

# NORTH YORK TENNIS ASSOCIATION



Winter  
Session

**2025/26**

**NEW TIME:  
5 - 7 PM**



### Climate-Controlled Bubble

- No UVA/UVB
- Heated Bubble
- Award winning program, that has produced over 100 National Champions
- Certified Tennis Canada Coaches

**Location:  
South Bubble**

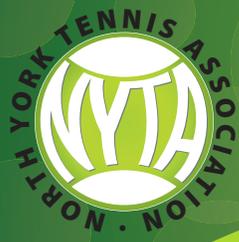
South: 120 Bond Ave



**NYTA  
WINTER  
HP Tennis**

**October 27, 2025  
- April 17, 2026  
(23 week session)**

*Winter Break Dec 22, 2025 - Jan 4, 2026  
No lessons Mon Feb 16 (Family 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*

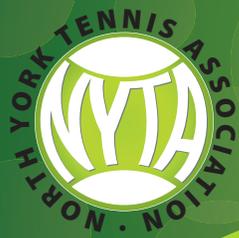
**Developing a player is a long process.** It takes 15-20 years to get to a world class level. In those 20 years your child will break hundreds sets of strings, spend thousands of hours on court and in a gym, travel hundreds of thousands of miles to hit millions of balls, a lot of which will not go in 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.



◀ **Jada Bui:** "Tyler has been a positive influence in my tennis development with his passion for coaching and his knowledge of the sport. Working with him has helped me get to the next level. Hard work and determination are a few qualities that he expects of me. He motivates me to become better each day and my success is a result of his coaching". Jada Bui-10 time Singles and Doubles National Champion, Member of Team Canada U14 Worlds and U16 Junior Fed Cup and Double Gold Medalist at the Canada Games.

## Coaching Staff That Gets the Job Done

### TYLER PRESCOTT Head Coach and Assistant Manager



Tyler Prescott -  
Director of Coaching

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 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.

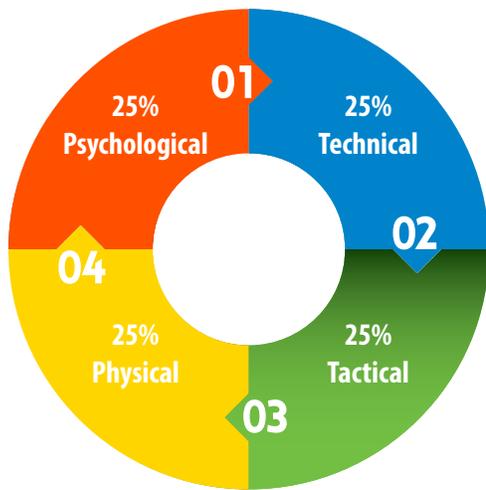
With over 35 years of experience developing junior players Tyler understands and implements necessary priorities for every stage of development. In this way your children learn only what's important for their level. This helps tremendously to speed up the progress and save time that simply cannot be 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 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)

◀ **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." Canada Games 2013

## Holistic Approach

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



### 4 major components of tennis

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

#### Tyler Prescott, Director of Coaching:

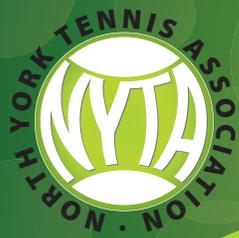
*“Developing a player is a long journey. Hence being demanding every day to minimize waste of time becomes paramount. That’s why at NYTA we take holistic approach when developing a tennis player and implement all four components of tennis in training. They’re like legs of a chair. If you don’t have one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



The following tables provide a summary of all stages with respect to competition, training and recovery considerations for both women and men. As a competition stream player progresses, the training focus and competition intensity changes. It is important to note the shaded part of the table, this indicates the ideal window to develop the athletic foundation critical for excellence.

### FEMALES

AGES (females)	COMPETITION					TRAINING				Rest and Regeneration weeks per year
	# of Peaks	# of tournaments per year	# of matches per year		Types of Competition	Physical Training (By the end of this stage)	Tennis Training	Other Matches (practices/ leagues/yr)	Total # of hours/week	
			Singles	Doubles						
Stage #2 5-6	0	0	0		½ court, within the club environment Festival events (1/2 court combined with other things)	4 hrs (which includes 2.5 hrs of other sports)	1-4 hrs	15-25 matches/year	5-Aug-08	N/A
Stage #2 7-8	0	7-12	21-36		½ court tournaments – club ¾ tournament s – club/provincial Full court transition ball competitions – club or provincial	4.5-5 hrs (which includes 2.5-3 hours of other sports)	4-9 hrs	25-40	8-12 hrs	8 weeks
Stage #3 9	0	8-10	24-30	16-20	Full court transition ball U10 – club/provincial Full court regular U12 – club and provincial * Top 10 year olds could be participants in the U12 Nationals	4.5-5.5 (includes 3 hrs in other sports)	6-8 hrs/wk (including 2-3 lessons)	30-40	10-15	8 weeks
Stage #3 10-11	0	10-15	30-45	20-30	U10 Provincials U12 Provincials, U12 National events * Top players of this age could be competing in U14 Nationals and International U12 events	5.5-7 (which includes 3 hrs of other sports)	10-12 (including 2-4 hrs of private lessons)	30-40	15-18	6-8 weeks
Stage #4 11-12	0	15-20	45-60	30	Provincial National International Age Group (TE U12s, U14s)	4-5	12-14	48	16-18	4-6 weeks
Stage #4 13-14	2-3	15-20	45-60	30	Provincial National Western Canada Summer Games Atlantic Summer Games Ontario Summer Games International Age Group ITF junior (Group 5, 4, 3)	5-8	12-14	48	16-18	4-6
Stage #5 15-16	3	24-28	72-84	48-56	National Junior Championships Canada Summer Games International Team events (U16) ITF Gr. 2 ITF Gr. 1 Grand Slams ITF Futures Challenges (Type of events will vary by age and level)	**6-10*	18-22 (when a tennis week)	48	28	4-5
Stage #6 17-21	3 French/ Wimbledon US Open Florida/Australia (Fed Cup)	22-26	66-78	44-56	WTA Challenges Grand Slam Qualifying French/Wimbledon US Open Florida/Australia PanAmerican Games Olympics Fed Cup (end of stage)	**6-10*	22	N/A	28	4-5
Stage #7 22+	Up to 6 4 Grand Slams + Fed Cup	22-26	66-78 (3:1 win-loss ratio)	44-56	WTA Tour Grand Slams Fed Cup Olympics	**6-10*	22	N/A	24	4-6

\*\* when physical training is the priority \*when tennis is the priority

## MALES

	COMPETITION				Types of Competition	TRAINING				Rest and Regeneration weeks per year
	# of Peaks	# of tournaments per year	# of matches per year			Physical Training (At the end of this stage)	Tennis Training (includes group, privates, & practice matches)	Other Matches (practices/ leagues, etc.)	Total # of hours/week	
			Singles	Doubles						
Stage #2 5-6	0	0	0	0	½ court, within the club environment	4 hrs (which includes 2.5 hrs of other sports)	1-4 hrs (may include up to two private lessons)	15-25	5-8	N/A
Stage #2 7-8	0	7-12	21-36	0	½ court tournaments – club ¼ tournaments - club/provincial Full court transition Ball competitions – club or provincial	4.5 - 5 (includes 2.5-3 hrs in other sports)	4-9 hrs/wk	25-40	8-12	8 weeks
Stage #3 9-10	0	10-15	30-45	20-30	<u>AGE 9</u> U10 Provincial (full court transition ball) U12 Provincial events <u>AGE 10</u> U12 Provincial events U12 Jr. Nationals	5-6 hrs (which includes 3 hrs of other sports)	8-10	30-40	14-16	8 weeks
Stage #3 11-12	0	15	45-60	30	U12 and U14 Provincial events U12 and U14 National events International age group events U12	5.5-7 (which include 3 hrs of other sports)	10-12	48	16-18	6-8
Stage #4 13-15	2	15	45-60	30	U14, U16 Provincial events U14, U16 National events International age group events U14 Western Canada Summer Games Atlantic Summer Games Ontario Summer Games *Top players at 14 may begin playing ITFs and U18 National events <u>AGE 15</u> U16 and U18 Provincial events U16 and U18 National events International age group events U16 Top players of this age will play ITF events	5-8	12-14 (including group and private)	48	20	4-6
Stage #5					<u>AGE 17</u> ITFs (4 Grand Slams), Gr. 2, Gr. 1 and A					

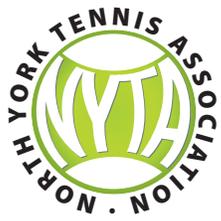
\*\* when physical training is the priority \*when tennis is the priority



**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 WINTER 2025/26 HIGH PERFORMANCE

October 27, 2025 - April 17, 2026  
(23 weeks session)

Winter Break Dec 22, 2025 - Jan 4, 2026  
No lessons Mon Feb 16 (Family Day)

**\* Please make sure to pay online for registration.**

**\*Mondays only a 22-week session.**

**No Lessons on Family Day.**

NYTA refers to NYTA Jr. Program. Applications will only be accepted if there is available space. To participate in the NYTA Winter program an application form must be completed and signed by a parent or Guardian of each child. Students will have to pay in full 100% upon registration.

Please pay online through debit / credit card. Note: As in the past, any personal information collected has been kept private in accordance with the privacy act. All rates include all necessary taxes. Note: There are no make-up lessons unless we cancel the program.

By use of club facilities, I expressly agree that NY Winter Tennis Club and the NYTA Junior Academy, its officers, directors, employees, servants or agents shall not be liable in any manner whatsoever for any damages of any nature or kind whatsoever arising from any injuries sustained by my child while in or about the premises of said facilities; nor shall NY Winter Tennis Club or NYTA Junior Academy, its officers, directors, employees, servants or agents, be held liable for any loss or theft, however caused, whether such injury, loss or damage is caused by an act of negligence or omission of staff, management or any person.

I hereby grant the NY Winter Tennis club and NYTA Junior Academy to use any photographs that include images of participants in any publications, displays, presentations or other related use in any format (print, electronic, website or other media) for the purpose of promoting the NY Winter Tennis Club or NYTA Junior Academy events, activities, and projects I waive any copyright or other rights I may have in use of images.

## Winter HP Application

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

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

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

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

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

Parent's Name: \_\_\_\_\_

Parent's daytime#: \_\_\_\_\_

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

Year of birth: \_\_\_\_\_  Male  Female

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

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

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

### Please Circle Days below

Please indicate which program you wish to attend:

HP 5pm – 7pm Bond Park		
Monday (22 Weeks)	\$1785	1 day a week
Tuesday, Wednesday, Thursday (23 Weeks)	\$1875	1 day a week

**Mon/Wed U8, U9, U10, U12**  
**Tues/Thurs U14, U16,U18**

Walk on courts can be arranged through the head pro.

Full Payment for the program has to be made for the registration.

\_\_\_\_\_  
Parent/Guardian Signature

**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)

**Location: South Bubble**

South: 120 Bond Ave