

The
Racquet Club
of Columbus

1100 Bethel Road, Columbus, OH 43220 614/457-5671 tennis@racquetclub1.com www.racquetclub1.com

COMPETITIVE JUNIOR TENNIS PROGRAMS – SPRING 2010

March 15 thru June 10, 2010

No Classes May 29-31

All Competitive Programs require Coaches approval and full junior membership (\$150 per year).

HIGH PERFORMANCE

Tournament training focusing on the skills needed to play college tennis. The program will teach the mental, physical, and emotional tools to achieve players' goals. Players will learn to start and end points with specific match strategy with an understanding of percentage play from all court positions. Dedicated tournament players only aged 14 and over, except for sectionally ranked players. (Requires coaches' approval.)

Tuesday 4:00pm–6:00pm **Thursday** 4:00pm–6:00pm **Friday** 4:00pm–6:00pm **Saturday** 12:00pm–2:00pm
Sunday 12:00pm–2:00pm

HIGH PERFORMANCE JUNIOR

For the dedicated 14 & under tournament player. The program will teach the mental, physical, and emotional tools to achieve players' goals. Players will learn to start and end points with specific match strategy with an understanding of percentage play from all court positions. (Requires coaches' approval.) (Players must be signed up for 3 days a week to attend on Thursday.)

Wednesday 4:00pm – 6:00pm **Thursday** 4:00pm–6:00pm **Friday** 4:00pm – 6:00pm
Saturday 2:00pm – 4:00pm **Sunday** 12:00pm–2:00pm

HIGH PERFORMANCE TOURNAMENT DEVELOPMENT PROGRAM

Focuses on the developing Junior Tournament who wants to become the best they can be with an emphasis on personal development. Players will be taught to develop their own individual style and stroke techniques. (Requires coaches' approval.)

Tuesday 4:00pm – 6:00pm **Thursday** 4:00pm – 6:00pm **Saturday** 12:00pm – 2:00pm **Sunday** 12:00pm – 2:00pm

TEAM DEVELOPMENT

Teaching the strokes and most important tactics for the player with less USTA tournament experience who has a desire to improve quickly and to play or play higher on their school team.

Wednesday 7:00pm – 9:00pm **Saturday** 2:00pm – 4:00pm **Sunday** 2:00pm – 4:00pm

SUPER STARS

For players ages 8 – 12 who have completed the Stars Class and are able to serve and play matches. (Players must be signed up for 3 days a week to attend on Monday.) Also play NJTL League and play the game of tennis on Saturdays!

Monday 4:00pm – 6:00pm **Wednesday** 4:00pm – 6:00pm **Friday** 6:00pm – 8:00pm

STARS

For players ages 6 – 10 who have completed Future Stars and are very serious about developing their tennis. This is THE class for shaping your game before becoming a competitive player. Players will learn all of the essentials needed to become a tournament competitor and be taught HOW TO PLAY. Also play NJTL League and play the game of tennis on Saturdays!

Wednesday 4:00 – 5:30pm **Thursday** 6:00 – 7:30pm **Friday** 6:00pm – 7:30pm **Sunday** 4:00pm – 5:00pm

FUTURE STARS

For players ages 5 – 10 with an emphasis on motor mechanics and movement, but most of all, FUN, FUN, FUN. Beginning match play will be taught in a nurturing setting with games, drills, and more games. Also play Rallyball 2 and play the game of tennis on Saturdays!

Thursday 6:00pm – 7:00pm **Friday** 6:00pm – 7:00pm

Competitive Classes

One Class Per Week: \$20 for one hour classes, \$28 for 1 ½ hour classes, \$36 for two hours classes
Two Classes Per Week: \$38 for one hour classes, \$52 for 1 ½ hour classes, \$66 for two hour classes
Three Classes Per Week: \$57 for one hour classes, \$78 for two hour classes
\$91 for unlimited classes per week (with prior approval)

See Reverse for More Info ...

TOURNAMENTS: A list of junior tournaments can be found by clicking on the Junior Tournament Schedule link on the Racquet Club home page at www.racquetclub1.com. The complete USTA tournament schedule can be found at USTA.com.

JUNIOR WALK-ON COURT TIME: Any junior member who is also an active part of our junior program may use a walk-on court at 1/2 the regular court rate. If a junior member plays with an adult, the court rate will be prorated (example: if an adult and a junior play singles, the adult would pay 1/2 of the normal court rate: $\$36 \times 1/2 = \18.00 . The junior would pay 1/2 of the junior court time rate: $\$38 \times 1/2 = \19.00 (jr. court rate) $\times 1/2 = \$9.50$. Total for the hour = $\$28.50$). (Junior membership required - \$150.00)

JUNIOR MATCH PLAY / PIZZA PARTY: Come have fun with your friends from High Performance, Team Development, Super Stars, and Stars Classes and play some tennis too! Cost: \$15.00 per person per night. Saturday: High Performance 4:00pm – 6:00pm, Super Stars 6:00pm – 8:00pm, Stars 6:00pm – 7:30pm

COMPETITIVE INTERCLUB MATCHES: \$15.00 per player per match.

FITNESS TRAINING: Designed to enhance on court performance and prevent injuries through developing explosive power, speed, quickness, agility, and core strength. The group will include resistance training, balance training, footwork drills and plyometrics, and give players an assessment of their current fitness level.

Tuesday 6:00pm – 7:00pm Cost: 10 weeks / \$108 or \$12 per week

Lesson Only Membership: \$125.00

Junior Membership: \$150.00

All classes are a commitment for the remaining weeks of the session starting from the first class you attend. There are no refunds for missed portions of a session. Non-members are required to pay in full in advance. Members will be billed to their account or must pay in advance.

STAFF:

GUY PARKS – USPTA Master Professional, Director of Tennis

BRYAN NIBERT – USPTA Specialist in Competitive Development, Head Professional

GENE FIELDS – USPTA, Director of Recreational Development

GABE HIGGS – USPTA, Director of Competitive Development

KATIE CARROLL – USPTA DEDE CRAIG – USPTA JAKE DOWDELL – USPTA

TYLER STEPHEN ROGER THURMAN – USPTA MARC WURTZMAN

MAKEUP POLICY:

Missed classes can be made up in a class of equal ability on a different day with permission on a space available basis.

Makeup classes must be arranged *in advance* with the appropriate class instructor.

Spring 2010 classes can only be made up through June 24, 2010 (2 weeks after the end of the Spring 2010 session).