

HIGH PERFORMANCE

INNERCITY TENNIS // SUMMER 2020 // Led by ICT's Performance Coaches

Based on your competitive experience and commitment to tennis, you are invited to join the 2020 Cities Academy 14U/18U High Performance summer training group.

WHO? The Academy's HP group is for aspiring junior tennis players who are motivated to excel in USTA tournaments, in high school competition and beyond. Only juniors (ages 11-18) with a 5.0 UTR or higher, established USTA rankings and year-round tournament experience may join. Led by Isaac McBroom.

WHAT? This program is focused on learning key tennis strategies and tactics. Includes tennis-specific athletic development and high intensity competitive practice matches. Each training day will include 2 hours of on court tennis specific training and 1 hour of athletic development.

WHEN? The HP Training group will meet from **9:00 am - 12:30 pm** on Mondays - Thursdays, June 8 - August 6.

WHERE? HP Training is held at the **Creek Valley Park (Outside)** at 6300 Gleason Rd, Mpls.

MISC - Changes to a player's schedule will be accepted up to three times during the summer; please email changes, at least 7 days in advance to: juniors@innercitytennis.org.

HOW MUCH? You may register on a per day basis for \$75/day or pay \$1,000 to register for 15 days and pay \$60/day going forward. Payment plans available, card on file required.

Mark an "X" on the days that you want to attend (white boxes only)

JUNE					
M	Tu	W	Th	Tournaments	
1	2 Boys	3 State	4 Tourn	5 ament	6/7
8	9 14U JTT	10	11 18U JTT	12 L3	13/14 12U & 16U
15	16 14U JTT	17	18 18U JTT	19 L3	20/21 14U & 18U
22	23 14U JTT	24	25 18U JTT	26	27/28
29	30				

JULY					
M	Tu	W	Th	Tournaments	
		1	2	3	4/5
6	7 14U JTT	8	9 18U JTT	10 Girls L5	11/12 Baseline
13	14 14U JTT	15	16 18U JTT	17 Boys L5	18/19 Baseline
20	21 14U SEC'NS	22 18U	23 SEC'NS	24	25/26
27	28	29	30 Zonals	31 Zonals	

AUGUST					
M	Tu	W	Th	Tournaments	
					1/2 Zonals
3 Zonals	4	5	6	7	8/9
10	11	12	13	14	15/16
17	18	19	20	21 Boys L5	22/23 Baseline
24	25	26	27	28	29

REGISTRATION CHOICE:

Program Registration • \$500 payment due at registration, \$500 balance due June 15. After 15 days of attending, your account will be charged \$60 for each additional day.

Applying for a Scholarship? 25% 50% 75%

Daily Registration • Your account will be charged \$75 for each day your player attends.

Note: A card on file is required for all programs. On the 5th of each month your card will be billed for the previous month's balance. Please email juniors@innercitytennis.org with any questions.

TO REGISTER:

Submit this form by email: juniors@innercitytennis.org -OR- mail: InnerCity Tennis, Attn: Juniors • 4005 Nicollet Ave S • Minneapolis, MN 55409

PLAYER / HOUSEHOLD INFO New to ICT Player Cell _____ UTR _____

Player _____ Birth Date (Required) _____ Gender _____

School _____ Playing Position _____ USTA # _____

Ethnicity: American Indian Asian Black, African-American Caucasian Latino Other _____

Primary Contact _____ Phone _____ Cell

Address _____ City _____ State _____ Zip _____

Household Email _____ Free / Reduced School Lunch Yes No

ACKNOWLEDGEMENTS / RELEASE

I understand and acknowledge that the activities directed by InnerCity Tennis (ICT) may be physically and mentally stressful and pose potential health risks to the participant. I certify that the participant is covered by health and dental insurance, is physically fit to participate, and has been instructed to immediately report any injury to a staff member. I understand that ICT makes no claims of medical knowledge or expertise and authorize any representative of ICT, in case of a medical emergency, to secure medical or dental treatment for the participant, and I assume full responsibility for all costs relating to such treatment. I authorize ICT to use photographs, videos, the name of participant, and any evaluations, surveys, or other records taken during the program for any reasonable purpose. I hereby accept all foreseen or unforeseen risks associated with these activities and agree for myself, my heirs, executors or anyone else who may claim on my behalf, to hold ICT and ICT board members, organizers, staff and agents harmless against any claims arising from participation. By signing below, I certify that I have read, understand and accept the foregoing.

Parent / Guardian _____ Date _____