



ISP Player's and Parents' Guide

2010 – 2011

This guide is essential for an efficient communication between the players, their parents, and the staff. ISP players and their parents are responsible for the material in this guide.



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ISP Academies, **All the way**

Created in 1998, ISP was the first organization in Europe to facilitate the placement of young tennis players in American universities on scholarship. Since 1998, over 500 athletes used ISP to join the American university system.

In 2003, the "**All the way**" concept was born with the creation of the academy, which continues to allow students, once they graduate from high-school, to consider a professional sports career or studying in the USA.

Today, "**All the way**" is not only a concept of training but also a philosophy of work, present in all areas of the academy, which is based on two ideas:

"TO LEARN EFFORT" and **"TO BECOME A PERFORMER"**.

These two pillars of the athletic success, which became ISP's educational values and now guide our action and creativity, are two values that we want to push "**all the way**" in research and education. And every day, on and off the court, it means for our students: **TO BELIEVE IN THEMSELVES**, to dare going **all the way** in their desire, **all the way** in their effort, and **all the way** in their swing.

The two educational values of ISP:

To learn effort

« We all look alike, the difference lies in the effort »

To become a performer

« Think about the game, not the stakes »

all the way

ISP Staff

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Dr. Barboni Médecin/Doctor	04 93 65 40 89 A côté de Mr Pizza, à la sortie du CIV



Numbers 2010-2011

64 tennis players
15 female tennis players
49 male tennis players
6 male golf players
38 boarding
26 non-boarding
38 ISP Etudes
9 ISP International School

Groups / coaches

Head Coach : Régis Lavergne (16-18 ans et +)
Assistant Head Coach : Bertrand Perret (11-15 ans)
1 group elite boys
1 group elite girls
1 group « espoirs »
9 groups « academy »

Tennis training

- Individualized practice
- 3 cycles
- **CYCLE N°1: START (September)**
 - ✓ Coaches and players meet
 - ✓ End-of-the-season tournaments
- **CYCLE °2: GROUND WORK (October – December)**
 - ✓ Fundamentals
 - ✓ Technical work
- **CYCLE N°3: PRE-COMPETITION / COMPETITION (Jan. – Jun.)**
 - **3 periods following this sequence :**
 - ✓ Back to fundamentals
 - ✓ Tournament preparation
 - ✓ Tournaments

Fitness training

- 3 cycles
- 3 evaluations during the season (Oct./Jan./May)
- Individualized programs
- Three coaches :
 - ✓ Fabien : 11-15
 - ✓ Manu : 16 +
 - ✓ Tiroy : Girls
- **CYCLE N°1: GROUND WORK**
 - ☐ **September-October**
 - ✓ Flexibility and strengthening (Circuit Training)
 - ✓ Aerobic work (Endurance & strength)
 - ☐ **November-December**
 - ✓ Strengthening or force development (depending on age)
 - ✓ Aerobic power and preparation for speed
 - ✓ Flexibility improvement



TENNIS ACADEMY



www.ispacademies.com

- **CYCLE N°2: PRE-COMPETITION**
- ☐ **January-February**
 - ✓ Strength, power, explosivity or strengthening and coordination
 - ✓ PMA & Speed endurance
 - ✓ Flexibility maintaining
- **CYCLE N°3: COMPETITION**
- ☐ **March-April**
 - ✓ Explosive force and speed force. Integrated fitness.
 - ✓ Maintain PMA and specific speed work
 - ✓ Maintain flexibility
- ☐ **May-June**
 - ✓ Force-Speed, speed, integrated fitness.
 - ✓ Speed endurance / Games / Specific speed
 - ✓ Maintain flexibility

Important :

« **Reference Trail** » : this reference circuit is run regularly to know where one stands

Run and Bike : Sunday 17 October 2010 (mandatory)

Snowshoes trek : Sunday 6 February 2011 (mandatory)

Triathlon : Sunday 27 March 2011 (mandatory)

Fitness rules

- **7 RULES FOR FITNESS**
 - ✓ Hard court and clay court tennis shoes (both pairs !)
 - ✓ Running shoes
 - ✓ Water bottle (already filled out)
 - ✓ Towel
 - ✓ Changing clothes
 - ✓ Windbreaker (always)
 - ✓ Jumping rope
- **7 RULES FOR RESPECT**
 - ✓ Be on time
 - ✓ Be polite (tennis / fitness / hotel)
 - ✓ Be clean (nature / courts / gym / hotel)
 - ✓ Facilities
 - ✓ Mutual respect between all players
 - ✓ Respect of work and programs
 - ✓ Sel-respect, respect of efforts, respect of one's potential
- **7 RULES FOR LIFE STYLE**
 - ✓ Sleep well
 - ✓ Cleanliness (shower, clothes...)
 - ✓ 3 meals a day
 - ✓ Balance diet (avoid sugar and fat). Bring fruit bars and isotonic drinks
 - ✓ No complementary products (proteines / creatine)
 - ✓ No alcohol
 - ✓ No cigarettes
- **7 RULES FOR WORK**
 - ✓ Warm up (10 to 15 minutes) : match and practice
 - ✓ Cool down
 - ✓ Recovery
 - ✓ Stretching
 - ✓ Complementary work (upon request)
 - ✓ Keep working during holidays
 - ✓ Love effort and competition



➤ SANCTIONS

- 1- Warning
- 2- Sanction (essay...)
- 3- Sanction (1 week without tennis, no tournament...)

Equipment

All ISP players are required to have all necessary equipment each session.

- ✓ **Strung racquets**
- ✓ **Filled out water bottle**
- ✓ Snacks (cereal bars, fruit...)
- ✓ Jump rope
- ✓ T-shirts
- ✓ Hard court **and** clay court shoes
- ✓ Running shoes
- ✓ Hat
- ✓ Towel

Stringing service

Olivier, David, Giorgio and Thomas are the official stringers of ISP. Please contact them directly.

- ✓ Cost : 8€ and 10€ for the next day

Grading system

In order to follow each player, each coach grades his players at the end of the week. This information and other comments are part of the quarterly reports.

Morning practice sessions

ISP players who are not in school before 9:30 AM can practice at **7:45 AM** on Mondays (Benjamin), Tuesdays (Charles), Wednesdays (Bertrand), Thursdays (David) et Fridays (Régis). This practice session is optional and is made to specifically work on serve and match play. To register and participate, please **send an e-mail to the coach before 6 PM the day before** (Friday for Monday).

ISP Junior Tour

The ISP Junior Tour is an internal tournament in 5 stages during the year. The dates are in the attached calendar. This tournament is meant to put in place what has been worked on in practice, in matches. It is played in normal official matches conditions.

Winter time

Times are slightly changed in the winter : **2:00 PM to 3:45 PM** and **3:45 PM to 5:30 PM**. The meeting for warm up is all year long at **1:45 PM** on the courts.



Mental workshops

François Ducasse (mental coach) and Makis Chamalidis (psychologist) come regularly to ISP to offer mental workshops and individual meetings.

The group workshops are included in the full-time program fee ; individual meetings cost **66€/hour**. Players must register with Carole **2 weeks** before the actual date.

The mental log book is given to each ISP player. It is also sold for 15€ with Carole.

The schedule for these days is posted a few days before. ISP players are therefore responsible to be at the right place at the right time.

- 14-15 October 2010** (group workshops + indiv)
- 18-19 November 2010** (group workshops + indiv)
- 13-14 January 2011** (group workshops + indiv)
- 10-11 February 2011** (group workshops + indiv)
- 18 March 2011** (indiv)
- 8 April 2011** (indiv)
- 6 May 2011** (indiv)
- 10 June 2011** (indiv)

Olivier Béranger – Performance classes

Olivier Béranger, Nathalie Dechy's (top 20 WTA) former coach and now an author, composer and singer, will offer 9 performance classes during the year. These classes are meant to help players develop their performance skills, especially in front of an audience.

- 7 October 2010** : group workshops
- 11 November 2010** : group workshops
- 9 Decembre 2010** : agora
- 6 January 2011** : group workshops
- 3 February 2011** : group workshops
- 10 March 2011** : agora
- 14 April 2011** : group workshops
- 12 May 2011** : group workshops
- 26 Mai 2011** : agora

10 June 2011 : ISP Show 2011

Roll call

All ISP players must be at all tennis and fitness sessions. Even when injured, players must be at **1:45 PM** on the courts (if they can practice) or in the study room in Bastide at **1:30 PM**. In this last case, they are free at **3:30 PM** and must be at the club at **4:00 PM** for a mandatory and adapted fitness session.

In case of an emergency or an exceptional situation, players must ask an authorization to their coach **and** head of school.

Players arriving late are punished when they arrive and repeated late arrivals are more heavily sanctioned.



Tournaments

- **In charge :**
 - ✓ General : Régis Lavergne
 - ✓ International Junior Tournaments : Bertrand Perret
 - ✓ Schedule : Thomas Finck / Yannick Faque

- **Important to have :**
 - ✓ FFT licence
 - ✓ Medical certificate
 - ✓ Let Régis know in case of weekends out of town to avoid defaults

- **Information on the ISP website (« documents to download »)**
 - ✓ Calendar
 - ✓ Schedule posted the evening before
 - ✓ Results
 - ✓ Medical certificate

- **Important :** A player willing to play a tournament which is not part of the official ISP schedule (including individual league's championships) must follow these rules:
 - ✓ Ask the head of school and the tennis coach at least 1 month before the tournament
 - ✓ This request must be validated by both heads of school and tennis
 - ✓ The player must be non-boarding or he/she should be accompanied by a family member, as ISP will not be driving players to these tournaments.
 - ✓ Pay the entry fee
 - ✓ Send the results to your coach

- **Attitude :** An exemplary attitude is expected in matches. The accompanying ISP staff can default a player in case of misconduct.

Rain

In case of rain, the schedule of the day is not changed. ISP players train for one hour indoors and then stay with their coach to discuss, watch videos, fill out their mental log book... Only in case of heavy rain, shuttles will be organized between the CIV campus and the club.



Medical service

➤ Physio – Kilian Lopez

- ✓ Monday 5-7 PM
- ✓ Wednesday 5-7 PM
- ✓ Register with Carole
- ✓ Doctor's prescription needed for reimbursement
- ✓ Complementary services :
 - Massage 20' : 20€
 - Massage 30' : 30€
 - Massage 60' : 60€

➤ Osteopathe – Audrey Molineri

- ✓ Thursday 2-4 PM
- ✓ Register with Carole

➤ Doctor

- ✓ Dr. Barboni (CIV)
 - Small sickness or injury
 - Accompanied by the staff on duty
 - Players pay the doctor directly (no credit card)
- ✓ Dr. Clavaud
 - Serious pathologies
 - Referred by the physio or coach
 - Appointment on Tuesdays from 2 to 3 PM
 - Players pay the doctor directly (no credit card)

ISP players are responsible for informing their coach and the dorms staff on duty and the head of school in case of special situations (exams to take etc...).

BAC

Between the return of the Easter holidays and the BAC exams, students passing the BAC will have a different schedule (with no tournaments) which will be given to them.

CIV Campus

For all communication with the ISP staff on duty on the CIV campus, the ISP players and their parents must use the following information :

E-mail : internat@ispacademies.com

Phone : +33 (0)6 60 67 23 67

The schedule of the staff on duty is posted at the CIV. Please do not call or knock on the door of the staff not on duty.



Holidays

Start of the year : Sunday 5 September 2010 – **Meeting at 2 PM at the CIV**

Fall : Saturday 23 October to Wednesday 3 November 2010

Christmas : Saturday 18 December 2010 to Sunday 2 January 2011

Winter : Saturday 19 February to Sunday 6 March 2011

Spring : Saturday 16 April to Sunday 1st May 2011

Été : Saturday 25 June 2011

ISP players can, if they want, stay at ISP during Fall, Winter and Spring holidays. They must let the campus staff for boarders and their coaches for non-boarders know if they wish to stay 2 weeks before the beginning of the holidays. **With no news from them, we will consider them away and they will not be accepted at practice.**

Departures must be organized after practice (Friday night or Saturday morning) and returns before the start of classes (on Sunday night and not on Monday morning).

ISP players who are in school and who stay during holidays have 2 hours of study hall in the morning and train normally in the afternoon.

Boarders who become non-boarders during holidays are considered non-boarders.

Typical day

6h50 : Warm-up (mandatory except Wed.)

7h10 : Breakfast

8h00 : School or tennis

11h30-13h30 : Lunch

13h45 : Tennis or fitness (everyone on courts at 1:45 PM for warm up).

14h : Tennis or fitness

16h : Tennis or fitness

18h30-20h30 : Dinner

20h00-21h00 : Study hall

22h00 : Curfew (11:00 PM on Saturdays)

Game room

Open from **9 PM to 9:55 PM**

1st floor : Bar, ping-pong, pool, babyfoot

2nd floor : computers for use, TV, playstation, reading...

Free WIFI from 8 AM to 10 PM

Pro-shop : Please see Carole at the club for t-shirts, hats, grips, strings and other Tecnifibre accessories

ISP T-shirt (blue, white, gray, kaki, blue and pink for girls) : 15€

Casquette ISP (blue, white, red) : 15€

ISP Player Pack 1 : 2 T-shirts + 1 hat : 40€

ISP Player Pack 2 : 4 T-shirts + 3 hats : 90€

Stringing : 8€ and 10€ for next-day service

Laundry

Free service for boarders : players give a bag on Wednesday and get it back the next Wednesday.

It is also possible to use machines (behind the swimming pool)

Washing : 3.90€ ; Drying : 1€



Use of Sophia Country Club Tennis Courts

It is absolutely forbidden to use the courts of the Sophia CC without asking the authorization to the tennis head coach.

It is also forbidden to use the courts of the CMTVSA (courts below the CIV campus) without making a reservation in the club house, next to the track.

Authorizations

Parents must fill out the authorization forms so that their children may leave the campus and go back and forth between the CIV campus and the club. During the year, authorizations must be sent by e-mail to internat@ispacademies.com and you should receive a confirmation so that they are validated.

Weekends

Boarders who wish to spend the weekend off campus must register with the campus staff on duty and their parents need to e-mail an authorization at internat@ispacademies.com before the previous Thursday. Otherwise, they will not be allowed to leave.

Note : you must communicate with your coach to make sure you don't leave when you are supposed to play in a tournament.

Transport / Shuttles - airport and train station

In order to be pick up from and dropped off to Nice airport or Antibes's train station, ISP players must register with the staff on duty, following these times slots :

- **Friday – 6:00 PM-8:00 PM**
- **Saturday – 1:00 PM-3:00 PM**
- **Sunday – 5:00 PM-8:00 PM**

Outside of these times slots, ISP players and their parents are responsible to organize their transfers.

Bus

Bus lines and times of the Messugues station (outside the CIV station) and the Eganaude station (in front of the Sophia CC) are available at <http://www.envibus.fr>

For the bus going to Nice airport (n.230) : www.nice.aeroport.fr

Taxi

Phone : 0820 906 960

Parents hotel

Parents who visit their children can stay at the hotel on the CIV campus.

Cost : 50€ / night (including breakfast)

Reservations : +33 (0)4 92 96 52 00



Other activities

Some activities are organized during weekends. Some are free, some require a fee. It is mandatory to register with the staff on duty to participate. A calendar is posted but some activities depend on the weather.

Communication ISP Players / Parents / ISP Staff

It is the responsibility of the ISP player to be aware of the information posted in the **CIV** (in Bastide), in the **club** (in front of the office at the entrance of the indoor courts and in the tunnel near the courts) or on the **website**. E-mails are also regularly sent so ISP players must check them.

Internet

Information posted in the club and other useful information (activities, photos, tournament schedules...) are posted on the ISP website at www.isptennisacademy.com – click on “**documents to download**”.

Please also check the calendar on the homepage.

Newsletter

ISP players and their parents receive a newsletter with information about the life at ISP. If you do not receive it, please e-mail Benjamin Cassaigne so he adds you on the list.

Online application

Each ISP player must have filled out an online application and make sure the information is updated. If you change address or phone numbers, please e-mail Carole Marambaud at admin@ispacademies.com.

Administration / Carole Marambaud

For all administrative request, please contact Carole Marambaud according to the following schedule:

Monday, Tuesday, Thursday, Friday : 9h00-12h30 ; 13h30-17h00

Wednesday : 8h00-11h00

Saturday : 8h00-12h00



Payments : wire transfer

Payments for the year must be done on Sept. 5 2010 and on Jan. 2 2011 on the following accounts:

TENNIS

Account name :	ISP ACADEMY
Address :	CREDIT DU NORD DRAGUIGNAN 110 Boulevard Marx DORMOY 83300 DRAGUIGNAN Tel : 04 98 10 59 60
IBAN :	FR76 3007 6042 6510 5864 0020 076
Swift :	NORDFRPP
Bank code :	30076
Agency code :	04265
Account number :	10586400200
RIB Key :	76

GOLF

Account name :	ISP SPORTS ETUDES
Address :	CREDIT DU NORD DRAGUIGNAN 110 Bld Marx DORMOY 83300 DRAGUIGNAN
IBAN :	FR76 3007 6042 6510 5848 0020 031
BIC :	NORDFRPP
Bank code :	30076
Agency code :	04265
Account number :	10584800200
RIB Key :	31

HEBERGEMENT

Account name :	AEPS
Address :	Banque Populaire Cote d'Azur – Cannes La Bocca 28 AV. Michel Jourdan
Iban :	FR76 1560 7000 1560 9383 5266 531
Swift :	CCBPRFPNCE
Bank code :	15607
Agency code :	00015
Account number :	60938352665
RIB Key :	31

SCOLARITE

Account name :	ISP SPORTS ETUDES
Address :	CREDIT DU NORD DRAGUIGNAN 110 Bld Marx DORMOY 83300 DRAGUIGNAN
IBAN :	FR76 3007 6042 6510 5848 0020 031
BIC :	NORDFRPP
Bank code :	30076
Agency code :	04265
Account number :	10584800200
RIB Key :	31



2010-2011 Calendar

September	5/09 : 1st day of school 6-7 : Initiation
October	4-8 : Fitness Tests N°1 7 : Béranger 14-15 : Mental 17 : Run & Bike 18-22 : ISP Junior Tour N°1
November	11 : Béranger 18-19 : Mental 13/11-12/12 : TC Antibes -14 (Qualies Tarbes)
December	9 : Béranger 6-10 : Fitness Tests N°2 13-17 : ISP Junior Tour N°2
January	6 : Béranger 13-14 : Mental
February	3 : Béranger 6 : Snowshoe trek 11-12 : Mental 14-18 : ISP Junior Tour N°3
March	10 : Béranger 18 : Mental indivs 27 : Triathlon
April	4-8 : Fitness tests N°3 8 : Mental indivs 14 : Béranger 11-15 : ISP Junior Tour N°4
May	6 : Mental indivs 12 : Béranger 26 : Béranger
June	10 : ISP Show 2011 / Béranger / Mental indivs 20-24 : ISP Junior Tour N°5 25 : End of the year except for students in exams