



Spring  
Session

**2024**

**NYTA Academy**  
*where everyone's an individual*

**Location: North Bubble**

**NYTA  
SPRING HP**

**April 22 – June 30, 2024**  
**(10 week session)**

*No Lessons May 20 (Victoria Day)*



## ► What is High Performance?

To us, high performance is not merely a different program, not a different name or positioning. It's the way of life. Where everyone wants to be pushed to the next level. Where everything you do, you do it to 100% of your abilities. Where "good enough" is "not good enough." Where people who do extra work do not stand out because everyone else is doing it as well. It's a lifestyle with no excuses and desire to become the best you can to unlock your full potential. We believe that it's the only way to achieve success in this long journey.

## ► And it's a long one indeed



*Development time from 1st contact to peak performance on the tour*

**Developing a player is a long process.** It takes 15-20 years to get to a world class level. In those 20 years your child will break hundreds sets of strings, spend thousands of hours on court and in a gym, travel hundreds of thousands of miles to hit millions of balls, a lot of which will not go in the court. There better be some planning involved! **Thus every single step in your child's journey to excellence has to be supervised and planned in advance.** Moreover, the first 5 years of development are the most important ones because they create a foundation for future success. However, in order for a player to stay on the right track and reach his or her full potential there has to be a special environment that spurs desire to become the best.

## ► The Environment

Being the leader in junior tennis development in Canada with over 35 years of experience we understand that children learn from what surrounds them. Hence we believe that creating the right environment is crucial in development of an athlete of any age, whether it is a 4 year old or someone who is already competing at the highest level. It is very important to surround yourself with coaches and other students who have the same goals. This creates maximum focus and minimum distraction in achieving them.



**Carmen Sandor, former WTA player, Penn State University graduate:** *"The NYTA has been a second home to me for nearly the last 15 years. In this time I've watched Tyler Prescott tirelessly work towards improving the program by bringing fresh ideas and new information on a consistent basis. His energy and passion for tennis as well as his desire to help his students achieve their national and international goals is contagious. There was nothing I looked forward towards more than my summers at NYTA. The ability to motivate and ignite a student's interest in the game is what makes NYTA unique and unparalleled in Canadian tennis."*



## Certified coaching staff

- Everyone, including parent, players, and coaches has the same goals
- Schedules of practice, match play, and fitness based on LTAD
- Year-round pre-booked court time for individual practice
- Video analysis of tournament play and practice
- Coaching during competition
- Hitting partners
- Social events for kids
- Tennis field trips to National Bank Cup, Tevlon Challenger, and junior competitions
- The winter tour which includes Eddie Herr and Orange bowl
- Educational seminars for parents and players
- Everything is geared towards making players reach their highest potential. So that all players and parents have to worry about is to come to practice on time and be ready to work hard. We do the rest.

## Coaching Staff That Gets the Job Done

### **TYLER PRESCOTT** Head Coach and Assistant Manager

In order for the above mentioned environment to be productive there has to be a strong leader with proven success record and to make sure that every single element is working as it should. That person is Tyler Prescott.

**Tyler is one of not so many coaches in Canada who consistently develops tennis players from playing OTA events to travelling all over the world and winning top tier ITF events.**

In 2019/2020's Roger's Cup, Tennis Canada awarded Tyler with two awards - one award for coaching two players to national championship for the year and the second award for Coaching Excellence in Canada. No other coach in the country had taken home two awards in that year. He was also the head coach of Team Ontario which, for the first time in 8 years won the Gold medal at the prestigious Canada Games 2013, with players who currently play on WTA and ATP tours. In 2017 Tyler was able to win team gold again, in addition to 7 other medals at the event. He won the Coaching Excellence award in 2012 and 2015 for developing a national champion.

With over 35 years of experience developing junior players Tyler understands and implements necessary priorities for every stage of development. In this way your children learn only what's important for their level. This helps tremendously to speed up the progress and save time that simply cannot be wasted. Tyler's passion goes beyond coaching tennis players. On a yearly basis he is involved in professional development courses with Tennis Canada. For many years Tyler facilitated the Coach 2 and Coach 3 certifications. Tyler has completed his Coach 4 and is now a candidate for the Coach 5. He was also the U18 national coach for the OTA.

**Contact:** [registration@nyta.org](mailto:registration@nyta.org)



*Tyler Prescott - Director of Coaching*

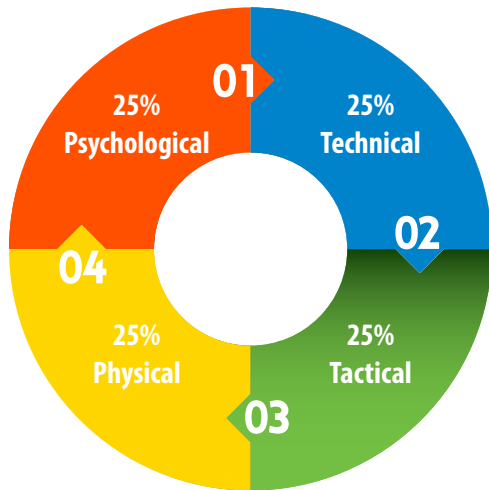


**Nathaniel Gery:** "Tyler, and the NYTA, helped me develop and taught me the most important fundamentals of the game. Tyler's hard work and dedication is unparalleled. I am very grateful to have had the chance to train at such a great academy."



## Holistic Approach

All our programs will follow the LTAD model from Tennis Canada and take holistic approach to develop players. The focus will be on 4 major components of tennis:



### 4 major components of tennis

Depending on the level of the athlete there will be different priorities on which to focus on. Our programs are designed with the player in mind, so that the content will differ based on the development age.

#### Tyler Prescott, Director of Coaching:

*“Developing a player is a long journey. Hence being demanding every day to minimize wasting time becomes paramount. That’s why at NYTA we take a holistic approach when developing a tennis player and implement all four components of tennis in training. They’re like legs of a chair. If you don’t have one component the chair will fall. All these components complement one another and it is what in the end makes a tennis player.”*



**2017 Canada Games.** Picture from left to right are Tyler Prescott (Canada Games head coach) Malik Bhathagar (double gold) Jada Bui (double gold) Vanessa Wong (gold and bronze) Rhea Verma (double gold) Ariana Arsenault (double gold) Daniel Fainblim ( gold and silver) Josh Lapadat ( gold and silver) Victor Krustev ( gold and bronze) Kirsten Magi (Canada Games Manager)



**2013 Canada Games.** Pictured from left to right are Erin Routliffe, Maria Patrascu, Tyler Prescott (Canada Games Head Coach), Ayan Broomfield, Dylan Bednarczyk, Gloria Liang, Raheel Manji, Brayden Schnur, Kirsten Magi (Canada Games Manager) and Jesse Flores.



### Programs For Every Need

We have the right environment whether your student is an aspiring player or already competing on a Provincial, National, or International level. But in order for us to have responsibility for success of a player there has to be minimal amount of quality hours spent on the court based on the recommendations of the LTAD. For all programs we recommend private lessons weekly, see the LTAD for recommended hours.

### HP Provincial and National

These programs expand already known fundamentals. The goal is to become a well-rounded athlete and to build the full court tennis skills required to be a player.

### HP National to International

The journey has just begun; the goal is to set the foundation for the pursuit of excellence.

**For touring players whose training needs are demanding, we can create a personalized schedule that will cover all the player's needs to get to the next level.**

**To get familiar with the LTAD please visit Tennis Canada's website.**

### Communications: Registration

**Contact: 416-5505-7303**

**Text Only / Call In Emergency**

**All Inquiries to: [registration@nyta.org](mailto:registration@nyta.org)**

Web page: [www.nyta.org](http://www.nyta.org)



**Brindtha Ramasammy, TOP 5 ITF**

*U14: "Working with Tyler for four years we have never had the same lesson twice. Becoming a tennis player is a long journey. With every lesson being different it makes this journey more enjoyable."*



**Louise Kwong, former junior national champion:**

*"Tyler has been one of the most significant figures in my life and helped me tremendously to get me to where I am today with tennis. NYTA will always be my home."*



# NYTA SPRING 2024 HIGH PERFORMANCE

April 22 – June 30, 2024 (10 week session)  
No Lessons May 20 (Victoria Day)  
No make-up lessons for missed classes

Note: As in the past, any personal information collected has been kept private in accordance with the privacy act.

Location: NORTH BUBBLE

## Spring HP Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

School: \_\_\_\_\_

Home phone: \_\_\_\_\_

Parents' daytime#: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Year of birth: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact #: \_\_\_\_\_

Allergies: \_\_\_\_\_

**Communications: Registration  
Contact: 416-550-7303  
Text Only / Call In Emergency**

**All Inquiries to:**  
[registration@nyta.org](mailto:registration@nyta.org)  
Web page: [www.nyta.org](http://www.nyta.org)

**No registration without report card testing. Email to schedule testing if you missed testing date or tryout.  
Try-out date: 16th April 4 - 6 pm. ( Age 13+ only. Contact Tyler Prescott. By invitation only.**

**Please indicate which program and sessions you wish to attend: There are no walk ins.**

Time	Monday 9 Weeks Only 665\$-2hrs 495\$-1.5hrs	Tuesday 10 Weeks 740\$-2hrs 550\$-1.5hrs	Wednesday 10 Weeks 740\$-2hrs 550\$-1.5hrs	Thursday 10 Weeks 740\$-2hrs 550\$-1.5hrs
4 – 6 pm				
6 – 7:30 pm				

**Mon / Wed:  
4 - 6 pm: U12  
6 - 7:30 pm: U9, U7  
Tues / Thurs – U18, U16, U14**

**Payment can be made online.  
Payments must be made prior to the start of the program.**

**There are no walk ins.**

Match play will be organized by NYTA at additional cost and played in a competitive league format.