

COMPETITIVE SUMMER JUNIOR TENNIS PROGRAM

Summer 2009

The Racquet Club of Columbus

1100 Bethel Road, Columbus, OH 43220 - (614) 457-5671 - rctennis@sbcglobal.net

Pros: Katie Carroll; Dede Craig, USPTA; Jake Dowdell, USPTA; Katie Evans, USPTA; Gene Fields, USPTA; Gabe Higgs, USPTA; Bryan Nibert, USPTA; Guy Parks, USPTA; Tyler Stephens, Roger Thurman, USPTA;

High Performance Program

WHAT: 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. (Coaches approval.)

WHERE: Classes will be held on 7 outdoor courts at U.A. High School and 10 indoor courts at the Racquet Club

WHEN: Monday – Friday, 8:00am to 10:00am June 8th - August 21st ... Two hours of practice and drills daily.

Fridays: Junior Team Tennis Matches, 12:00pm to 3:00pm

COST: \$699 for the summer. The price assumes that players will attend the program for 6 of the 11 weeks of the program, and allows for weeks of vacation, tournaments or time off. **Bonus:** players who attend for all 11 weeks get 5 weeks free! As space permits, players can pay \$155 per week.

Team Development Program

WHAT: Stroke and tactic training for the less experienced tournament player who has played middle / high school tennis.

WHERE: Classes will be held on 10 indoor courts at the Racquet Club

WHEN: Monday – Thursday, 10:30am to 12:30pm, Friday 10:00am to 12:00pm, June 8th - August 21st ... Two hours of practice and drills daily. *Fridays: Junior Team Tennis Matches, 12:00pm to 3:00pm*

COST: \$699 for the summer. The price assumes that players will attend the program for 6 of the 11 weeks of the program, and allows for up to two weeks of vacation or time off. **Bonus:** players who attend for all 11 weeks get 5 weeks free! As space permits, players can pay \$155 per week.

High Performance Tournament Development Program

WHAT: Focuses on the younger High Level Junior Tournament player who wants to develop to the best they can be with an emphasis on personal development. Players will be taught to develop their own individual style, stroke techniques. For dedicated tournament players. (Coaches approval.)

WHERE: Classes will be held on 10 indoor courts at the Racquet Club.

WHEN: Monday – Thursday, 4:00pm to 6:00pm June 8th - August 20th
Two hours of practice and drills daily.

Fridays: Junior Team Tennis Matches, 12:00pm to 3:00pm

COST: \$579 for the summer. The price assumes that players will attend the program for 6 of the 11 weeks of the program, and allows for up to two weeks of vacation or time off. **Bonus:** players who attend for all 11 weeks get 5 weeks free! As space permits, players can pay \$125 per week. **Note:** If a player wishes to also attend on Fridays from 10:00am to 12:00pm, the program cost for the summer is \$699.

Super Stars

WHAT: For players ages 8-12 who have played in the Stars Class and are playing matches. Players train for competitive tournament tennis and become better athletes.

WHEN: Monday – Thursday, 1:30pm – 3:00pm June 8th - August 21st

COST: \$550 for the summer. The price assumes that players will attend the program for 6 of the 11 weeks of the program, and allows for up to two weeks of vacation or time off. **Bonus:** players who attend for all 11 weeks get 5 weeks free! As space permits, players can pay \$125 per week.

Stars

WHAT: (ages 6-10) This group is for players who are very serious about developing their tennis. This is THE class for shaping your game before becoming a competitive player. Players will learn all the essentials needed to become a tournament competitor and be taught HOW TO PLAY. (Coaches approval)

WHEN: Monday – Thursday, 12:30pm – 2:00pm Friday: 2:00pm – 3:30pm National Junior Tennis League

COST: \$550 for the summer. The price assumes that players will attend the program for 6 of the 11 weeks of the program, and allows for up to two weeks of vacation or time off. **Bonus:** players who attend for all 11 weeks get 5 weeks free! As space permits, players can pay \$85 per week.

WHEN: Mon & Wed: 6:00pm – 7:30pm

COST: Student comes 2 times a week for 4 weeks = \$204 (\$153 for the 3 week long session 3)

Future Stars

WHAT: (ages 6-10) Emphasis is 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. Players can serve from the baseline and play points. Friday is supervised match play day.

WHEN: Monday – Thursday, 12:30pm – 1:30pm Friday: 2:00-3:00

COST: \$370 for the summer. The price assumes that players will attend the program for 6 of the 11 weeks of the program, and allows for up to two weeks of vacation or time off. **Bonus:** players who attend for all 11 weeks get 5 weeks free! As space permits, players can pay \$75 per week.

WHEN: Mon & Wed: 6:00pm – 7:00pm

COST: 2 times a week for 4 weeks = \$136 (\$102 for the 3 week long session 3)

Fitness Training

WHAT: This program will improve performance on the court and decrease injury potential. The focus is on strengthening the core of the body to allow the player to perform powerful movements on the court. Training includes the development of explosive power, quickness and agility, and the movement skills necessary for high level tournament tennis.

WHEN: Tuesday & Thursday, 3:00pm – 4:00pm

COST: \$20 per week or \$125 unlimited for summer

The Junior Competitive Program includes Junior Team Tennis on Fridays (\$6 per match) (requires \$25 USTA Junior Team Tennis registration fee) and supervised Junior Match Play on Monday – Thursday from 3:00pm to 4:00pm (includes singles ladder and Davis Cup format).

- All class sizes may be limited. Acceptance into these programs is on a first come, first served basis.
- Full payment of program fee is required to secure your spot in these programs.
- Acceptance into these programs is subject to approval by Gabe or Bryan. A player's level of ability will be considered for acceptance.
- There will be no make-ups of summer programs after August 31.
- Full Junior Club membership required.
- Program fees are not refundable once program begins.**