

## **COMPETITIVE SUMMER JUNIOR TENNIS PROGRAM**

Summer 2010

### **The Racquet Club of Columbus**

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

**Pros:** Katie Carroll, USPTA; Jake Dowdell, USPTA; Gene Fields, USPTA; Gabe Higgs, USPTA; Bryan Nibert, USPTA; Guy Parks, USPTA; Tyler Stephens, Roger Thurman, USPTA; Marc Wurtzman, 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. (Requires 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 14<sup>th</sup> - August 20<sup>th</sup> ... Two hours of practice and drills daily.

Program includes Match Play one day per week from 10:00am to 11:30am

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

*(Junior Team Tennis requires \$25 USTA registration fee. Matches are \$6 per week.)*

**COST:** \$769 for the summer. Price assumes that players will attend the program for 6 of the 10 weeks of the program, and allows for 4 weeks of vacation, tournaments or time off. **Bonus:** players who attend for all 10 weeks get 4 weeks free! As space permits, players can participate on a weekly basis for \$175 per week.

#### **High Performance Junior**

**WHAT:** For the dedicated 14 & under tournament player. The program will teach the mental, physical, and emotional tools to achieve the 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.)

**WHEN:** Monday – Thursday, 2:30pm to 4:30pm & Friday, 10:00am to 12:00pm June 14<sup>th</sup> - August 20<sup>th</sup>

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

*(Junior Team Tennis requires \$25 USTA registration fee. Matches are \$6 per week.)*

**COST:** \$749 for the summer. Price assumes that players will attend the program for 6 of the 10 weeks of the program, and allows for 4 weeks of vacation, tournaments or time off. **Bonus:** players who attend for all 10 weeks get 4 weeks free! As space permits, players can participate on a weekly basis for \$175 per week.

#### **Team Development Program**

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

**WHEN:** Monday – Thursday, 11:00am to 1:00pm, Friday 10:00am to 12:00pm, June 14<sup>th</sup> - August 20<sup>th</sup> ... Two hours of practice and drills daily.

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

*(Junior Team Tennis requires \$25 USTA registration fee. Matches are \$6 per week.)*

**COST:** \$749 for the summer. Price assumes that players will attend the program for 6 of the 10 weeks of the program, and allows for 4 weeks of vacation, tournaments or time off. **Bonus:** players who attend for all 10 weeks get 4 weeks free! As space permits, players can participate on a weekly basis for \$175 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. (Require coaches approval.)

**WHEN:** Monday – Thursday, 4:30pm to 6:30pm June 14<sup>th</sup> - August 20<sup>th</sup> ... Two hours of practice and drills daily.

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

*(Junior Team Tennis requires \$25 USTA registration fee. Matches are \$6 per week.)*

**COST:** \$679 for the summer. Price assumes that players will attend the program for 6 of the 10 weeks of the program, and allows for 4 weeks of vacation, tournaments or time off. **Bonus:** players who attend for all 10 weeks get 4 weeks free! As space permits, players can participate on a weekly basis for \$150 per week.

**NOTE:** Players may also attend on Fridays from 10:00am to 12:00pm for an additional \$70 for the summer.

## **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, 2:30pm – 4:30pm June 14<sup>th</sup> - August 20<sup>th</sup>

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

*(Junior Team Tennis requires \$25 USTA registration fee. Matches are \$6 per week.)*

**COST:** \$649 for the summer. Price assumes that players will attend the program for 6 of the 10 weeks of the program, and allows for 4 weeks of vacation, tournaments or time off. **Bonus:** players who attend for all 10 weeks get 4 weeks free! As space permits, players can participate on a weekly basis for \$150 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, 1:00pm – 2:30pm June 14<sup>th</sup> - August 20<sup>th</sup>

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

*(Junior Team Tennis requires \$25 USTA registration fee. Matches are \$6 per week.)*

**COST:** \$589 for the summer. Price assumes that players will attend the program for 6 of the 10 weeks of the program, and allows for 4 weeks of vacation or time off. **Bonus:** players who attend for all 10 weeks get 4 weeks free! As space permits, players can participate on a weekly basis for \$130 per week.

**Or**

**WHEN:** Monday + Wednesday, 6:30pm to 8:00pm

**COST:** \$290 for the summer. Price assumes that players will attend the program for 6 of the 10 weeks of the program, and allows for 4 weeks of vacation or time off. **Bonus:** players who attend for all 10 weeks get 4 weeks free! As space permits, players can participate on a weekly basis for \$65 per week.

## **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, 1:00pm – 2:00pm Friday: Match Play, 2:00pm – 3:00pm

**COST:** \$410 for the summer. Price assumes that players will attend the program for 6 of the 10 weeks of the program, and allows for 4 weeks of vacation or time off. **Bonus:** players who attend for all 10 weeks get 4 weeks free! As space permits, players can participate on a weekly basis for \$90 per week.

**Or**

**WHEN:** Monday + Wednesday, 6:30pm – 7:30pm

**COST:** \$205 for the summer. Price assumes that players will attend the program for 6 of the 10 weeks of the program, and allows for 4 weeks of vacation or time off. **Bonus:** players who attend for all 10 weeks get 4 weeks free! As space permits, players can participate on a weekly basis for \$45 per week.

## **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, 1:30pm – 2:30pm

**COST:** \$22 per week or \$135 unlimited for the summer

***The Junior Competitive Program includes Junior Team Tennis on Fridays (\$6 per match)  
(Registration for USTA Junior Team Tennis requires a \$25 on-time USTA registration fee.)***

- 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 for missed Competitive Summer Junior Tennis Program classes.***
- **Full Junior Club membership required** ▪ ***Program fees are not refundable once program begins.***

### **CHILDREN MUST BE DIRECTLY SUPERVISED AT ALL TIMES WHILE AT THE RACQUET CLUB**

Children aged 13 and under must be under the direct supervision of a parent or guardian at all times while at the Racquet Club. To be under direct supervision, children must be within eye-sight of the parent or guardian, and the parent or guardian must know at all times where the children are and what they are doing.

Children of any age cannot be dropped off and left at the Racquet Club for extended periods of time (more than a few minutes). When children not under the direct supervision of a tennis professional or program director, parents or guardians must be on the premises and in direct supervision of their children.