



ORC TENNIS ACADEMY

2025 & 2026 SEASON



A MESSAGE FROM YVES BOULAIS

Dear Tennis Families,

As the Tennis Director, I am pleased to share a reflection on the exceptional accomplishments and continued growth our Tennis Academy has achieved over the past season at the Ontario Racquet Club.

Under the guidance of Coach Adrian Tollstam, leading our Junior Stream, and Coach Mike Hall, directing our Performance Stream, we have achieved meaningful progress in elevating the quality and impact of our tennis training. Supported by a coaching team and world-class facilities that rank among the best in Canada, we are poised to build upon our reputation as one of the top tennis development programs in the nation.

This year, we continue our commitment to nurturing talent, promoting personal excellence, and providing the highest standard of coaching. Our academy now benefits from the expertise of two certified and experienced fitness coaches, who will play a crucial role in enhancing our athletes' physical development across all levels of play.



A Season of Excellence: ORC Athletes Dominate National Stage

What an incredible year for ORC! Our athletes have delivered breakthrough performances across all age divisions, proving our program's depth and competitive excellence.

National Standouts

U14 Division

- Jillian Ho made an impressive national debut, finishing 19th in her first-ever U14 Nationals
- Milan Grabovica secured a strong 11th place finish

U16/U18 Divisions

- Lily Rochon dominated with four new national titles: 2024 U16 Outdoor Singles & Doubles Champion, 2025 U16 Indoor Doubles Champion, 2025 U18 Indoor Doubles Champion, U16 Indoor Singles Finalist
- Madeline Kroupetski and Bianca Ceroni represented ORC with distinction in the competitive U18 division

Professional ATP Breakthroughs

- James Trotter, training at ORC, achieved a career highlight by qualifying for the Australian Open
- Justin Boulais successfully transitioned from collegiate tennis to the pro circuit



A MESSAGE FROM YVES BOULAIS

Comprehensive Player Support

Beyond these individual achievements, ORC Academy strengthened its reputation as a leader in player development by:

- Providing dedicated coaching support at national tournaments and select ITF events
- Offering tailored travel coaching to help athletes perform at their best when competing away from home

These accomplishments reflect our unwavering commitment to nurturing tennis excellence at every level - from juniors to professionals.

A Community Effort

None of this would be possible without the collective effort of our players, coaches, families, and support of the club. Your passion and dedication continue to drive our success and inspire us to set even higher standards in tennis development.

As we celebrate these achievements, we're already focused on building an even stronger 2025-26 season. The best is yet to come!

New Updates To Our 2025 to 2026 Streams

Our academy remains committed to two tailored training streams, each designed to meet the unique needs of our players.

Junior Stream, led by Coach Adrian Tollstam, caters to players balancing academic commitments or limited training time while still seeking high-quality coaching in a structured environment.

Performance Stream, under Coach Mike Hall, specialized in high-level competition, pro transition and long-term athletic development for players pursuing excellence in tennis.

Key Enhancements for 2025 & 2026

To further refine our training structure, we've optimized the Junior Stream by dividing Training 1, 2, and 3 into two distinct groups (A & B), each with assigned training days. Players also have the flexibility of adding an optional extra session to supplement their development.

Meanwhile, the Performance Stream will see exciting upgrades, including extended on-court training hours and additional fitness sessions. These adjustments ensure our programs align with Tennis Canada's standards and global high-performance models, giving our athletes every opportunity to excel.



A MESSAGE FROM YVES BOULAIS

We're confident these updates will elevate player progression while maintaining the balance and structure our academy is known for.

At ORC, we believe in purposeful evolution. Our coaching methodology continues to be anchored in the proven game-based and integrated approach—widely recognized as the most effective framework for player development. This method emphasizes strategic thinking, resilience, and discipline—qualities that shape true champions both on and off the court.

Our Mission

Our goal is clear—to revolutionize junior tennis development and maintain our leadership in shaping Canada's future tennis stars.

The consistent success of our players in national and international competitions reflects the steady strides we're making toward this vision. I am incredibly proud of what we've achieved together and excited for the journey ahead. I look forward to seeing you all on the courts soon, breaking new limits and reaching your highest potential under the guidance of our dedicated coaches.

Thank you for your continued trust and dedication. I look forward to another remarkable season of growth and achievement for all our athletes.

With appreciation,

Yves Boulais

Tennis Director
Ontario Racquet Club



ACADEMY MEMBERSHIP POLICY

ACADEMY ENROLMENT UPDATE

To streamline and improve the registration experience for the upcoming season, we are introducing a unified enrollment model for all Junior Academy participants who are not members of the Ontario Racquet Club.

All non-member juniors enrolled in the Academy will be subject to a one-time **Academy Non-Member Fee of \$1,335**, plus taxes.

For participants aged 12 and under, up to two guardians will be granted club access, as all children in this age group must be accompanied and supervised by an adult at all times while on club premises.

BENEFITS OF BEING AN ACADEMY PLAYER AT ORC

- Court booking privileges, including the ability to book walk-on courts
- Access to private tennis and fitness coaching with ORC professionals
- Use of the Fitness Centre (Ages 15+)
- Use of the Aquatics Centre

Please note the enrolment fee does not include guest privileges or access to ORC programs and activities outside of the Academy.

ORC Juniors who are part of a Deluxe or Optimum Family Membership will be exempt from the Enrolment Fee and will retain full access as per their membership benefits.

For information regarding a Family Membership at ORC please contact our membership department membership@ontarioracquetclub.com

For all inquiries related to academy accounting, payments, and academy contracts, please email tennis@ontarioracquetclub.com





ACADEMY MEMBERSHIP POLICY

ACADEMY WALK-ON POLICY

All registered Academy players receive complimentary walk-on court access during non-prime hours, subject to availability and Club booking policies.

To utilize this privilege players must check in at the reception desk no earlier than one (1) hour before play. Courts are allocated on a first-come, first-served basis.

Exception: Junior Elite and Elite program players enjoy unlimited walk-on access at all hours (prime and non-prime), free of charge.

COURT FEE WAIVER FOR LESSONS

Academy players receive waived court fees for private/semi-private lessons held during non-prime hours. Standard court fees apply during prime time.

Non-Prime Time
No Cost For Academy

Weekdays
5:00 am to 9:00 am
8:00 pm to Closing

Weekends
7:00 am to 8:00 am
6:00 pm to Closing

Prime Time
\$26 Per Hour

Weekdays
9:00 am to 8:00 pm

Weekends
8:00 am to 6:00 pm

BUBBLE ACCESS RESTRICTIONS

To ensure safety - parents, guardians and visitors are prohibited from entering or observing training sessions within the Club's air-supported structures ("the bubbles").

ORC APP

Our Ontario Racquet Club App allows Academy Players to book courts up to seven days in advance. You can also use the app to view ORC's Leisure Swim schedule, book swim lanes, with players age 15+ also able to book fitness classes. A listing of your ORC account transactions may also be found here.

On your smartphone, Search for "Ontario Racquet Club" in the app store (the blue & white one) or go to the Apple App Store (iOS) or Google Play Store (for Android or Samsung Devices).

If you require your User Name and Password for the ORC App, please reach out to Christine Hanlan, our Director of Membership & Guest Services, at chanlan@ontarioracquetclub.com.



Tennis Director - Yves Boulais

Performance Tennis - Mike Hall

Junior Tennis - Adrian Tollstam

Elite Program

Training Three

Junior Elite

Training Two

Training One

Junior Performance

Green Two

Young Performance

Green One

Orange Performance

Orange Progressive

Red Progressive



PERFORMANCE STREAM

Mike Hall is a Tennis Canada Coach 4 and graduate of the Mentorship Coaching Program. He has received numerous awards including several Tennis Canada Coaching Excellence awards and TPA Coach of the Year. Coach Hall has coached many Canadian National and International Champions and is excited to bring his wealth of experience to ORC programs.

ORC's hallmark Tennis offering is the Performance Stream, which comprises the Elite, Junior Elite, Jr. Performance, Young Performance, and Orange Performance programs. The Performance Stream is designed for athletes seeking a competitive pathway to success at the Collegiate, National, and International levels of competition.

Canada's premier tennis program, the ORC Performance Stream provides top-level athletes with access to world-class coaches, creative and unique training regimens, state-of-the-art facilities, and competitive exposure. Programs are designed to maximize potential and foster holistic athletic development.



ORC PERFORMANCE PLAYERS ENJOY THE FOLLOWING BENEFITS

- **Industry-Leading Coaching:** development from our highly qualified & experienced coaching team, including new faces who are renowned in the international tennis community.
- **Personalized Training:** recognizing the unique strengths and areas for improvement in each athlete, our coaches develop individualized training programs that encompass technical, tactical, physical, and mental aspects of the game.
- **Best-in-Class Year-Round Facility:** with newly resurfaced courts. ORC was recently awarded *Canada's Large Club of the Year* by the CMAC (2022).
- **Holistic Athlete Development:** beyond on-court training, our program incorporates strength and conditioning sessions, mindfulness training, and injury prevention strategies to foster overall well-being.
- **Unlimited Walk-on Privileges:** Academy players enjoy the benefit of being able to book free court time within certain parameters (see *Walk-on Policy*).
- **Coach Presence** and support at selected national & international tournaments.
- **Clothing Package** included.
- **Up to 51 Weeks of Training:** from the beginning Autumn to the end of Summer.

Learn more and register for ORC's Performance Academy here: [ORCJRTENNIS.COM](https://orcjrtennis.com)



ORC TENNIS ACADEMY

ORANGE PERFORMANCE

The Orange Performance Program is the first level of the Performance Stream and is for under-8 players who have some basic rallying, serving, and scoring skills on a red court and are committed to training on a daily basis. Players will progress throughout the program from a half court using 'red' balls to a $\frac{3}{4}$ court using 'orange' balls.

The program utilizes the 'Integrated Approach' by developing technical, tactical, physical and mental skills through game based drills. Furthermore, a physical development component is a part of the program on a daily basis.

Players should start being introduced to competition through the ORC Matchplay days, as well as possibly starting OTA regional events. The Orange Performance program follows recommended training guidelines set out by Tennis Canada and the ITF for under 8 players.

PROGRAM	DATES		SEASON FEES
Orange Performance 38 Weeks	Begins 9/8/2025 Ends 6/18/2026 <small>No practice weeks of Dec 22, Dec 29, Mar 16</small>	Monday, Tuesday, Wednesday, Thursday 4:00 to 6:00 pm Fitness 4:00 to 4:30 pm	\$8,880 + HST

YOUNG PERFORMANCE

The Young Performance Program is the second level of the Performance Stream and is for under-9 players who are capable of serving, rallying, and playing the net, and are becoming comfortable with competing on a $\frac{3}{4}$ court. Players will progress throughout the program from a $\frac{3}{4}$ court using 'orange' balls to 'green' balls on a full court.

The program utilizes the 'Integrated Approach' by developing technical, tactical, physical and mental skills through game based drills. Furthermore, a physical development component is a part of the program on a daily basis.

Players should become more involved in regular competition through the ORC Matchplay days as well as OTA regional competition. The Young Performance program follows recommended training guidelines set out by Tennis Canada and the ITF for under 9 players.

PROGRAM	DATES		SEASON FEES
Young Performance 38 Weeks	Begins 9/8/2025 Ends 6/18/2026 <small>No practice weeks of Dec 22, Dec 29, Mar 16</small>	Monday, Tuesday, Wednesday, Thursday 5:30 to 7:30 pm Fitness 5:30 to 6:00 pm	\$10,360.00 + HST



ORC TENNIS ACADEMY

JUNIOR PERFORMANCE

The Junior Performance Program is the third level of the Performance Stream and is for under-10 players who are capable of demonstrating rallying, net play, and serving skills at a competitive level on a green ball full court. Players will progress throughout the program from 'green' balls to 'Yellow' (regular) balls on a full court. The program utilizes the 'Integrated Approach' by developing technical, tactical, physical and mental tools through game based drills.

Furthermore, a physical development component is a part of the program on a daily basis. Players should be competing regularly in ORC Matchplay days and/or OTA regional competition. The Junior Performance program follows recommended training guidelines set out by Tennis Canada and the ITF for under 10 players.

PROGRAM	DATES		SEASON FEES
Jr. Performance 40 Weeks	Begins 9/2/2025 Ends 6/26/2026 <small>No practice weeks of Dec 22, Dec 29, Mar 16</small>	Monday, Tuesday, Wednesday, Thursday 5:30 to 8:00 pm Fitness 5:30 to 6:00 pm	\$11,700 + HST
	Summer Season Begins 6/29/2026 Ends 8/21/2026	Monday, Tuesday, Wednesday, Thursday 5:30 to 8:00 pm	\$2,871 + HST

JUNIOR ELITE

The Junior Elite Program is the fourth level of the Performance Stream and is for under-12 players who possess a wide range of skills on a full court and are competing at the OTA U12 level. The program utilizes the 'Integrated Approach' by developing technical, tactical, physical and mental tools through game based drills.

Furthermore, a physical development component is a part of the program on a daily basis. Players should be competing regularly in OTA regional and provincial level events. The Junior Elite program follows recommended training guidelines set out by Tennis Canada and the ITF for under 12 players.

PROGRAM	DATES		SEASON FEES
Jr. Elite 47 Weeks	Begins 9/2/2025 Ends 8/21/2026 <small>No practice weeks of Dec 22, Dec 29, Mar 16 & July 20</small>	Monday, Tuesday, Wednesday, Thursday 4:00 to 7:00 pm Fitness 6:00 to 7:00 pm	\$14,742 + HST



ORC TENNIS ACADEMY

ELITE

The Elite Program is the fifth and final level of the Performance Stream and is for serious provincial, national, and internationally ranked players who are looking to obtain an NCAA scholarship, or play at the professional level. The program utilizes the 'Integrated Approach' by developing technical, tactical, physical and mental tools through game based drills. The program provides a low player per court ratio, and the highest level of certified coaches in the country. A physical development component with regular testing is a mandatory part of the program. Players will be expected to compete in the National Selections, Provincials, and potentially National and International Events. The Elite program follows recommended training guidelines set out by Tennis Canada and the ITF for under-14 to under-18 players.

PROGRAM	DATES	SEASON FEES
Elite 48 Weeks	Regular Season Begins 9/2/2025 Ends 6/26/2026	Monday, Tuesday, Wednesday, Thursday 2:00 to 5:30 pm Fitness 4:30 to 5:30 pm Friday 1:00 to 4:00 pm
	Summer Season Begins 6/29/2026 Ends 8/21/2026	Monday, Tuesday, Wednesday, Thursday 7:00 to 10:00 am 12:00 to 2:00 pm
	Winter Break Begins 12/22/2025 Ends 1/2/2026	Monday, Tuesday, Wednesday, Friday 7:00 to 9:00 am
	March Break Begins 3/16/2026 Ends 3/20/2026	Monday, Tuesday, Wednesday, Thursday, Friday 7:00 to 9:00 am
		\$22,471 + HST





JUNIOR STREAM

Coach Adrian Tollstam received his early training in the Oakville area, and after a successful junior tennis career, he received an athletic scholarship to play NCAA Division I tennis at the University of Alabama at Birmingham. He brings over 20 years of coaching experience to ORC, with a passion for coaching and developing junior players.

ORC's Tennis Junior Stream offers a fun, safe, and competitive environment for players who are passionate about the sport. Programs focus on developing strong technical and tactical skills, as well as mental and physical abilities, through a game-based approach that encourages continuous improvement and excellence. Final placement is determined by coach selection.



ORC JUNIOR STREAM PLAYERS ENJOY THE FOLLOWING BENEFITS

- **Best-in-Class Year-Round Facility:** with newly resurfaced courts. ORC was recently awarded *Canada's Large Club of the Year* by the CMAC (2022).
- **Highly Qualified Coaches:** Players receive instruction from our highly qualified and experienced coaching team, including new faces who are renowned in the Ontario Tennis community.
- **Walk-on Privileges:** Academy players enjoy the benefit of being able to book free court time within certain parameters (*see Walk-on Policy*).
- **Clothing Package** included.

Learn more and register for ORC's Junior Academy here: [ORCJR TENNIS.COM](https://www.orcjrtennis.com)





ORC TENNIS ACADEMY

RED BALL PROGRAM

The Red Progressive program introduces players to tennis fundamentals in a safe, structured learning environment. Using mini nets and red progressive balls, this program introduces technical skills, athletic literacy and skill appropriate games, while learning to serve, score, and compete with sportsmanship.

PROGRAM	DATES	SEASON FEES	
Red Progressive A 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Monday, Wednesday 4:30 to 6:00 pm	\$4,212 + HST
Red Progressive B 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Tuesday, Thursday 4:30 to 6:00 pm	\$4,446 + HST
This program provides the flexibility to choose a schedule of 2 or 4 days per week.			

ORANGE PROGRESSIVE PROGRAM

The Orange Progressive program uses orange balls on a $\frac{3}{4}$ court to develop consistency, directional control, and tactical skills in a safe, engaging environment. They learn purposeful serving, returning, and point construction, while regularly participating in game situations as well as internal and external competitions.

PROGRAM	DATES	SEASON FEES	
Orange Progressive A 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Tuesday, Thursday 4:30 to 6:00 pm	\$5,472 + HST
Orange Progressive B 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Wednesday 4:30 to 6:00 pm	Friday 4:00 to 5:30 pm \$5,472 + HST

GREEN 1 PROGRAM

The Green 1 program uses green dot balls on a full court to apply technical and tactical skills in live point play. Focus areas include strategy, shot selection, and structured point play, with an emphasis on performing under pressure. Players participate in Match Play events at ORC and local OTA competitions

PROGRAM	DATES	SEASON FEES	
Green 1 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Wednesday 6:00 to 7:30 pm	Saturday 9:00 to 10:30 am \$5,184 + HST



ORC TENNIS ACADEMY

GREEN 2 PROGRAM

The Green 2 program focuses on players transitioning to regular yellow balls on a full court in a structured, high intensity environment. Players will refine technique, continue to build physical fitness, and develop mental toughness to successfully compete in Match Play events and OTA competitions.

PROGRAM	DATES	SEASON FEES
Green 2 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Monday, Friday 6:00 to 7:30 pm \$5,112 + HST

TRAINING 1

The Training 1 program engages players in high energy sessions focused on advanced stroke development, consistent baseline play, and effective serving and returning. Tactical match play is emphasized, with regular participation in ORC Match Play events and OTA tournaments.

PROGRAM	DATES	SEASON FEES
Training 1-A 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Wednesday 4:30 to 6:00 pm Friday 4:00 to 5:30 pm \$5,738 + HST
Training 1-B 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Tuesday, Thursday 4:30 to 6:00 pm \$5,814 + HST
Training 1-Extra 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Saturday 10:30 to 12:00 noon \$2,601 + HST
This program provides the flexibility to choose a schedule of 2, 3, 4 or 5 days per week.		

TRAINING 2

The Training 2 program will enhance a player's game in a competitive environment through balanced point construction, improved net play, and consistency under pressure. With a focus on physical and mental conditioning, this stage prepares athletes for tournament play at appropriate levels.

PROGRAM	DATES	SEASON FEES
Training 2-A 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Tuesday, Thursday 6:00 to 7:30 pm \$5,814 + HST
Training 2-B 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Monday 4:30 to 6:00 pm Friday 5:30 to 7:00 pm \$5,432 + HST
Training 2-Extra 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Saturday 12:00 pm to 1:30 pm \$2,601 + HST
This program provides the flexibility to choose a schedule of 2, 3, 4 or 5 days per week.		



ORC TENNIS ACADEMY

TRAINING 3

The Training 3 program is the highest level in the Junior Stream. Training 3 is for committed athletes competing in higher level tournament play. The program focuses on advanced stroke development and tactics and developing game styles specific to the players strengths.

PROGRAM	DATES	SEASON FEES
Training 3-A 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Monday, Wednesday 7:30 to 9:00 pm \$5,508 + HST
Training 3-B 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Tuesday, Thursday 7:30 to 9:00 pm \$5,814 + HST
Training 3-Extra 38 Weeks	Begins 9/8/2025 Ends 6/20/2026	Saturday 9:00 to 10:30 am \$2,601 + HST

This program provides the flexibility to choose a schedule of 2, 3, 4 or 5 days per week.

IMPORTANT DATES

Week of September 2nd	Elite, Junior Elite, Junior Performance Begin
Week of September 8th	Young Performance, Orange Performance, All Junior Stream Programs Begin
October 11 - October 13, 2025 (inclusive)	Thanksgiving Weekend
December 22, 2025 - January 3, 2026	Winter Break
February 14, 2026 - February 16, 2026 (inclusive)	Family Day Weekend
March 16, 2026 - March 21, 2026 (inclusive)	Spring Break
April 3, 2026 - April 6, 2026 (inclusive)	Easter Weekend
May 16, 2026 - May 18, 2026 (inclusive)	Victoria Day Weekend
Week of June 15, 2026	Last Day of Junior Stream Programs, Young Performance & Orange Performance
Week of June 22, 2026	Last Day of Junior Performance Program, Rain Make-up classes

