

2018-19 CITIES ACADEMY

2019 Winter / Spring

Winter JAN 5 - FEB 22

Early Spring FEB 23 - APR 12

Late Spring APR 13 - JUNE 3

# JUNIOR PERFORMANCE

FOR YEAR-ROUND TOURNAMENT PLAYERS

SCHOLARSHIPS AVAILABLE • Join our welcoming, inclusive community!



**Max Exsted**

*2018 USTA Boys' 12 National  
Clay Court Doubles Champion*

**REGISTER ONLINE** → [INNERCITYTENNIS.ORG/YOUTH-CITIES-ACADEMY](http://INNERCITYTENNIS.ORG/YOUTH-CITIES-ACADEMY)



# Always Challenging, Always Fun!

All of us at InnerCity Tennis are pleased to offer the Cities Academy, our dynamic program for aspiring junior tennis players.

With the Cities Academy, we provide a comprehensive tennis training system built on years of experience and the best practices of top academies around the world. And it's right here in the Twin Cities!

We start by providing excellent on-court coaching and programs for every age and every ability, from the youngest first-time beginners to our seasoned tournament players. A player can enter at any stage along the ICT Player Pathway and find a place to learn, improve, and have tons of fun.

Whatever your age and skill level, we have a program that fits you.

In keeping with the ICT mission, we also strive to help kids from all backgrounds reach their full potential off the court. We do this by teaching essential life skills, such

as healthy habits, growth in personal character, and a commitment to lifelong learning and community service. We've woven life

*"John Wheaton has knowledge not only about tennis but also what is required to operate programs for the best players."*



NICK BOLLETTIERI, Tennis Icon, 2014 International Tennis Hall of Fame, ICT Board Member

skills development right into the Academy's curriculum because, alongside parents and other caring adults, we know we can play an important supporting role in helping the young people we serve grow up to be happy, healthy, productive adults.

We provide the professional coaching, facilities, and a learning environment that is always challenging and always fun. All you need is your racket and a commitment to improve. See you on the courts!

*John Wheaton*

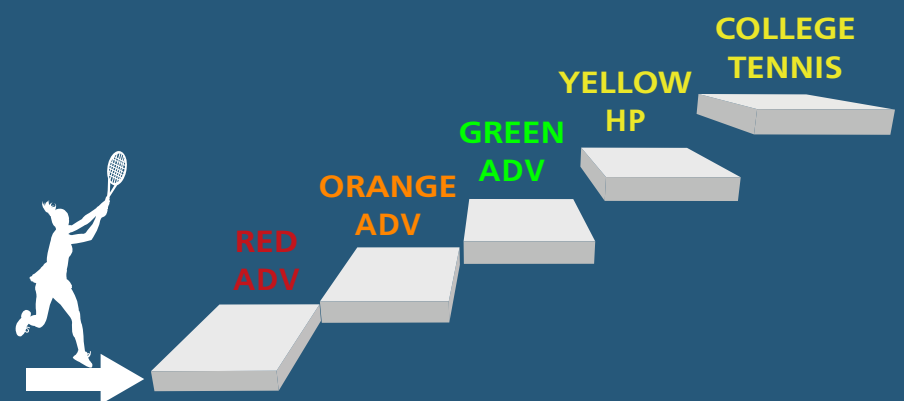
John Wheaton  
Executive Director



## PERFORMANCE PATH

The Performance Path is for players who are committed to year-round training and tournament play and aspire to reach the highest levels of the game, including college tennis and beyond. The Academy's team of highly skilled performance coaches have the knowledge and experience to help young athletes reach their highest potential. Working together, coaches help each athlete set clear goals and move them up the Performance path at a steady and appropriate pace. This level of training requires a high degree of commitment from both players and parents. Financial assistance is available for those who qualify.

Beyond developing good tennis players, our coaches are also intent on developing good people, who have the skills they need to succeed in life. They do this by creating an ideal environment for young athletes to thrive physically, mentally, emotionally, and socially. Their ultimate goal is to nurture future leaders who exemplify ICT's seven core values and earn the great rewards that come from setting high goals, maintaining an undying positive attitude, having honorable character, and giving 100% maximum effort.



# ORANGE ADVANCED



REGISTER ONLINE → [WWW.INNERCITYTENNIS.ORG/YOUTH-CITIES-ACADEMY](http://WWW.INNERCITYTENNIS.ORG/YOUTH-CITIES-ACADEMY)

## 10U (ages 7-10)



Orange Advanced are invitation only classes for young players, typically ages 7-10, who have developed proper grips, swing paths, and service motion. They are able to sustain long groundstroke rallies, serve consistently in the service box, and play singles and doubles points. During Advanced training, coaches stress proper footwork, ball control, and court positioning while reinforcing all the fundamentals, with an emphasis on FUN! Age-appropriate games and drills encourage young athletes to test their skills and experience the joy of honorable competitive play.

**Ball:** Low compression Orange Ball  
**Court:** 60' Court  
**Racket:** 23" - 25"  
 Graphite or Composite Frame  
**Goal:** Introduction to competitive tennis, including entry level tournaments.

**CHOOSE YOUR SESSION(S) & CLASS TIME(S)** • Make-ups permitted for tournament conflicts ONLY.

### 7 WEEK SESSIONS

Winter ..... January 5 - February 22

Early Spring ..... February 23 - April 12

Late Spring ..... April 13 - June 3\*

\*No classes April 20-21

### Fees

\$475 first 2 training days\*

\$200 each additional day

### Training Days and Times

- Tuesday - Thursday 5:30-6:00 Fitness; 6:00-7:00pm Tennis
- Saturday 10:30-11:00am Fitness; 11:00-12:00pm Tennis

### Includes

- Your choice of 2 training days per week over the 7 week session\*; each day includes 30 minutes of fitness and 1 hour of tennis
- Periodic parent education classes
- Coaching at some local tournaments

### Optional (additional cost)

- Additional training days (each adds 1.5 hours of training per week)
- Private tennis lessons

Note: based on USTA guidelines, we recommend 3-6 hours/week of training for athletes ages 7-10

# GREEN ADVANCED



REGISTER ONLINE → [WWW.INNERCITYTENNIS.ORG/YOUTH-CITIES-ACADEMY](http://WWW.INNERCITYTENNIS.ORG/YOUTH-CITIES-ACADEMY)

## 12U (ages 9-12)



Green Advanced are invitation only classes for young players, typically ages 9-12, who are physically ready to train and compete on a full sized, 78' tennis court. During training, coaches stress proper footwork, ball control, and court positioning while reinforcing all the fundamentals. Age-appropriate games and drills encourage young athletes to test their skills and experience the joy of honorable competitive play. When appropriate, coaches will transition players into the yellow ball.

**Ball:** Mid compression Green Ball  
**Court:** 78' Court  
**Racket:** 25" - 26" Graphite Frame  
**Goal:** Learn shots and strategies to play competitive matches in local tournaments.

**CHOOSE YOUR SESSION(S) & CLASS TIME(S)** • Make-ups permitted for tournament conflicts ONLY.

### 7 WEEK SESSIONS

Winter ..... January 5 - February 22

Early Spring ..... February 23 - April 12

Late Spring ..... April 13 - June 3\*

\*No classes April 20-21

### Fees

\$795 first 2 training days\*

\$345 each additional day

### Training Days and Times

- Monday - Thursday 6:30-9:00pm (6:30-7:00pm Fitness; 7:00-9:00pm Tennis)
- Saturday 11:30-2:00pm (11:30-12:00pm Fitness, 12:00-2:00pm Tennis)

### Includes

- Your choice of 2 training days per week over the 7 week session\*; each day includes 30 minutes of fitness and 2 hours of tennis
- Periodic parent education classes
- Coaching at some local tournaments

### Optional (additional cost)

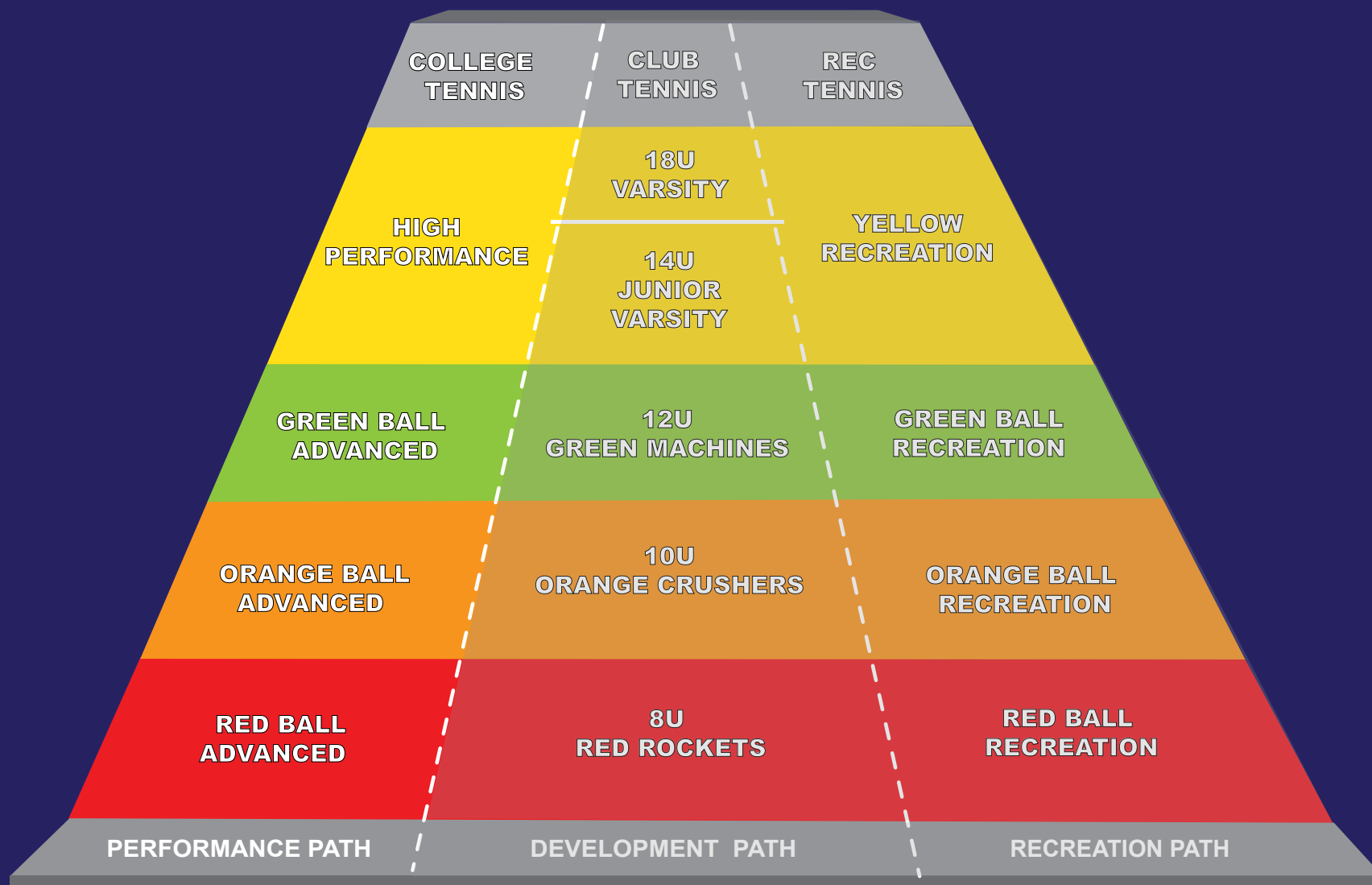
- Additional training days (each adds 2.5 hours of training per week)
- Private tennis lessons highly recommended
- Personal training

Note: based on USTA guidelines, we recommend 5-10 hours/week of training for athletes ages 9-12

# INNERCITY TENNIS

## PLAYER PATHWAY

Whatever your age and skill level, there's a place for YOU!



# HIGH PERFORMANCE



REGISTER ONLINE → [WWW.INNERCITYTENNIS.ORG/YOUTH-CITIES-ACADEMY](http://WWW.INNERCITYTENNIS.ORG/YOUTH-CITIES-ACADEMY)

## HP (Ages 10-18)



**CHOOSE YOUR SESSION(S) & CLASS TIME(S)** • *Make-ups permitted for tournament conflicts ONLY.*

### 7 WEEK SESSIONS

Winter ..... January 5 - February 22

Early Spring ..... February 23 - April 12

Late Spring ..... April 13 - June 3\*

*\*No classes April 20-21*

### Training Days and Times

- Monday - Thursday 4:00-7:00pm
- Saturday - Sunday 12:00-3:00pm

### Includes

- Your choice of 3 training days per week over the 7 week session\*;
- each day includes 2 hours of tennis and 1 hour of fitness
- Parent education classes
- Coaching at local Level 3 and 4 tournaments

### Optional (additional cost)

- Additional training days (each adds 3 hours of training per week)
- Private tennis lessons highly recommended
- Personal training
- Coaching at local Level 5 & 6 tournaments and national events

### Fees

\$1,445 first 3 training days\*

\$400 each additional day

Unless pre-approved, HP players must have an active UTR rating of 5.0 or higher to join the High Performance program (see [www.myutr.com](http://www.myutr.com))

Note: based on USTA guidelines, we recommend 15-20 hours/week of training for athletes ages 13-16

# HIGH PERFORMANCE PLUS



**Selah Stibbins**

Nationally Ranked Junior

For families who would like a custom-designed, comprehensive program for their athlete, Aly Samabaly and our Performance coaches will design and direct a year-round developmental plan for the athlete. The Total Athlete Development Plan® provides a complete roadmap for the athlete and parents to follow as they move through the sometimes complex world of junior tennis. It includes a player profile, short and long term goal setting, annual training and tournament schedule, frequent assessments, ongoing guidance and communication, private and tournament coaching, personal training, and much more. This personalized, coach-guided assistance provides the very best way for athletes to efficiently achieve their goals and reach their fullest potential.

Comprehensive programs like this can be costly, but InnerCity Tennis is committed to making this and other programs accessible to diverse families from all over the city. InnerCity Tennis offers full and partial scholarships to athletes who otherwise would not be able to afford the cost of training and competing at the highest levels of the game.

For more details, contact Coach Aly at [Alyprotrainer@innercitytennis.org](mailto:Alyprotrainer@innercitytennis.org)

# COACHES



## ALY SAMABALY - ●

Head Pro Fitness Trainer & High Performance Manager

Aly fell in love with sport at a very young age running the streets of Africa. His love of sport and hard work took him to Paris, France, and eventually to St. Vincent St. Mary High School in Akron, Ohio, where he and teammate, LeBron James, took their team to back-to-back Ohio State High School Basketball Championship titles in 2000 & 2001. After playing D1 basketball in the Atlantic 10 Conference, Aly became passionate about fitness, nutrition, and personal training. He formerly served as Director of Personal Training at L.A. Fitness and owned and managed Branding Fitness Studio. He is certified by AMFPT & NASM. Motivational speaker and fluent in French, Aly's greatest passion is inspiring kids to be the best they can be.



## KATHY ALEX - ●●●●

Raised in Southern California, Kathy was one of the top juniors in her age division. She attended UCLA on a full athletic scholarship, and her team won the 1981 NCAA Division I National Championships. After college, Kathy played on the WTA professional tour, competing in four US Opens, one Wimbledon, and numerous world tour events, reaching a career high ranking of #158 in singles and #30 in doubles. After her playing career, Kathy coached college tennis, and coached for 10 years in Greece on the island of Crete. Kathy's passion is taking players through the early stages of tennis development and competition, and in helping their parents understand the world of junior tennis.



## WESSEL KEMP - ●●●●

Born under African skies, Wessel fell in love with tennis playing with a wooden racket on a cement court at his grandparents' property in South Africa. He honed his game at a tennis academy in South Africa and eventually came to the U.S. to play D1 tennis at Oral Roberts University in Tulsa. After graduating, he returned to South Africa to coach at the Theuns van Rensburg Tennis Academy. Through a life long tennis friend, Wessel met his wife, Kate, a Minnesota native, and upon settling here, he discovered ICT, where he has worked since 2013. He strives daily to live by these words: "Humble in Victory, Honorable in Defeat, Sharing Light in the Way you Compete."



## LUKE ROBERTSON - ●●●●

Luke began working at ICT in 2016. He played high school Varsity tennis at Bloomington Jefferson for 6 years and college tennis in Kansas and Arizona. He is the only ICT staff who owns a gold ball, winning the National grandfather / grandson tournament in 2011.



## BEN WHEATON - ●●●●

Ben has taught at ICT since 2016, and his primary focus is working with players that compete at the high sectional and national levels. He enjoyed six years of playing varsity tennis at Minnetonka High School, including leading his team to back-to-back state titles at #1 singles in 2015 and 2016. He was also a state doubles finalist in 2017. He maintained a top 10 sectional singles ranking throughout his junior career, at times reaching #1, and he competed at the USTA National Clay Court and National Hard Court Championships several times. Ben especially enjoys working with his players to prepare for national competition.



## MAKSIM YORSH - ●

Maksim was born and raised in Minsk, Belarus, and he competed on the ITF junior circuit throughout Europe and North Africa. Maintaining a top 20 European singles ranking throughout his junior career, he competed at the prestigious Eddie Herr and Junior Orange Bowl International Tennis Championships in Florida. He played college tennis for D1 Kennesaw State in Georgia and for Reinhardt University in the NAIA. After graduating, he jumped right into tennis coaching, working at the Kemp Performance Tennis Academy in Atlanta, where he focused on the development of junior players competing at national and international tournaments. He joined the ICT coaching staff in 2018.

Certifications: ● USPTA • ● PTR • ● PTR-HP • ● Other

# FAQ

## HOW DO I REGISTER?

THREE WAYS TO REGISTER YOUR CHILD FOR CITIES ACADEMY PROGRAMS

- **Online** - [www.innercitytennis.org/youth/cities-academy](http://www.innercitytennis.org/youth/cities-academy)
- **Phone** - call the front desk at 612.825.6844
- **On-Site** - Pick-up a paper registration in our lobby or ask front desk staff to assist you.

## ARE SCHOLARSHIPS AVAILABLE?

NEED BASED SCHOLARSHIPS ARE AVAILABLE FOR ALL CITIES ACADEMY PROGRAMS

New applications must be submitted before the start of each session for consideration.

Applications can be downloaded online at [innercitytennis.org/youth/cities-academy](http://innercitytennis.org/youth/cities-academy).

## DOES ICT HOST ANY TOURNAMENTS?

YES, ICT HOSTS TOURNAMENTS THROUGHOUT THE YEAR

Players can register for tournaments online at [innercitytennis.org/youth/youth-tournaments](http://innercitytennis.org/youth/youth-tournaments).

**Junior USTA Memberships Required** - Note that players must have a valid USTA Jr. Membership to participate. Memberships can be purchased online at <https://membership.usta.com>.

## DOES ICT HAVE VOLUNTEER OPPORTUNITIES?

YES, ICT HAS OPPORTUNITIES FOR VOLUNTEERS OF ALL AGES AND TENNIS ABILITIES

ICT staff deliver free and reduced programming to hundreds of children in our Super Saturday Program and in the community throughout the week. For more information about volunteering, please contact Community Engagement Manager, Bao Thao, at [bao.thao@innercitytennis.org](mailto:bao.thao@innercitytennis.org) or go online to [innercitytennis.org/volunteer](http://innercitytennis.org/volunteer).

## DOES ICT OFFER ADDITIONAL JUNIOR PROGRAMS?

ICT OFFERS FREE & REDUCED PRICED PROGRAMS YEAR-ROUND ACROSS THE CITY

- **SUMMER TENNIS IN THE PARKS** - Programs operate at 21 Minneapolis parks for 5 weeks during the summer. Over 1,000 kids participate annually. Full scholarships are offered for all families in need.
- **SUPER SATURDAYS** - ICT devotes the entire 11-court Reed Sweatt Family Tennis Center to kids for no charge from 4:00 to 7:00 pm each Saturday between mid-September and mid-April. Over 250 kids and 80 volunteers participate each week.

## WHAT ARE YOUR REGISTRATION / CANCELLATION POLICIES?

THANK YOU FOR BEING AWARE OF OUR REGISTRATION / CANCELLATION POLICIES

- Payment required before or during the first week of class.
- Permanent cancellations received in writing at least 10 business days prior to a session start date will be refunded in full. After that time, the fee can be refunded less 15% of the pro-rated amount, or credited to another Academy program within one year.
- Make-ups, credits and refunds cannot be given for missed classes, except for classes cancelled by ICT.

## HOW DO I KNOW WHEN MY CHILD IS READY TO MOVE UP?

If you have a question regarding the placement of your child, first consult your pro. If you would like to request a class change, pick up a class change form at the tennis desk and submit. Pros will discuss all requests each Wednesday and will notify players of their decision by Friday.

## OTHER QUESTIONS?

Please email [juniors@innercitytennis.org](mailto:juniors@innercitytennis.org) with any additional questions.



*At InnerCity Tennis, we believe that every kid needs and deserves a coach-mentor, the encouragement of a team and a welcoming community. For more than 65 years, we have offered programs that use tennis to tap into the deep potential within each child through no-fee and scholarship-eligible youth programs. Tennis is the vehicle that draws the kids in and provides a pathway to success in school and life. Our on and off court programming is designed to improve the physical health, social/emotional skills, and character of our participants, while helping to close the gap on health and educational disparities for underserved kids in Minneapolis.*

### **Mission**

We develop and unleash the potential of youth on and off the tennis court by engaging and serving a supportive community.

### **Our Youth Programs**

We offer programs to increase access to this lifelong sport in schools and neighborhood parks throughout Minneapolis, and ICT's tennis center programs give underserved youth and families the chance to try tennis in a remarkable facility. Our comprehensive programming includes everything from no-fee, one-time drop-in programs to intensive training for players with the talent and drive to become elite high school or college competitors. There is an entry point and pathway to success for each child who steps on the court.

### **Kids We Serve**

Each year we reach over 5,000 young people, ages 3 to 18, including at-risk kids, children of color, children from low-income families and children diagnosed on the autism spectrum. ICT attracts diverse families from all over the city, and our no-fee programs and scholarships ensure that our programs are available to all children regardless of financial circumstances.

### **Engaging Our Tennis Community**

Our broader tennis community of adults provide invaluable support for our youth development programs through their volunteerism, donations and partnership. Together with our staff and teaching professionals, adults who participate in ICT programming "play with purpose," in that they help provide a supportive and caring community for the youth we serve.

### **Support Us**

As a social enterprise, InnerCity Tennis is a non-profit, mission-focused, tax-exempt (501c3) organization that delivers both financial and social returns to further its mission. Our tennis center, together with the contributions of our generous donors, provide the critical financial support needed to deliver ICT's life-changing programs for youth. Donate online at [www.innercitytennisgive.org](http://www.innercitytennisgive.org)

## **7 CORE VALUES**

RESPECT

ENTHUSIASM

RESPONSIBILITY

INTEGRITY

SERVICE

PERSEVERANCE

TEAMWORK

Reed Sweatt Family Tennis Center  
4005 Nicollet Avenue | Minneapolis, MN 55409-1516  
[www.innercitytennis.org](http://www.innercitytennis.org) | [info@innercitytennis.org](mailto:info@innercitytennis.org) | 612.825.6844