

Dear Valued TSPA Client,

I have been teaching tennis since 1994 and it all started at Club Med. My ideas also stem from my work as a junior cruise animator working on the world's largest cruise ship with Royal Caribbean which allowed me to travel all over the world. It is combined with my experience as a certified teacher inspiring today's youth in search of academic and athletic excellence. Let's

continue growing and celebrating tennis. 🎾 As spring ushers in a fresh wave of excitement, we're thrilled to share the latest updates from the Tennis and Sports Psychology Academy (TSPA)! With enthusiasm abound and anticipation in the air, let's dive into what's in store for the upcoming season at our mostly outdoor [locations](#). The magic begins from our website [tspa.ca](https://tspa.ca). On top of the page, click on [New Client](#) for first time users or [login](#).

[Camp Adventures Await!](#) 🥕 [2024 Video Newsletter Here](#)

Have you seen our captivating [year in review](#) video yet? Brace yourself for another exhilarating season at our camp, tailor made for ages 5-14! Each location offers unique opportunities for fun and growth. Sports psychology workshops are delivered through our sister company [Flow in Sports](#) which specializes in teaching positive living skills which create, recreate, and maintain flow in sports.

[The West End Gym](#): Calling all beginner or weak intermediate tennis enthusiasts! Learn the basics, enjoy thrilling matches and participate in field games and [field trips](#) galore. A hub of indoor and outdoor activities awaits. This sports camp offers tennis on site and an opportunity to walk to nearby Rembrandt Park or the Caldwell Tennis Courts. Campers can also play soccer, volleyball or enjoy the latest movie at the newly renovated theater. In addition, we are now offering pickleball! Dive into the action at our air conditioned facility with nearby Nathan Shuster Park beckoning for more activities. The Eleanor London Public library is a hop, skip and jump away which reinforces our mission statement which is a commitment to work on mental skills both on and off the court. [More info](#)

[CSL Tennis Club \(Tennis Max\)](#):



Elevate your game on the best clay courts in the City and enjoy exclusive access to our private pool. Join our advanced juniors who are a minimum of 10 years old for a season of growth and building long lasting friendships like never before. [More info](#)

Remember, our camp registration comes with three complementary clinics, ensuring every participant receives top-notch guidance. Don't miss out on our [refer a friend](#) and [early bird discounts](#), and flexible payment plans making your TSPA journey even more rewarding.

[Meet Our TSPA Dream Team!](#) 🌟



Our esteemed TSPA Dream Team is ready to ignite your passion for sports and personal growth. Now more than ever, we have hired and rehired our finest staff. [Learn More](#) 🎾

[Pro-in-Trainer Program:](#)



Seize the opportunity to be an apprentice with our [counselor or pro in trainer program](#). Embrace the outdoors, hone your tennis skills, and cultivate a positive attitude for a transformative journey ahead! This program is ideal for those who are 14-19 years old. [Learn more](#)

[Unlock VIP Benefits!](#) 🌟



Become a [TSPA VIP](#) and elevate your experience with exclusive perks. [More info](#)

[Clinics](#) for Every Skill Level! 🎾



Join us for exhilarating group lessons led by our TSPA Dream Team! Check out our online [clinics page](#) for schedules and reserve your spot today. [Family hour](#) is always a big hit on the weekend between 9am-12pm which is great with and even without kids! [More info](#)

[Private Lessons](#): 🎾



Prefer a more personalized approach? Dive into private lessons tailored to your needs with our seasoned [pros](#) guiding you every step of the way. [More info](#)

[Joining a Club:](#) 



Discover the hidden gem of the CSL Tennis Club where improvement meets camaraderie and unlock a world of tennis excellence. Join [leagues](#), special events, round robins and find out all the [activities](#) that await you. ([More info](#))

[Coupons](#) - Our Pride and Joy

The best part of it all is that every time you participate in our activities and go above and beyond the call of duty, you earn coupons which can be exchanged into prizes. This cycle exemplifies our 100% positive reinforcement philosophy.

[Gift Cards](#) & [Online Store](#)





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Do you have a family or friend that enjoys tennis? Get them a [gift card](#) - the perfect touch and browse our [online store](#).



Check out your emails, text messages and don't be surprised if we even call you! Follow us and subscribe to our social media channels, and ask us if you have any questions. Let's make this season unforgettable. We'll see you on the courts.

Tennis with Positive Sports Psychology,

Lior Doron  
Academy Director  
Tennis and Sports Psychology Academy Inc.  
[www.tspa.ca](http://www.tspa.ca)  
514-886-9929 (text us too!)