

Hi,

While the pandemic restricted us physically, the mental skills associated with life coping grew. I am pleased to share with you this year's newsletter. If there is anything we can do to get you on the courts, please do not hesitate to contact us. We are also very active on our social media channels.

Camp (Ideal for 5-14 years old)

SINCE 2002			
Rogers Cup field trip		friendly tournaments	
money-back referral program	field games	mental skills & positive reinforcement	tennis lessons
	free pizza fridays	pool	
TSPA coupons		tennis gear merchandise	
côte saint-luc			

Have you seen our [year in review video?](#) We have 3 locations in Côte Saint-Luc (CSL):

1. The West End Gym has a beautiful indoor air conditioned facility, whereby campers can play basketball and pickleball, and outdoors they can play tennis and basketball as well. In the afternoon, we often go to the nearby Nathan Shuster Park. We may not have access to the pool on Mondays but we'll know more as the summer approaches.
2. The Caldwell Tennis Courts where we play tennis and field games. To cool off we go daily to the outdoor Parkhaven

pool or in the case of rain the inside Aquatic Community Centre Pool.

3. At the CSL Tennis Club, we have our advanced juniors who play on clay courts and have their very own private pool on a daily basis.

Membership at the CSL Tennis Club is no longer a requirement upon registering at Caldwell and the CSL Tennis Club. We are continuing to offer three free clinics for those who register for our camp. We will still be doing weekly sports psychology workshops on a variety of mental skills that help children develop positive living skills ever since we strategically pioneered this concept in 2002.

Our [refer a friend promotion](#) is in effect and this can help you save up to \$100 when you refer us to a new client. [Early bird discounts](#) are available that begin September 1st until July 1st whereby the price usually goes up slightly every month. There are 4 [amazing outings](#) that take place. Those who do not register for the field trip can still benefit from a regular day at camp. [Relevé 24 receipts](#) are issued that help you save money in the form of tax credits and we have a 0% up to six equal installments [payment plan](#).

Our TSPA Dream Team includes

- Michael Sidawi will work mostly at our « TennisMax » camp.
- Mike Jabbour will manage our camp at the Caldwell Tennis Courts.
- And Eli Polterovich and Oliver Whitman will co-direct the camp at the West End Gym.

[More Info](#) / [Brochure](#) / [Promo Video](#) / [Sports Psychology Demo](#) / [Register](#)

Pro or Counselor in Trainer Program (Ideal for 14 - 19 years old)



We have a [pro or counselor in trainer program](#) that gives younger individuals an opportunity to earn income. You will learn what it takes to work outdoors and play tennis in a fast paced environment with never ending changes and a day that never looks the same from the one before. Warning! 100% positive attitude required to begin this process.

[More Info](#) [Register](#)

TSPA VIP:

	
ACADEMIE de Tennis et de Psychologie du Sport Tennis & Sports Psychology ACADEMY	
ATPS / TSPA VIP:	Club de Tennis Côte Saint-Luc Côte Saint-Luc Tennis Club 8215 Chemin Guelph TEL: 514-886-9929
Name: _____	
EXP: _____	
info@tspa.ca	www.tspa.ca/vip.htm

Given rising inflation, we have tried to do the best possible to keep this increase to a minimum so you may notice a \$2 per clinic add on fee with some dynamic pricing for camp, clinics and private lessons all depending on the supply and demand.

More than ever, being a [TSPA VIP \(very important person\)](#) will be beneficial to you. You get:

- No court fees for private lessons AND clinics.
- You will get an immediate credit of \$30 into your account.
- You have advanced access to registration.
- Even more benefits.

[More info](#) / [Become a TSPA VIP](#)

Clinics:



This is a great way to have a group lesson, meet other players at your level and gain instructional tennis from the TSPA Dream Team. By visiting our online [clinics](#) page, you can see the entire general schedule of lessons - usually 60 minutes and occasionally longer - that we offer. We also have a [family hour](#). Be sure to create profiles for each person in your account so that when you click "Make A Reservation", you will see all the appropriate lessons for that person. In case of rain, it is usually obvious that the lesson is canceled. For lessons that you registered with TSPA, the main account holder will receive an email and lessons registered with the City, you must call 514-485-8912 or the rain-

out line at 514-485-6806, 2, 2111#. Rest assured you will never lose the fee as it is either canceled if you registered with TSPA or postponed if you registered with the City. [Refer us a new client](#) and we'll offer you a free clinic! Do you know someone who may enjoy tennis?

[More info Register TSPA / Register City of CSL](#)

Private Lessons:



If you don't like the crowds, private lessons are the way to go. Browse our [staff page](#) and notice the pros' availability. Contact them directly to see when they can teach and set-up your session with more individual attention.

If you have 2nd person (or more) in your lesson, this can be a semi private lesson and this will reduce the hourly rate. You can enjoy the lesson with even more savings while learning together in a more private setting.

Joining a Club



The CSL Tennis Club has often been referred to as the hidden jewel within our city. It is located at 8215 Guelph and is the place to improve your tennis game, show up with and or without a partner, and enjoy being part of a larger family. You can see more information on the Club's [very own website](#) browsing over their programs, membership, and photos to name a few, or [our website](#) where you can see all the activities, interclub and tournaments that can take place. The Club offers a 50% discount for first time members!

[Become a Member](#) / [Register Online](#)

Coupons & Boutique



You love coupons and we love giving you coupons. How do you get them? Simply participate in our activities, do a good deed, hit a nice shot, or even have a nice smile.

What can you do with the coupons? We have an [online store](#) and a boutique (by appointment) in which you can make your purchases for all your tennis needs. Browse around for racquets,

water bottles, caps, and accessories to name a few. Did you know that by making a purchase you get another coupon for every \$20 spent? Now, by being fully equipped, you'll have one less excuse as to why you lost!

[More info](#) / [Video](#) / [Online store](#)

Gift Cards



Want to offer [a gift card](#) to a friend? There are plenty of great occasions such as Mother's or Father's Day or for someone's birthday. The process is easy and any denomination can be given. You can even give your pet a TSPA gift card!

[More Info](#) / [Buy Now](#)

As always, if you have any questions, please do not hesitate to contact me by text, phone, or email.

We'll see you on the courts!

Lior Doron
Academy Director
Tennis and Sports Psychology Academy Inc.
www.tspa.ca

514-886-9929 (text us too!)



P.S. Earn \$400 per Hour with Social Media and a Google Five Star Review



We can't pay you for your likes, subscriptions or a 5 star review but if you click [this form](#), you may get a gift from us in the form of a \$20 credit into your account. The most profitable outcome is if you give us a five star review and a positive comment on Google. The process takes three minutes to do and therefore you can earn \$400 per hour if you do this over and over again! Okay, there is a limit of one per account but earning \$400 per hour certainly sounds attractive!