



**INNERCITYTENNIS**

*Cities Academy*

**JUNIOR  
PERFORMANCE**



**Max Exsted**

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

*Join our welcoming, inclusive community!*

**REGISTER ONLINE @ [INNERCITYTENNIS.ORG](http://INNERCITYTENNIS.ORG) | SCHOLARSHIPS AVAILABLE**



## OUR PHILOSOPHY

At InnerCity Tennis we are proud to offer programs for players of all abilities and ambitions. Whatever your tennis goals may be, ICT offers a pathway for you, from basic athletic skills development to college preparatory high performance programs.

Our staff is devoted to teaching players to play the game of tennis, not just how to hit balls. We are excited to share our program offerings with you and look forward to seeing you on the courts!

Isaac McBroom,  
Director of Tennis & Education

If you have questions about the right placement for your child, please consult your ICT tennis pro.

# WHATEVER YOUR AGE & SKILL LEVEL, WE HAVE A PROGRAM FOR YOU.

*To find the right program consider:*

## WHAT MAKES TRAINING AT INNERCITY TENNIS UNIQUE?

### >> Athlete-centered programs

Our programs are designed to be a unique experience for each individual. We offer a comprehensive player development pathway to meet your goals.

### >> Values-based curriculum

ICT teaches social and emotional skills that to growth in character and a commitment to lifelong learning. Our seven core values are woven into all of our programs and include enthusiasm, integrity, perseverance, respect, responsibility, service, and teamwork.

### >> Diverse community

We welcome kids from all backgrounds to participate in our inclusive and supportive community. Scholarship assistance helps to ensure access and opportunity for all interested players.

### >> Highly trained coaches

ICT pros use the highly effective constraints-based method of coaching, coupled with positive guidance and feedback so individuals can learn how to play tennis in a way that works best for them. This method has been shown to be the most effective way for players to retain skills and transfer them to real play and competition.

## CURRENT SKILL LEVEL & GOALS

### Performance Path

- Designed for players who are committed to year-round training and tournament play.
- Coaches help each athlete set clear goals and move them up the Performance Path at a steady and appropriate pace.
- Ideal for players who aspire to reach the highest levels of the game, including college tennis and beyond.
- Younger players' goals typically include: introduction to competitive tennis, including entry level and local tournaments.

## AGE

### 10U (ages 7-10) and 12U (age 9-12) Players

- Our programs feature age-appropriate games and drills that encourage young athletes to test their skills and experience the joy of honorable competitive play.
- Classes are invitation-only

**For Orange Advanced classes (10U):** Players should demonstrate proper grips, swing paths, and service motion and be able to sustain long groundstroke rallies, serve consistently in the service box, and play singles and doubles points.

*Class focus:* proper footwork, ball control, court positioning, and reinforcement of tennis fundamentals .

**For Green Advanced classes (12U):** Players should be physically ready to train and compete on a full-sized, 78" court.

*Class focus:* proper footwork, ball control, court positioning, and reinforcement of tennis fundamentals .

### High Performance (HP) (ages 10-18)

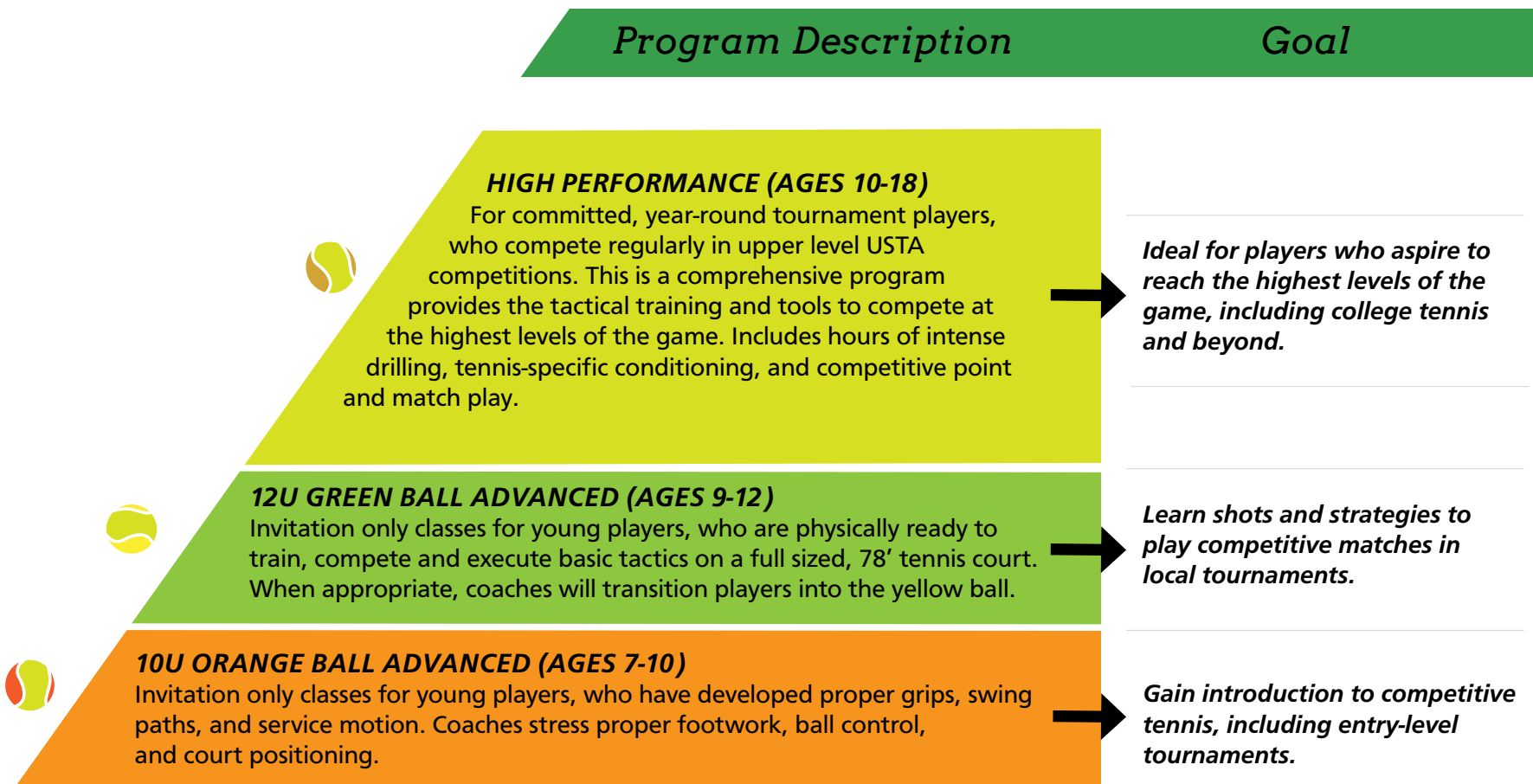
- Players train 3 days/week; each day includes 2 hours of tennis and 1 hours of fitness.\*
- Players receive coaching at local Level 3 and 4 tournaments.
- Parent education classes are included.
- Classes are designed for players with an active UTR rating of 5.0 or higher, unless pre-approved.

\*Based on USTA guidelines, we recommend 15-20 hours/week of training for athletes ages 13-16.)

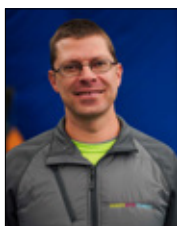
If you are new to the InnerCity Tennis Cities Academy program, please contact Isaac McBroom: 612.584.4736 or Isaac.mcbroom@innercitytennis.org

# Performance Player Pathway

## INNERCITYTENNIS



## Performance Delivery Team



### ISAAC McBROOM ●●●

Director of Tennis and Education

Isaac is a Health Fitness graduate from Gustavus Adolphus College, where he was Captain of the men's tennis team. After graduation, he co-founded an academy in San Diego, CA. McBroom became the traveling coach for several ATP & WTA players, some gaining Top 50 rankings. In 2013, he began working with the Junior Performance Programs for Life Time Fitness. By 2015, McBroom was named National Coach's Education Lead for Life Time Fitness bringing educational opportunities to all of Life Time's locations across the country. In 2016, he became a PTR Clinician delivering coach education around the U.S., and in 2017, was named PTR Member of the Year for Minnesota and earned the prestigious PTR Master of Tennis – Performance credential.



### KATHY ALEX ●●●

An NCAA champion at UCLA and WTA professional 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.



### 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 in addition to being a national level junior and holding a top 10 sectional singles ranking throughout his junior career, at times reaching #1. He also competed at the USTA National Clay Court and National Hard Court Championships several times.



### MAKSIM YORSH ●

Maksim was born and raised in Minsk, Belarus, and he competed on the ITF junior circuit, maintaining a top 20 European singles ranking throughout his junior career. 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.

## Frequently asked questions:

### HOW DO I REGISTER?

#### 3 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 the 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).

### WHAT ARE YOUR REGISTRATION / CANCELLATION POLICIES?

#### THANK YOU FOR BEING AWARE OF OUR REGISTRATION / CANCELLATION POLICIES

- Payment is 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



*We have programs for every kind of player, from first-time beginners to seasoned tournament players, and wherever kids enter our player pathway, they will find a program that perfectly fits their age and ability level.*

**John Wheaton,**  
ICT Executive Director



*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

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