

ACADÉMIE
DE TENNIS
MUST



ELLE

TENNIS PROGRAM

MONT-TREMBLANT, QC

OUR APPROACH TO COACHING

INSPIRED BY HIGH LEVEL PLAY

📖 The "ELLE" program offers a unique experience for each tennis player looking to perfect her level of play, beginner or advanced.

The aspects of technical, mental, and tactical play are taught. Our team guarantees concrete and real progression for its members, taught quickly and professionally.

In addition to being enrolled in an intensive tennis camp, "ELLE" takes place in the beautiful and charming scenery in Mont-Tremblant, located in the Upper Laurentians!



THE KEYS TO SUCCESS

Culture of results / High-level trainers
Young and dynamic atmosphere / International station Tremblant

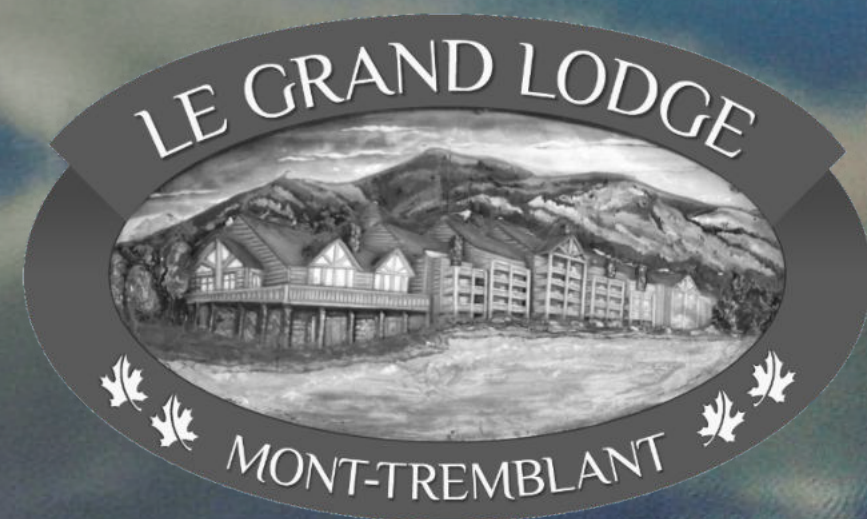
LAURENT THIFFAULT



AN EXCEPTIONAL ENVIRONMENT

THE IDEAL DESTINATION FOR ALL THOSE PASSIONATE OF TENNIS

The Académie de Tennis Must is proud to be associated with the Grand Lodge Mont-Tremblant resort hotel, to offer you high quality tennis. Our activities take place over 4 gravel courts. An exceptional site to fully immerse yourselves in the beautiful landscape of the Laurentides!



TREMBLANT
À 5 MIN DE VOITURE



A tennis player in white athletic wear is captured in a dynamic running pose on an outdoor court. The player is wearing a white t-shirt, white shorts with a small 'ionk' logo on the left leg, white socks, and grey sneakers. They are holding a tennis racket with a black and red handle. The background shows a chain-link fence and a goalpost, suggesting an outdoor sports facility. The lighting is bright, creating a high-contrast scene with some dust or motion blur around the player's feet.

A YOUNG AND DYNAMIC TEAM

VINCENZO VINCENZO

TRAINER

Student at *John Molson School of Business*

Vincenzo has been working for many years as a tennis trainer with players of all levels.

Strength: Technical play



#ATTENTIVE

#PASSIONNATE



RAPHAËL
RAPHAËL

TRAINER

Student at *l'Université de Montréal*

Raphaël is a graduate of sport-studies in tennis. His passion for tennis has brought him to participate in many tournaments, all the way in South America

Strength : Dynamic and active trainer, focused on game strategy

FRANKY FRANKY

TRAINER

Student at l'*Université de Montréal*

Frankie has 11 years of experience in tennis training, both with children and adults.

Strength : Pédagogical trainer, very involved with his students.



#MOTIVATED

#DETERMINED



LAURENT
LAURENT

TRAINER

Student at *HEC de Montréal*

Laurent is a graduate of the sport-studies tennis program from Collège de Montréal, and is currently finishing his accounting studies at HEC de Montréal. The Academy is thus the perfect meeting of his passions, being able to work as tennis player and as an entrepreneur, in the beautiful region of Mont-Tremblant.

Strengths : Culture of results

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WOMEN'S TENNIS: STRONGER THAN EVER

With more than 2000 tennis matches played in a regular season, and 800 players spread within the region of Montreal, the ever-growing popularity of women's tennis is en route to surpass men's tennis.

BUILD FRIENDSHIPS &
ENJOY A FULFILLING EXPERIENCE

1

TENNIS COACHING

"FIND THE BEST PLAYER WITHIN YOURSELF"

- Technical and tactical work
- Team coaching
- Debriefing et analysis
- Friendly competition

2

GROUP ACTIVITIES

"ATHLETIC DEVELOPMENT IS ESSENTIAL"

- Balance and coordination
- Work-outs and recovery
- Mental exercises

3

VACATION

"ENJOY THE ACTIVITIES AND THE CITY OF MONT-TREMBLANT"

- Beach
- Outdoor activities (Mountain biking, paddle board, etc.)
- Entertainment in the Tremblant village



GROUP

ZERO TO HERO

Learn the technique, tactics, and strategy of the game!

LEVELS 2.5 & +

PERFORMANCE

A high intensity training program, made to drastically improve your performance!

LEVELS 4 & +

A TYPICAL WEEK AT THE ACADEMY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7h-9h		BREAKFAST				
9h-11h		GROUP TRAINING				"ELLE" TOURNAMENT
11h-12h		SUPPER WITH THE TRAINERS				DINNER
12h-13h		TIME OFF				"ELLE" TOURNAMENT
13h-14h		GROUP ACTIVITIES				"ELLE" TOURNAMENT
15h-17h	ARRIVAL	GROUPE TRAINING				CÉR.
17h-19h	CÉR.	TIME OFF				

**d'accueil*

***de fin de stage*

MONDAY

TENNIS ACTIVITIES

Training based on regularity

Increase your level of regularity with a swing strong enough to intimidate your opponent.

Workshops in singles and doubles.

GROUPE ACTIVITIES

Yoga & meditation

Yoga Vinyasa

Known as one of the best international yoga techniques.



TUESDAY

TENNIS ACTIVITIES

Training centered on game tactics.
Singles and doubles.

Build up your skill. The trainers will consult you on the best skills for your level of play, and help instruct the best strategies based on game pointage.

Workshop in singles and doubles.

GROUPE ACTIVITIES

Sport nutrition

Learn to manage your diet during tournaments and training.
Explanation of the relationship between diet and performance.



WEDNESDAY

TENNIS ACTIVITIES

Training centered on gameplay variety

Opt for a variety of gameplay! In line with your level of skill, learn to vary your techniques and aggression to destabilize your opponent.

Workshop in singles and doubles.

ACTIVITÉ DE GROUPE

Pilates studio



Kinesiologist since 2015.
Specialised in physical readaptation and posture.



RECOMMANDÉ

PAR LAURENT
THIFFAULT

THURSDAY

TENNIS ACTIVITIES

Training centered on game tactics
Singles and doubles.

Opt for a variety of gameplay! In line with your level of skill, learn to vary your techniques and aggression to destabilize your opponent.

Workshop in singles and doubles.

GROUPE ACTIVITIES

Mental coaching



Learn to control your emotions, stress, pressure, and energy in game



**# FIGHT
SMART**

FRIDAY

TENNIS ACTIVITIES

Friendly tournament in singles and doubles

Play a competition in doubles with the other program participants. The players compete in 4 levels of skill, and each trainer is assigned to a team.

PROGRAM COMPLETION CEREMONY

Award ceremony

Barbecue



STAYING AT THE RESORT

RESTAURANT &

BAR-LOUNGE

POOL & GYM

SPA & RELAXATION

BEACH & LAKE





NEARBY CONFORTS

LARGE AND COMFORTABLE ROOM

ACCESS TO HIGH SPEED WIFI

FULL KITCHEN

CLIMATE CONTROLLED

AN EXCEPTIONAL FAMILY RESORT

Located at only a short walk from the courts, it is the ideal destination for exercise and relaxation with the family in an elegant and refined atmosphere.



AVAILABLE DATES

SUNDAY
MAY 29th

FRIDAY
JUNE 3rd

WEEK 01

SUNDAY
JUNE 5th

FRIDAY
JUNE 10th

WEEK 02

DURATION

FROM SUNDAY TO FRIDAY

CHOOSE BETWEEN
ONE OF THE
FOLLOWING TWO
OPTIONS

DATES TO REMEMBER

ROOM RESERVATION GUARANTEE DATE

APRIL 28th

Sign-up before April 28th to guarantee a room in the Grand Lodge hotel. Any later, and the Academy won't be able to guarantee a room.

END OF EARLY BIRD DISCOUNT

MAY 1st

Take advantage of a 10% discount if you sign up before May 1st!

REGISTRATION

Registration into the "ELLE" program online. Registration begins on April 2nd 2022.

ROOM RESERVATION REGISTRATION

Book your room through the link provided to you in the registration form or by contacting the following number: 1 800 567-6763

OPTIONS AND PRICES

ELLE PROGRAM

1150\$

ROOM AT THE GRAND LODGE

743,75\$ *starting at*

CONTACT

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Sign-up online

tennismust.ca

LIMITED PLACES