



AMA

Académie Ménard & Assoc.

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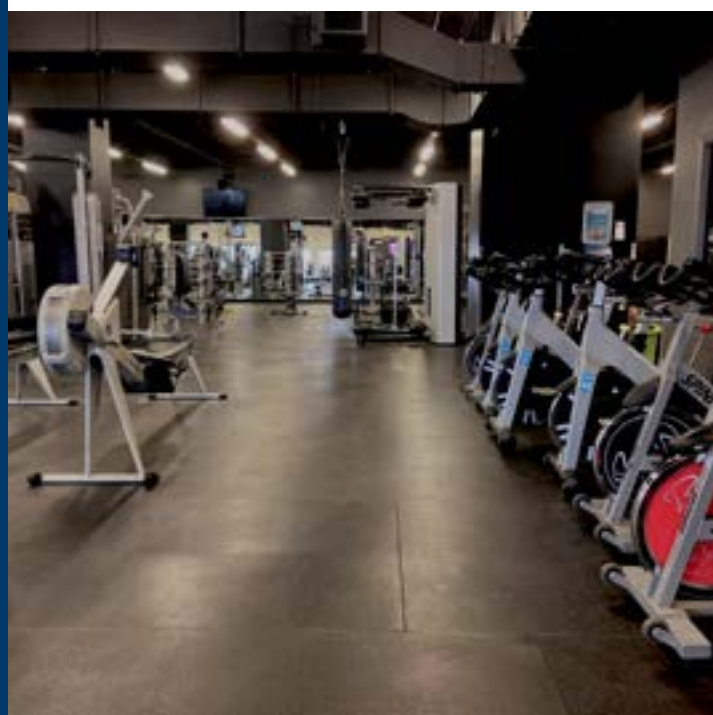
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LOCATION

Our headquarters is located primarily during the indoor season at Tennis 13. As of May, we use the following outdoor facilities: Park Couvrette, Park Rosaire-Gauthier, and Park St. Victor.

These locations are within a 30-minute drive from the Montreal Pierre-Elliott Trudeau International Airport.



Tennis 13 : 1013 Autoroute 13,
Laval, QC H7W 4V3

15 court indoor facility



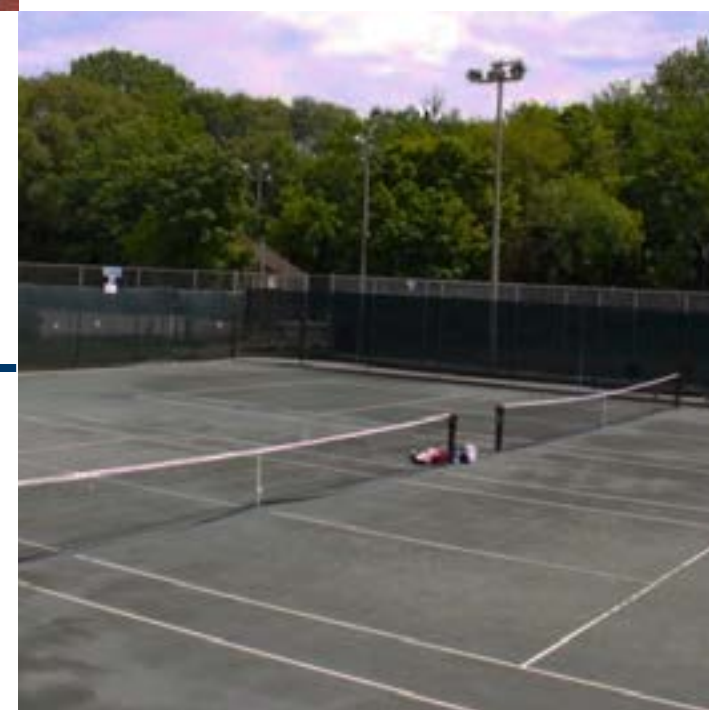
Park Couvrette : 665 Rue des
Jardins-Sainte-Dorothée, Laval,
Quebec H7X 2K4

5 outdoor clay-court facility



Park St. Victor : 650, rue de
Beauport, Laval (Québec) H7E 4B8

6 outdoor hard-court facility



Park Rosaire-Gauthier : 125
Boulevard Lévesque E Laval QC
H7G 1C2125

4 outdoor hard-court facility



WHO WE ARE

MISSION STATEMENT

The central purpose and role of AMA Academy is defined as: *Maximizing every student and coach's potential that will come through our tennis academy.*

VALUE STATEMENT

The corporate values governing AMA's development will include the following: *We are passionate about our work and love to share our knowledge, innovate and work as a team.*



Taha Baadi, Robby Ménard and Leylah Fernandez

RESULTS

OVER 100 International titles
100 National titles
100 NCAA placements (Division 1 and 2)
+
CDT Cup Winner in 2023 - Best overall club in the province of Quebec
Gold Standard Tennis Canada Club



CDT Cup 2023 Winner - Team Picture

OUR ALUMNI AND RESULTS OVER THE PAST 10 YEARS



Sarah-Maude Fortin

With us : 2014-2019

ITF Singles and Doubles Champion & Canadian National Champion & Undergraduate at the University of Washington in Finance.



Miko Lapalme

Under 10 Quebec Provincial Outdoor Champion, and U14 Canadian Indoor Champion

Taha Baadi

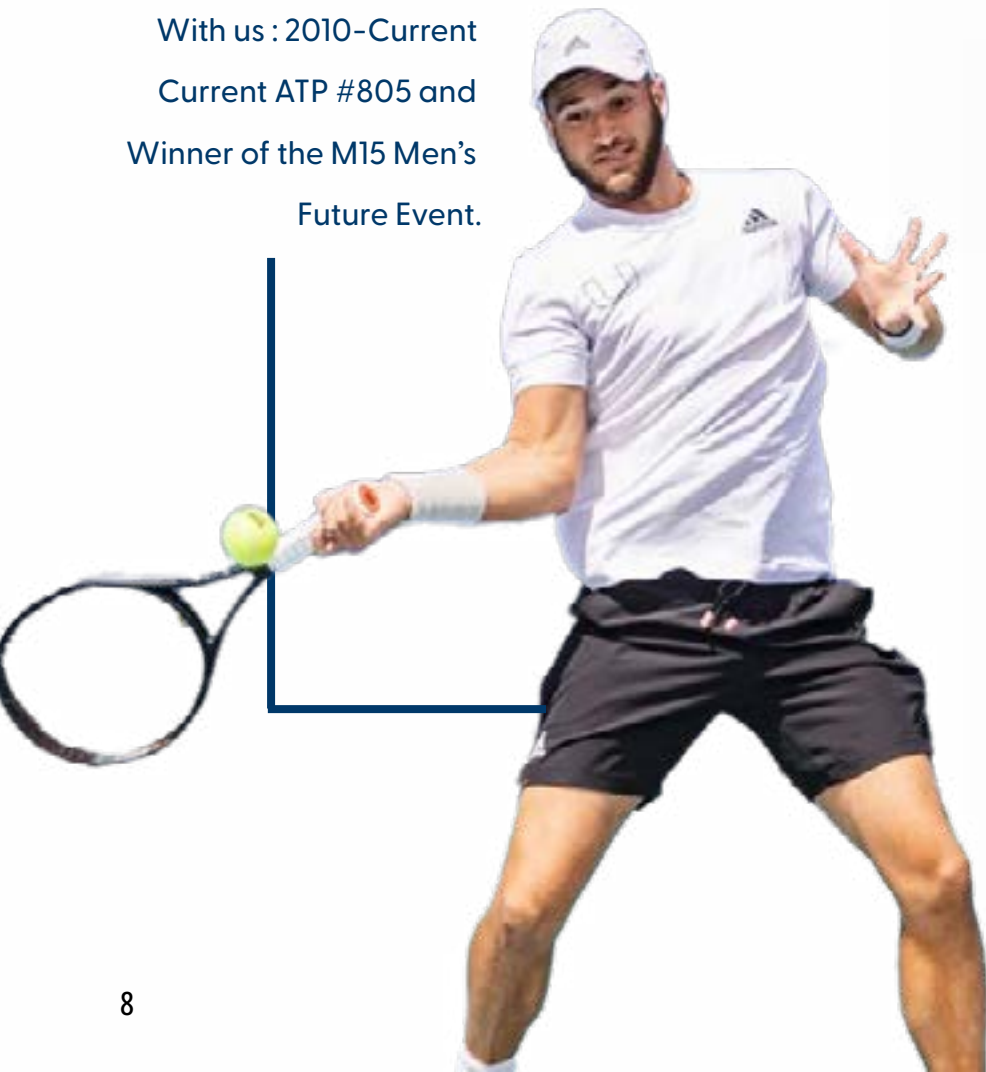
With us : 2012-2017

Back-to-back U16 and U18 Canadian National champion & former top 25 ITF junior ranked in the world



Dan Martin

With us : 2010-Current
Current ATP #805 and
Winner of the M15 Men's
Future Event.



Leylah Fernandez

With us: 2012-2015
Current WTA Top 50 & US
Open Finalist.



OVERVIEW OF OUR SPORTS AND STUDY PROGRAM & OUR SERVICES

WEEKLY

10 hours of tennis
5 hours of fitness
1 hour of mental



Monday

Fitness : 2-3pm
Tennis : 3-5pm / Theme : Rally, attack, and defensive skills development including serve and return

Tuesday

Fitness : 1:30-2:30pm
Tennis : 2:30-4:30pm / Theme : Rally, attack, and defensive skills development including serve and return

Wednesday

Fitness : 1:30-2:30pm
Tennis : 2:30-4:30pm / Theme : Official WTN Matches

Thursday

Fitness : 1:30-2:30pm
Tennis : 2:30-4:30pm / Theme : Transition to the net and doubles skills development

Friday

Fitness, tennis, mental / tactical development : 2-5:30pm
Tennis : 2:30-5:30 / Theme : Official WTN Matches and mental in-class and tactical development

MENTAL/TACTICAL DEVELOPMENT

“Attitude determines your level of play” is a critical phrase in which we strongly believe. As an academy, we emphasize the importance of building solid foundations for the athlete’s mind. Thus, the themes we work on in class every week are: Confidence, growth mindset, resilience, engagement, goal setting, autonomy, high-performance values, will to win, risk-taking, emotions management and playing automatisms.

FITNESS

All players undergo fitness testing twice a year. The main areas of focus during fitness are the following: injury prevention, strength, power, speed and endurance. Each training is specific to the needs according to the player’s age.

OUR SERVICES

Level Based Play

Our groups are based on UTR to ensure level-based play as much as possible.

Official Match Play

We run weekly matches that count towards each player's WTN (World Tennis Number).

1-3-5

Our academy uses the 1-3-5 application that enables each player to have their database of advanced stats. Within this application, each player is compared to the international benchmarks of their age group, which helps players understand how tennis is played at higher levels, including college and professional. In addition, the application shows the rally length data that is vital to measuring player performance. 135 provides a way of measuring the way juniors play tennis. All of our athletes will receive the Bronze and Silver level of analytics.

PRIVATE LESSONS & OBJECTIVE SETTING

Coaches are available for weekly private lessons in which a yearly plan of the athlete's tournament schedule and objectives is included.

SERVE

Nowadays, players must be able to start the points efficiently, as we know the importance of the first two shots. This is why at least 30 minutes per practice are dedicated to the serve. Furthermore, we periodize training to do technical work on the serve during periods that are further away from tournaments. To achieve this, we are equipped with Ipads, which allow us to use video analysis tools to assess and measure improvement in the serve.

TOURNAMENT TRAVEL / SUPERVISION

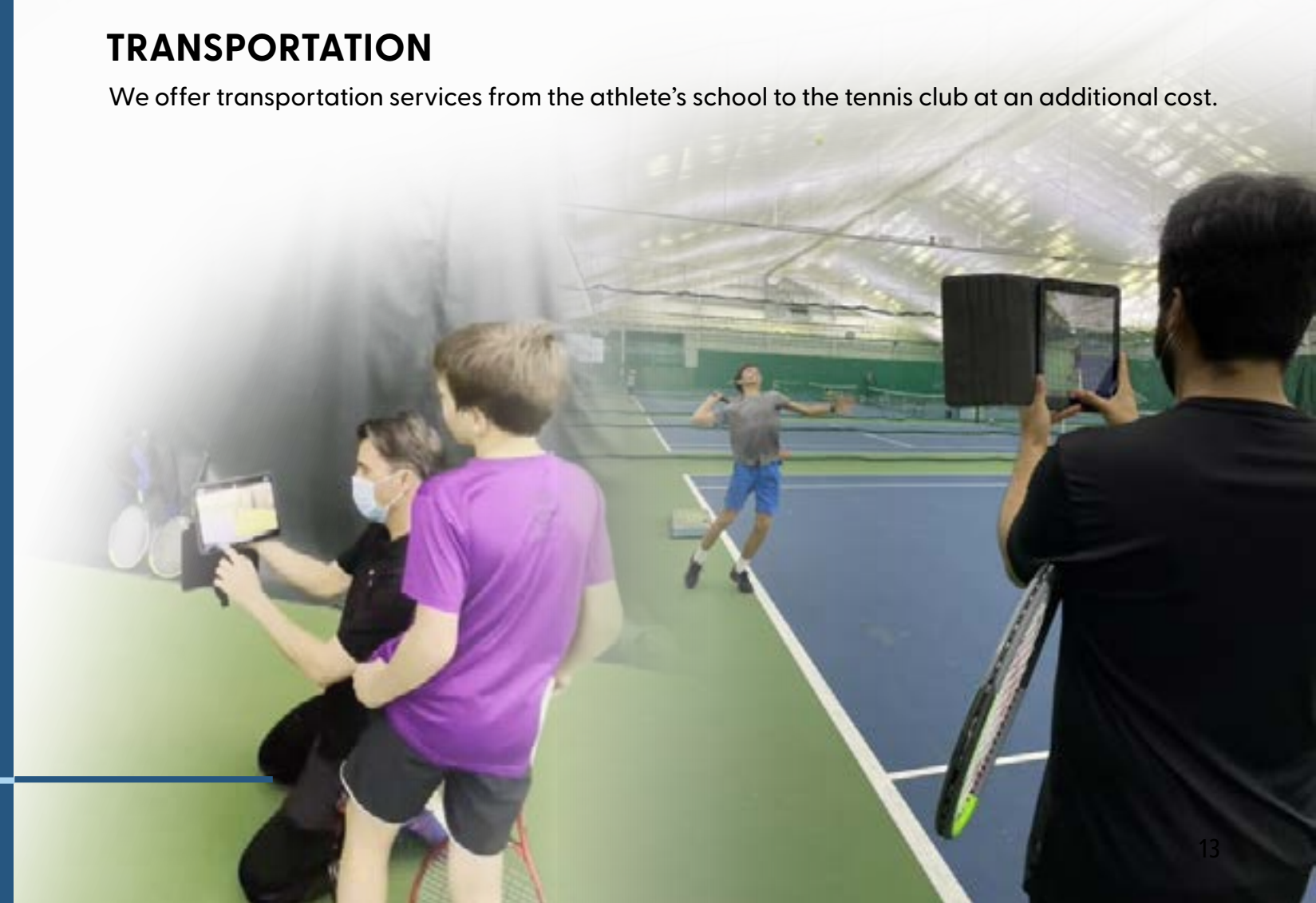
From September to June, we guarantee tournament supervision and report twice yearly during the two biggest events: Quebec Championships and selections.

TRANSPORTATION

We offer transportation services from the athlete's school to the tennis club at an additional cost.



1-3-5 TENNIS ANALYTICS
...Game Changing



INTERNATIONAL PROGRAM & SERVICES

TYPICAL SCHEDULE

The athletes in this program will receive the same services as in the sports study program schedule but will have the following added to their training routine :

- Weekly hours of one on one or two on one tennis : 3-5
- Weekly hours of one on one fitness : 3-5

Coach-to-player ratio : 1:1 to 1:2

HERE ARE FIVE SHORT CLIPS THAT SUMMARIZE OUR SERVICES IN OUR INTERNATIONAL PROGRAM:

[Overview of our program](#)

[How we use science, technology, and individualization to help improve our players](#)

[How we integrate fitness, technology, and tennis](#)

[How we improve footwork in the gym and integrate it onto the court](#)

[How we use technology to improve match play](#)



1-3-5 ADVANCED ANALYTICS

Players in this program will receive access to a more advanced version of the application called the “Gold” version.

TOURNAMENT TRAVEL/SUPERVISION

Athletes are required to do a minimum of two ITF tournaments abroad in which they will receive supervision and reports from our coaches.

OUR PRICES

Sports Study Program

Base Price	13,500\$ CAD
Transportation	1,500 CAD

International Program

Additional Cost (After Base Price)	7,000-10000\$ CAD
International Tours (Per tour, approximately)	5000\$ CAD

Minimum of 2 international tours per year

6 weeks of summer camp is included to all players in this program

Private Hitting and Fitness Lessons

1 hour	60-120\$ CAD
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The current range for private lessons varies depending on the level of certification and experience of the coach.

CONTACT US


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**Academy
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