passion – sound reasons for applying
- ☐ Participate in an assessment, or try-out (date/s to be confirmed)
- ☐ Commitment to participate for the full school year
- ☐ Complete the on-line student information form for the academy
- ☐ Submission of most recent report card
- ☐ Show evidence (report card) of satisfactory to excellent work habits
- ☐ Show evidence (report card) or answers within the completed registration form:
  - Ability to work well in classrooms academically
  - Ability to maintain good to excellent grades
  - Demonstrated good character: being responsible & respectful of each other AND the facility as we are so fortunate to be training at WVTC
  - Ability to work well with others
  - Ability to follow the rules of a special program, as well as the mandatory health safety protocols



**Thank You for Your Time**