

# THE ORC DIFFERENCE

## AT ORC WE STAND ON 4 COACHING PILLARS:

### Game Based

As proven all over the world the game based approach is a faster more effective way of learning the game. All ORC camp coaches are trained in using this methodology.

### Learner Centered

At ORC we put the player first. Our goal is to help the player improve and we know we can only do this if we are good listeners and get to know our players needs.

### Open Skill

Studies show that training in an open skill environment ensures players can transfer their skills faster from the practice court to the match court.

### Global

Most people understand that tennis is technical, tactical, physical, and physiological. At ORC we do not just know it, we do it; players who train with us develop all facets of their game in a systematic, measurable way.

**Ontario Racquet Club** 884 Southdown Road  
Mississauga, Ontario L5J 2Y4  
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**David Phillips** Tel: 905 822 5240 ext. 245  
**Camp Director** dphillips@ontarioracquetclub.com

## Director of Tennis



**David Phillips**

- Tennis Canada Coach 3
- Tennis Canada Coaching Consultant
- OTA Head Course Facilitator
- 2007 COA Coaching Excellence Award:
- High Performance Coach
- 2006 TPA Course Facilitator of the Year



**Camp Staff**

**Mark Taylor**

- Tennis Canada Club Pro 1, Coach 2 Candidate
- 2008: Quarterfinalist, Men's Singles, Kunstadt/Crosscourt Winter Open
- 2007: Finalist, Men's Doubles, National Capital Tennis Association Championships



**Peter Liu**

- Tennis Canada Club Pro 2, Coach 2 Candidate
- Former #1 Ranked Junior U12-U16 in Taiwan
- Represented Taiwan at Orange Bowl and in Junior Davis Cup

**All other coaches are fully certified by Tennis Canada**



## TRAINING & MATCH PLAY

## SUMMER ACADEMY



## Our Mission

To develop the necessary skills to make our players champions on and off the court.

## ORC Academy Tennis Camps

Performance camps at ORC are designed for serious competitive tennis players. The camp is very demanding, ensuring players get the maximum benefit from the week.

During the camp we will be developing players in all areas of tennis including **technical**, **tactical**, **physical**, and **psychological**. Each day, players will do technical/ tactical training on court as well as learn to do tactical analysis and match charting using video. Players will also have tennis specific physical training each day along with match play to put into practice the skills of the day. Each day will also include a half hour lecture on different areas of competitive tennis from nutrition, to match preparation etc.

### U16 Jr. Nationals August 1st - 6th

We will once again be hosting Canada's finest U16 talent. Volunteer, spectator, get involved!!

Interested in becoming a sponsor? A variety of exciting sponsorship opportunities are available.

Email or speak with David Phillips

dphillips@ontarioracquetclub.com  
905-822-5240 ext. 245

## Training & Match Play Academy

### Weeks of June 8 through Aug 28

(Open to Futures, U12 Performance Satellite, Challenger and Tour Player's)

Time:	Activity:
5:00pm - 7:00pm	<ul style="list-style-type: none"> <li>- Tennis Canada LTAD (Long Term Athlete Development) Physical warm up</li> <li>- Effective tournament warm up</li> <li>- Match play preparation</li> <li>- Dealing with different game styles</li> <li>- Pre-and post match mental training</li> <li>- On court coaching</li> </ul>

For those campers who want additional match play and training, sign up for our Match Play and Training Camp from 5-7pm

Athletes enrolling in both programs in the same week will receive a 10% discount on each program

### Camp Fees

Rates:	Summer Play Pass:	Non-Member:
Weekly Rate	\$150	\$195

**2008-2009 Academy members will receive Summer Play Pass Pricing**

**Note:** Full week registrations will be given priority.

Name: \_\_\_\_\_  
 Parent phone #1: \_\_\_\_\_  
 Parent phone #2: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Birth date: \_\_\_\_\_  
 Home Address: \_\_\_\_\_  
 Health Card: \_\_\_\_\_  
 Allergies: \_\_\_\_\_  
 2008-9 Academy Program Enrolled in: \_\_\_\_\_

Please enroll me in the following week(s)

Month of:    Week of:

June         8-12         15-19         22 - 26         30 - 31  
 July          6-10          13 - 17         20 - 24         27 - 31  
 August       10 - 14       17 - 21       24 - 28

\* 4 day week, Wednesday July 1 is holiday (price adjusted accordingly)

Member # \_\_\_\_\_  
 Credit Card     Cheque     Chit

**Cancellation:** Cancellations must be requested one week prior to the first day of the camp for a refund and will be subject to a \$20.00 administration fee. No other refunds will be given unless accompanied by a medical certificate. ORC reserves the right to cancel a session for whatever reason. In each case, a full refund will be given.

**Release, Warrant and Indemnity:** In consideration of the acceptance of the application for enrolment of the participant named above in the ORC program identified above, I for myself and (if applicable) on behalf of the participant (if the participant is a minor) and our respective heirs, executors, administrators, and assigns, hereby RELEASE, WAIVE, AND FOREVER DISCHARGE ORC Management Limited and its agents, servants, contractors, representatives, successors and assigns (Releases) of and from all claims, demands, and damages, costs, expenses, actions and cases of actions whether in law or equity, in respect of death, injury, loss or damage to my person or property or to the Participant howsoever caused, arising or to arise by reason of the participation of the participant in the ORC program whether as a spectator, participant, competition, or otherwise and whether prior to, during or subsequent to any classes in the respect thereof and notwithstanding that same may have been contributed to or occasioned by the negligence of the aforesaid.

I further undertake to hold and save harmless and agree to indemnify the Releasees from and against any and all liability incurred by any or all of them arising as a result of or in any way connected to the participation of the participant in the ORC program. I warrant the Participant is physically fit to participate in the ORC program.

**Signature Required:** \_\_\_\_\_  
 I acknowledge having read, understood and agree to the above Release, Warranty and Indemnity