

# 2013 TPA Day at the Rogers Cup

## Featuring Tennis in a Suite, Lunch & Seminar

### AUG 6 (TORONTO, ON) & AUG 7 (MONTREAL, QC)

#### 9:00 AM – 5:00 PM

The Tennis Professionals Association (TPA) is proud to present the annual TPA Days during the Rogers Cup in Toronto on August 6 at Veneto Tennis Club and in Montreal on August 7 at Stade Uniprix. These workshops will run from 9am-5pm and count as full recertification opportunities.

Both workshops include a light lunch and afternoon tennis in the TPA suite during the Rogers Cup. **Conrad Pineau** will present at the Toronto event while **Bruno Trudel** (Physiotherapist at Kinatex), **Alexia de Macar** (Nutritionist at Sport & Performance) and **Andre Parent** (Tennis Canada National Fitness Coach) will present at the Montreal event.

\* All participants will also **receive 1 ticket to watch Rogers Cup** tennis action from a private suite during the **matinee session** of the Rogers Cup, plus lunch! Entire day runs from 9am-5pm! \*

**Cost:**    **TPA Members:** \$79\*                                    **NON Members:** \$139\*                                    \*includes light lunch & HST

**Location:**    **Veneto Tennis Club** (Toronto, ON)            &            **Stade Uniprix** (Montreal, QC)

**Schedule & Topics:**

Tuesday, August 6 - Toronto <i>9:00 am – 5:00 pm</i>	Wednesday, August 7 - Montreal <i>9:00 am – 5:00 pm</i>
<p style="text-align: center;"><b>How to Unfold Common Tactical Topics for All Levels &amp; Ages</b></p> <p style="text-align: center;"><i>Presented by Conrad Pineau (9am-1pm)</i></p> <p>On-Court Topics Include:</p> <ul style="list-style-type: none"> <li>• Breaking down various singles &amp; doubles drills</li> </ul> <p style="text-align: center;"><i>Followed by</i></p> <p style="text-align: center;"><b>Rogers Cup Tennis &amp; Lunch</b> (1:15pm-5pm, Rexall Centre)</p>	<p style="text-align: center;"><b>Physical Preparation &amp; Supplement Use for High Performance Juniors</b></p> <p style="text-align: center;"><i>Presented by Bruno Trudel, Alexia De Macar &amp; Andre Parent (9am-12noon)</i></p> <p>Off-Court Topics Include:</p> <ul style="list-style-type: none"> <li>• Hydration, warm-up, cool down &amp; stretching</li> <li>• Using supplements? Benefits and negatives to using energy drinks &amp; how to use food during recovery</li> <li>• Differences between the preparation and competition periods of physical planning</li> </ul> <p style="text-align: center;"><i>Followed by</i></p> <p style="text-align: center;"><b>Rogers Cup Tennis &amp; Lunch</b> (12:15pm-5pm, Stade Uniprix)</p>

**Cost & Registration Info:**

Workshop Date	TPA Member Price	Non-Member Price	Click Below to Register
<b>August 6</b>	\$79 + HST	\$139 + HST	<a href="#">Register for August 6</a>
<b>August 7</b>	\$79 + HST	\$139 + HST	<a href="#">Register for August 7</a>
<b>August 6 &amp; 7</b>	\$99 + HST	\$159 + HST	<a href="#">Register for August 6 &amp; 7</a>

For more information please call 1-800-263-9039 x7944 or email [tpa@tenniscanada.com](mailto:tpa@tenniscanada.com)  
**Deadline to Register: Friday, August 2**