



**INNERCITYTENNIS**

*Cities Academy*

**JUNIOR  
DEVELOPMENT**



*Join our welcoming, inclusive community!*

**REGISTER ONLINE @ [INNERCITYTENNIS.ORG](https://www.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

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

## 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.

## *To find the right program consider:*

### CURRENT SKILL LEVEL & GOALS



#### **Development Path**

- Players learn all the tennis fundamentals in an environment that's both fun and challenging.
- Programs teach forehand, backhands, serve, volley, overhead, singles and doubles strategies, and scoring.
- Prepares players for Junior Varsity or Varsity high school teams.

### AGE



#### **Younger Players up to age 12**

- Our programs are designed with balls, rackets and courts scaled to meet players' needs at each level to promote early success.
- Class focus: foundational skills including proper footwork, grip, swing path, and court positioning.

#### **Older Players in their Teens**

- Players transition into the yellow ball using full-sized rackets and courts.
- Class focus: strategic thinking and developing a mature game through live ball drills and games, along with match play.
- Coaches encourage players to consider entry-level USTA tournaments and/or join a team tennis league.



*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

*If you have questions about the right placement for your child, please consult any ICT tennis pro. If you are new to the InnerCity Tennis Cities Academy program, please contact Isaac McBroom: 612.584.4736 or Isaac.mcbroom@innercitytennis.org*

# Development Player Pathway

**INNERCITYTENNIS**

*Your Current Level*

*Your Goal*

**NEVER PLAYED? NO PROBLEM!  
FAST TRACK (AGES 13-18)**

Fast Track classes are for players new to Cities Academy classes with limited to no experience; players will learn the stroke techniques, grips, scoring, positioning and court terminology.



**18U YELLOW ACERS 2 (AGES 13-18)**

Yellow 2 classes are for high intermediate to advanced players who have experience competing on JV, Varsity, or USTA teams, or in tournament play.



*Prepare players to make their varsity high school teams.*



**14U YELLOW ACERS 1 (AGES 13-18)**

Yellow 1 classes are for low intermediate to intermediate level players who enjoy the game and may aspire to play middle school or high school tennis.



*Prepare players to make their junior varsity team.*



**12U GREEN MACHINES (AGES 11-12)**

Instructors teach the tennis fundamentals while directing their players through a variety of fun games and drills that focus on creating a complete player.



*Learn the strokes, tennis rules, singles and doubles match play, and tactics.*



**10U ORANGE CRUSHERS (AGES 8-10)**

Instructors teach tennis fundamentals while directing their players through a variety of fun, age-appropriate games and drills.



*Learn proper strokes, rally with a partner, and hit consistent serves.*



**8U RED ROCKETS (AGES 4-8)**

Instructors use ICT's patented Kidspeed learning tools and stations to teach their players the ABC's (agility, balance, and coordination) of athletic skill and tennis development.



*Learn early tennis and athletic skills, be active, and have fun!*

# InnerCity Tennis Coaching 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** ●

Kathy is ICT's Head Coach of 12U Development. She has decades of experience coaching junior and college tennis, and enjoyed an illustrious playing career, competing for the UCLA Bruins and playing on the pro tour.



**KYLE BUCHMEIER** ●

Kyle has worked at ICT since 2011. He helps coordinate ICT's Women's Daytime League and coaches many adult and junior programs. He captained the Winona State Men's Tennis Team for three years.



**MASON BULTJE** ●

Mason played college tennis at Gustavus Adolphus, where he earned a degree in Exercise Physiology and All-Conference honors in singles and doubles his senior year. He has taught tennis for many years, including at Tennis and Life Camps in St. Peter, where he developed a passion for working with youth and players of all abilities.



**CALLEE CONDA-ANDERSON** ●●

Callee has coached at ICT since 2011 after working at Longview Tennis Club in Duluth and at three Park and Rec programs. She played #1 singles and served as captain for both Hibbing High School and St. Scholastica College.



**DYLAN KELLY** ●

Dylan grew up playing in InnerCity Tennis programs and began coaching in ICT's Parks program in 2008 as a junior. He played 4 years of college tennis at St. Scholastica and joined the ICT staff full time in 2015. He enjoys working with players of all abilities.



**DAVID PETERSEN** ●

David began teaching at ICT through its Super Saturday and Summer in the Parks programs. Combining his love of teaching kids and his enthusiasm for the game, he is excited to give back to the same community where he learned to play tennis.



**BILL STARK** ●●

Bill is a former University of Minnesota Gopher tennis player and has taught tennis for many years. He loves to play the game and his favorite tennis experience was winning the USTA Northern Section father-son championship with his father and then later with his son.



**DILCIA STROMBERG** ●●

Dilcia began playing tennis in ICT's Summer Tennis in the Parks Program in the 1990s. 'Dil' is now an Elite USPTA pro, 10U PTR certified and regional tester for aspiring teaching pros. She's also the assistant varsity coach at Washburn HS.



**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 competing as a national level junior and holding a top 10 sectional singles ranking. He also competed at the USTA National Clay Court and National Hard Court Championships several times.



**DAN WHEATON** ●●

Dan has been a tennis coach at Wayzata Country Club for 6 years and began working at ICT in 2015. At Minnetonka High School he was a 5 year letter winner and an integral part of their 2016 MN State High School Team Championship.



**MAKS YORSH** ●

Maks was Born in Minsk, Belarus where he was a top 20 ITF European junior player. He played college D1 tennis in Georgia for Kennesaw State and Reinhardt University. After graduating he began working at the Kemp Performance Tennis Academy in Atlanta. 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 classes, except for classes cancelled by ICT.



*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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