

Tennis

Competitive Junior Tennis Training

Winter 2009 USTA Tournament L 1 & L 2 • ages 8-17

Winter Session is 14 weeks: January 5th-April 26th

Note: no classes held during the Winter Break (Feb. 16-22 and Spring Break (April 6-12)

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.

Head Coach: Steve Owens - Junior Tennis Coordinator

Requirements: Evaluation needed to sign up for this program

| | Drill Days & Times | Match Play (supervised) | Member Fee | Non Member Fee |
|--|--|--|--|--|
| Program I: 3 hours over 2 days (2 drill days) | Monday, Tuesday, Wednesday <i>or</i> Thursday 5:30-7:00PM | | \$1596 <i>Receive a 5% discount if paid in full or 4 monthly installments of \$404</i> | \$2016. <i>Receive a 5% discount if paid in full or 4 installments of \$509</i> |
| Program II: 3 hours over 2 days (1 drill day plus match play) | Monday, Tuesday, Wednesday <i>or</i> Thursday 5:30-7:00PM | Friday 7:00-8:30PM <i>or</i> Sunday 5:30-7:00PM | \$1008. <i>Receive a 5% discount if paid in full or 4 monthly installments of \$257</i> | \$1218. <i>Receive a 5% discount if paid in full or 4 installments of \$309</i> |
| Program III: One 1.5 hours drill | Monday, Tuesday, Wednesday <i>or</i> Thursday 5:30-7:00PM | | \$798. <i>Receive a 5% discount if paid in full or 4 monthly installments of \$204</i> | \$1008. <i>Receive a 5% discount if paid in full or 4 installments of \$257</i> |

Competitive Junior Tennis Program - Winter 2009

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: _____

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