



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

JUNIOR TENNIS PROGRAMS – WINTER 2012

January 2nd thru March 18th, 2012

QUICKSTART JUNIOR (Sponge Ball with Parent + Child / ages 4 to 6)

This program teaches tennis skills and group interaction. The parent accompanies the child on court in a relaxed atmosphere. Participation requires full session payment in advance.

Wednesday 6:30pm – 7:15pm **Thursday** 6:30pm – 7:15pm **Saturday** 11:00am – 11:45am **Sunday** 2:00pm – 2:45pm

Cost: One class per week - \$15 per class Two classes a week - \$27 for the two classes

INTRODUCTION TO TENNIS (Sponge / Red Ball / ages 6 to 11)

An introduction to the game. Skills and strokes will be introduced through games in a format that is fun, fun, fun! Participation requires full session payment in advance.

Monday 6:00pm – 7:00pm **Saturday** 12:00pm – 1:00pm **Sunday** 12:00pm – 1:00pm

QUICKSTART (Sponge Ball -> Red Ball / ages 6 to 11)

Kids learn all strokes, spins, and grips through a fun playing format.

Participation requires full session payment in advance.

In addition, players are expected to participate in Ralleyball on Saturdays at 5:00pm to 6:00pm.

Monday 6:00pm – 7:00pm **Thursday** 4:00pm – 5:00pm **Friday** 5:00pm – 6:00pm **Saturday** 11:00am – 12:00pm

Sunday 12:00pm – 1:00pm

QUICKSTART ACADEMY (ages 12 and over)

An introduction to tennis in an extremely fun environment where players will plan and learn through tennis drills and games. The "Games Approach" improves a player's abilities sooner and keeps players in the games.

Participation requires full session payment in advance. In addition, players are expected to participate in Ralleyball on Saturdays at 5:00pm to 6:00pm.

Thursday 6:00pm – 7:00pm **Friday** 5:00pm – 6:00pm **Saturday** 3:00pm – 4:00pm **Sunday** 1:00pm – 2:00pm

All of the following programs require a Junior Membership (\$169 per year) and coaches approval by Guy, Gabe, or Bryan.

FUTURE STARS (Orange Ball / ages 6 to 11)

An emphasis on motor mechanics and movement, and most of all, FUN, FUN, FUN! Beginning match play will be taught in a nurturing setting with games, drills, and more games.

Players will be encouraged to participate in Rallyball on Saturdays at 4:00pm to 5:00pm.

Wednesday 4:00pm – 5:00pm **Thursday** 6:00pm – 7:00pm **Friday** 6:00pm – 7:00pm **Saturday** 2:00pm – 3:00pm

Sunday 11:00am – 12:00pm **Sunday** 1:00pm – 2:00pm

SHOOTING STARS (Yellow Ball / ages 10 to 13)

Players learn the tools needed to Play Matches. Most importantly, players will master serving, scoring, and rallying from the baseline with consistency in match play situations. Players will be expected to participate in Match Play on Saturdays at 6:00pm to 8:00pm.

Thursday 4:00pm – 5:30pm **Friday** 6:00pm – 7:30pm **Saturday** 2:00pm – 3:30pm **Sunday** 2:00pm – 3:30pm

STARS (Green Dot Ball / ages 8 to 11)

For players 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. Players will be expected to participate in Match Play on Saturdays from 6:00pm to 8:00pm.

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

Saturday 2:00pm – 3:30pm **Sunday** 10:30am – 12:00pm **Sunday** 4:00pm – 5:30pm

SUPER STARS (Green Dot Ball -> Yellow Ball)

For players who have completed the Stars Class and are playing tournament tennis. This is a two year program where all the areas of the game necessary for becoming a successful tournament competitor are developed. Players will be expected to participate in Match Play on Saturdays at 4:00pm to 6:00pm.

(Players must be signed up for at least 2 times per week to be eligible to attend on Mondays.)

Monday 4:00pm – 6:00pm **Wednesday** 4:00pm – 6:00pm **Friday** 6:00pm – 8:00pm **Saturday** 2:00pm – 4:00pm

Sunday 10:00am – 12:00pm

TEAM DEVELOPMENT

Stroke and tactic training for the less experienced tournament player who has played middle / high school tennis. Players will be expected to participate in Match Play on Saturdays at 4:00pm to 6:00pm.

Tuesday 4:00pm – 6:00pm **Tuesday** 7:00pm – 9:00pm **Saturday** 2:00pm – 4:00pm **Sunday** 10:00am – 12:00pm

Sunday 2:00pm – 4:00pm

HIGH SCHOOL VARSITY

Focuses on developing junior players who are playing High School Varsity Tennis, or who have tournament experience with a desire to play Varsity Tennis. Player become the best they can be with an emphasis on person development. Players will be taught to develop their own individual style and stroke technique. Players will be expected to participate in Match Play on Saturdays at 4:00pm – 6:00pm.

Tuesday 4:00pm – 6:00pm **Thursday** 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 end points with specific match strategy with an understanding of percentage play from all court positions. Players will be expected to participate in Match Play on Saturdays at 4:00pm to 6:00pm

Monday 4:00pm – 6:00pm **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

Tournament trainings 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 who played in the Midwest Closed. Players will be expected to participate in Match Play on Saturdays at 4:00pm to 6:00pm

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

Program prices ...

- sign up for 1 class per week: \$21 for 1 hour classes; \$29 for 1 ½ hour classes; \$38 for 2 hour classes
 - sign up for 2 classes per week: \$40 for 2 one-hour classes; \$55 for 2 1.5-hour classes; \$70 for 2 two-hour classes
 - sign up for 3 classes per week: \$50 for 3 one-hour classes; \$64 for 3 one-and-one-half hour classes; \$84 for 3 two-hour classes
 - sign up for unlimited classes per week (with prior approval): \$97 per week
 - sign up for unlimited Stars Class: \$75 per week
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FITNESS and MOVEMENT 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:** 11 weeks for \$120, or \$12 per week

RALLYBALL Players learn to play matches and compete in a fun team tennis format.

Saturday:

4:00pm – 5:00pm (Future Stars)

5:00pm – 6:00pm (Quickstart and Quickstart Academy)

Cost: \$66 for the entire session 11-week session.

JUNIOR MATCH PLAY Compete in singles and doubles. Schedule will be posted online.

Saturday 4:00pm – 6:00pm **Saturday** 6:00pm – 8:00pm (for Stars and Shooting Stars)

Cost: \$15 Players register / sign up by emailing to Gabe Higgs in advance.

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: \$40 x 1/2 = \$20.00. The junior would pay 1/2 of the junior court time rate: \$40 x 1/2 = \$20.00 (jr. court rate) x 1/2 = \$10.00. Total for the hour = \$30.00). (Junior membership required - \$169.00)

Non-members are required to pay in full in advance. Members will be billed to their account or must pay in advance.

Lesson Only Membership: \$149.00

Junior Membership: \$169.00

STAFF:

GUY PARKS – USPTA Master Professional, Director of Tennis;

BRYAN NIBERT – USPTA Specialist in Competitive Development, Head Professional;

GABE HIGGS – USPTA, Director of Competitive Development;

DAVID ALBERT; KEN BERLIN; JAKE DOWDELL – USPTA; GENE FIELDS – USPTA; MEGAN MARTZOLF; TYLER STEPHEN; ROGER THURMAN – USPTA; CARY VAUGHAN – USPTA; NAT WOODROW - USPTR

Guy Parks: gwparks2@racquetclub1.com **Bryan Nibert:** bwnibert@hotmail.com

Gabe Higgs: rccjuniortennis@gmail.com

MAKEUP POLICY:

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

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

A maximum of 2 Fall/Winter 2011 classes can be made up through January 15, 2012 if a like program is available. Make-ups after January 1, 2012 are available only to students who are actively enrolled in the Winter 2012 program.
