

Competitive Junior Tennis Training

USTA Tournament L 1 & L 2 Ages 8-17 (Evaluation Required)

Fall 2008 - Wednesday September 10 - December 23

Fall Session is 15 weeks: No classes on Thanksgiving November 27

Unlike any other top level program, the foundation of this program is based on developing the 5 crucial areas of competitive tennis: one-on-one coaching, drilling with other competitive players, supervised match play, fitness and participation in USTA tournaments. The S.P.E.E.D. Program (optional and not included in the price) incorporates cutting edge training techniques, such as the agility/speed ladder, multi-directional cone running, plyometrics, jump rope, balance training, and dynamic functional flexibility. Contact the fitness Department

Head Coach: Steve Owens - Junior Tennis Coordinator

Requirements: Evaluation needed to sign up for this program

Program I: 4.5 hours + 7 private lessons to be schedule on weekends.

Days: Select 2 days of Drills (**Monday, Tuesday Wednesday or Thursday Instruction**) 5:30-7:00PM
Supervised Match Play: Friday (7:00-8:30PM) or Sunday (5:30-7:00PM)

Fee: Member \$2504 Non-Member \$4514

Fees can be paid in 3 equal installments on 9/15, 10/15 and 11/15

Program II: 4.5 hours

Days: Select 2 days of drills (**Monday, Tuesday Wednesday or Thursday Instruction**) 5:30-7:00PM

Fee: Member: \$1860 Non-Member: \$3765

Friday (7:00-8:30PM) or Sunday (5:30-7:00PM) Supervised Match Play

Fees can be paid in 3 equal installments on 9/15, 10/15 and 11/15

Program III: 3 hours over 2 days (1 drill day plus match play)

Days: Monday, Tuesday, Wednesday or Thursday

Friday (7:00-8:30PM) or Sunday (5:30-7:00PM) Supervised Match Play

Fee: Member \$1005 Non-Member \$1995

Fees can be paid in 3 equal installments on 9/15, 10/15 and 11/15

Program IV: One 1.5 hours drill

Days: Monday, Tuesday, Wednesday or Thursday

Fee: Member \$855 Non-Member \$1770

Fees can be paid in 3 equal installments on 9/15, 10/15 and 11/15

Competitive Junior Tennis Program - Fall 2008

Name: _____ Birth date: _____

Regional Ranking: _____ Sectional Ranking: _____

Home Phone #: _____ Work/Cell #: _____

Email Address: _____

Please fill in the desired program: Program _____ Days _____ Time _____

Method of Payment: Charge Member Account Credit Card

Credit Card Number: _____

Name on Card: _____ Exp Date: _____

mmorales@sawmillclub.com

sowens@sawmillclub.com