



Interesting Info on Nuns' Island Tennis Club

THE ÎLE DES SŒURS TENNIS CLUB IS...

- **The biggest tennis centre in North America with its 20 courts**
- **A tennis program that's been developed** as much for the beginner as for the advanced player;
- **A renowned tennis school***. With 23 full-time and 24 part-time professional tennis instructors, all of whom have been certified by Tennis Québec and are dedicated to the club's members
- **A wide variety of tennis activities* for juniors and adults** which respond to all tastes, be it for:

Fun: Single and doubles social leagues

Lessons: Leagues with instruction

Competition: Leagues with ranking

Physical fitness: Intense exercises on the court to surpass oneself

* More than thirty weekly activities

- **A site that breathes health** thanks to its magnificent Espace Forme gym
4 training rooms totalling more than 10,000 square feet
 - Studios for dance, pilates, spinning, karate...
 - A spacious cardio-vascular training room
 - A weight-training room with high-quality equipment

A team of fitness trainers qualified for both group and personal training.

A wide variety of group courses with music.

THE CLUB'S OBJECTIVES

All tennis clubs have corporate, sporting (competitions) and educational objectives. Here are the objectives that have been decided upon by the club's directors with the help of teaching personnel (tennis pros):

Corporate: To give the best playing conditions (practice) to its members; to be among the best junior development centres (CDT) in Canada, by obtaining the "gold" status that is awarded by Tennis Canada.



Sports: To get the best results possible with our inter-club female teams and having our senior teams compete at the national and international level; having the best results possible with youth taking part in Smashclub.

Educational: Training youth so they get involved in our junior club programs and Smashclub; Encouraging* our tennis pros to obtain a higher level of certification and to insure their association with the ATP

*The Club will defray half the costs for the certification stages, pay the total for the annual coaches conference as well as the registration fees to the ATP association.

OUR PROJECTS FOR THE 2011 SEASON

- Sponsorship of three primary schools for establishing mini-tennis and a talent scouting system.
- Community contribution in underprivileged areas by putting in place FREE summer camps for youths aged 6 to 12.
- Talent scouting days will be organized next August. We hope to evaluate more than 20 youths who show an interest in tennis and who possess above-average ability. These youths will be invited to join our “Les Petits As Banque Nationale” program.
- Hosting the Canadian Junior Championships for 16 year-olds and under from March 26 to April 2.
- Organizing the 2nd edition of the Business Tennis Challenge, all funds going to Junior Club and Smashclub. This event will take place at the beginning of November.

THE CLUB IS FIRMLY COMMITTED TO DEVELOPING JUNIOR TENNIS

The Île des Sœurs Tennis Club has been recognized this year by TENNIS CANADA as **one of the most important development centres (CDT) in Canada**, receiving a “gold” status in the “Go for Gold” program, for its commitment and its contribution relating to the health of the sport and the pursuit of excellence.

Structure of the junior program

To attain this ambitious goal, the Club has established a development structure starting in 2001 that allows youths to learn tennis in order to become healthy and dedicated athletes and competitive high-level players. This structure has two parts: one is recreational – the **Junior Club**, while the other is competitive – **Smashclub™**.

The **Junior Club**:



Aims to train a great number of young tennis players by being involved in schools, outdoor tennis courts (tennis day camps) as well as offering 10 to 14 weeks of tennis instruction during the winter season. Teaching youth comprises many steps: mini-tennis, initiation and perfecting.

Every year the **Junior Club** encourages learning tennis **to more than 1000 youths from 5 to 17 years old**.

Smashclub™:

Proposes three programs: *the Little As, the Future Group and the Study-Tennis*. It prepares the most talented players to attain the highest level so as to represent the Club in provincial, national and international competitions.

Each year **Smashclub™** sees **more than 100 youths from 6 to 17 years-old** pass through the three programs.

Establishing a FOUNDATION to come to the aid of Junior Club and Smash Club™

In the wake of TENNIS CANADA'S new strategy that aims to establish an elite development system capable of producing Grand Chelem, Olympic and Paralympic tournament champions, **the Ile des Sœurs Tennis Club** has decided to follow the steps and hopes to scout the next generation of high-calibre athlete.

The Ile des Sœurs Tennis Club has therefore launched a financial campaign to raise funds to enlarge the pool of young players who have the necessary potential to play in national and international competitions and to make tennis practice accessible in underprivileged areas. To contribute to these funds, the club held its first edition of the "RONA Tennis Challenge" benefit tournament on Friday, November 26th, 2010. Thanks to the generosity of participants, **the sum of \$40,000** was collected for a fund dedicated to Junior Club and Smashclub.

These profits permit the financing of the Junior Club and Smashclub™ programs – the junior training centre of the Île des Sœurs tennis club – which is to say:

- **Supporting the community** by initiating toddlers to tennis at school and in parks;
- **Supporting scouting and development** by learning to become a competitive player;
- **Supporting performance and excellence** which will financially provide for the careers of top level male and female players

FINANCIAL CONTRIBUTION TO THE LITTLE AS PROGRAM

The club has been deeply involved since the creation of the Banque National's Little As. More than 250 youths turned up during the evaluation day and nearly 120 youths were able to benefit from a program subsidized by the Banque National, Tennis Canada and the Île des Sœurs Tennis Club. The youths selected participated in lessons of 60 and 80 hours spread out over a period of 4 to 5 months.



Spurred by this enormous success, the club decided to offer the same program to 2 other groups of 24 children (boys and girls) from 6 to 7 years of age. Since September 2010 we count on 36 children between 6 and 7 years old in the 12 metres, 24 youths between 8 and 9 in the 18 metres, and 12 youths between 8 and 10 in the 24 metres. These youths train 5 hours a week for 38 weeks. The cost for these two groups is subsidized by more than 60% by the club.

FINANCIAL AID TO STÉPHANIE DUBOIS

The Île des Sœurs Tennis Club has decided to financial assist the career of **Stéphanie Dubois** by awarding her a grant of \$15,000 for the 2011 season. Moreover, the Club supports her training by allowing her to train on our courts for free, with unlimited access to our gym equipment.

ANNEX 1

OUR FACILITIES

Here are the improvements of the last 4 years

- The surfaces of the 20 courts have been changed for a surface that comes near those of the big international tournaments (Plexi-Pave), with 10-13 surface coats on each court.
- The Clubhouse has been enlarged and renovated in the style of the day so as to maximize the space reserved for the reception and the clubhouse.
- The construction of a gymnasium to the cost \$1.3 million is at the disposal of tennis members (free – included with registration without extra costs) so as to improve their physical condition.
- The purchase of a 21-seat bus in the club's colours, facilitating the transport of youths of Tennis Etudes and the parascolaires program.
- The enlargement of the parking lot so as to facilitate the accessibility of the Club.
- The enlargement of the restaurant by the addition of a glassed-in section.
- The construction of stands on several strategic courts to increase the number of people who can attend the competitions.
- We have subscribed to 3 "Body training system" licenses: **power up**, **centergy** and **kick** so as to offer new training routines with new motivating music to our coaches
- Improvements to the ceiling by adding a new reflective cover so as to enhance the light quality on the courts as well as insulation improvements to considerably cut down on energy costs.
- The creation of an outdoor terrace at the rear of the building (adjacent to the gym) so as to give outdoor training classes during the summer season.
- The complete renovation of our locker rooms.

ANNEX 2

A RENOWNED TENNIS SCHOOL

Highly qualified tennis coaches

Christine Picher level 4 coach, distinguished coach of Quebec athletes on the international scene;

Conrad Pineau level 3 coach, Director of the Île des Sœurs Tennis Club's Tennis School, Director of the coach's training courses in Quebec and Canada.

Other certified level 3 coaches:

- Alain Manzuela
- Simon Laurendeau
- N'Gussen Bony
- Zdének Bukal
- Andréanne Martin

The Club's coaches stand out on the international circuit:

Jean-F. Mathieu 2nd in the 2009 World Championship in the 35 senior category;

Dariusz Kozak Captain of the Canadian Senior Team for the 2009-2010 World Championship and leading his team to a brilliant victory in England.

Andréanne Martin Canadian Senior Team Captain for the 2009-2010 World Championships;

Michel Dagenais 2nd Canadian, participated 4 times in the World Championships, a veteran of 55 years;

Club players distinguish themselves on the junior and senior international circuits:

Stéphanie Dubois ranked 138th in the WTA rankings, a member of the Federation Team Cup, Stéphanie now trains at the Île des Sœurs Tennis Club;

Rosemarie Asch ranked 2nd in the world in 75 and over veteran category and World Champion in the 80 year-old category at the International Tennis Federation's senior world championship in Antalya (in Turkey);

Philippe Bédard 5th Canadian paraplegic, 168th in the world, potentially on the list of the JO 2012 from London;

Marianne Jodoin member of the Junior National Team, was trained at the Club.