

Junior Tennis



LAMADRONA
ATHLETIC CLUB

Fall 2017

August 28th to November 3rd

10 Weeks



Please feel free to contact our Tennis Director, Fred Charlebois, if you have any questions:

fcharlebois@caclubs.com or 831-438-1072

Future Stars

Our Future stars program is divided into two programs:

Red Stars and Orange Stars.

The future stars programs are for kids between the ages of 5 & 10 looking to get into the game of tennis. Smaller courts, lighter & shorter racquets and low compression balls that don't bounce too high make learning tennis fun and easy. This means that kids are able to; start rallying, have fun and develop a love for the sport right from the start.

Red Stars ages 5-7

Through interactive games your child will develop their Athletic skills "ABC's" (agility, balance, coordination) and their manipulative skills (reception, handling, projection). The student will also be introduced to the basic fundamental tactical and technical skills needed to build upon as they get older.

Monday & Thursday 3:30 - 4:30pm

member/non-member

Cost: 1x/wk \$120 / \$144 2x/wk \$200 / \$240

Orange Stars ages 8-10

After mastering the red star stage, children move on to the orange stars. On top of refining their Athletic and manipulative skills learned in the previous stage, the orange star will learn to use the five ball controls (direction, depth, height, spin and speed). At this stage, through games, drills and lots of fun, the student will learn different grips, lower and higher contact points, longer and faster swing shape and a more sophisticated service motion.

Tuesday & Friday 3:30 - 5:00pm

member/non-member

Cost: 1x/wk \$180 / \$215 2x/wk \$300 / \$360



Tennis Academy

Our Tennis Academy is divided into two programs:

Junior and Teen Academy.

These programs are designed for the student actively interested in learning new skills and playing more matches. It is a perfect match for the player who wants to stay active while playing tennis. The student in this class might also be interested in refining their skills for future competitive or high school tennis... or to join our tournament squad in the future.

Junior Academy *ages 11-16*

Students in this program are looking to make tennis their sport for a life time. While always keeping the fun aspect of the game, the emphasis will be put on tactical and technical development through drills and match play.

Monday, Tuesday & Thursday *4:30 - 6:00pm*

member/non-member

Cost: 1x/wk \$180 / \$215 2x/wk \$300 / \$360

Teen Academy *ages 13-18*

This program is designed with the active teenager in mind. Students will improve all aspects of their skills while being paired with their peers only. Focus in this program will be put on match play situations for singles and doubles.

Wednesday & Friday *4:00 - 6:00pm*

member/non-member

Cost: 1x/wk \$240 / \$286 2x/wk \$400 / \$480



*Tournament Squad**

Our Tournament squad is divided into two programs;

Challenger Squad and Tour Squad.

This program is ideal for the motivated player looking for intense training for USTA tournaments, high school preparation or who have goals of a college tennis career. The main qualification of the squad player is the desire to excel in the game of tennis. The student will show determination to compete and work hard with a positive attitude. In this program, the student will have the opportunity to play practice matches outside of classes and there will, also, be opportunities to travel to tournaments with coaches. In both of these programs, private lessons are highly encouraged to help speed up the player's development

*Challenger Squad ** *orange and green dot balls tournament players*

The focus will be on training with orange and green dot balls. Players will develop an understanding of the correct grips, footwork and swing pathways to achieve their tactical plans. At this stage, an emphasis will be put on developing the player's athletic skills to help with tournament play.

Monday, Wednesday & Friday 4:00 - 6:00pm

member/non-member

Cost: 1x/wk \$240 / \$286 2x/wk \$400 / \$480 3x/wk \$540 / \$600

*Tour Squad ** *yellow balls tournament players*

Students in this program should have a clear understanding of proper grips, stances and swing pathways. The player will learn to develop playing patterns catered to their game style. To do so, an emphasis will be put more on tactical development than technical development. The student will also work on mastering the first two shots of tennis; Serve & Return.

Monday, Wednesday & Friday 4:00 - 6:00pm

member/non-member

Cost: 2x/wk \$400 / \$480 3x/wk \$540 / \$600

***Tennis Professional's invitation is required for registration.**



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REGISTRATION FORM

****all classes will be taught by professionals approved by La Madrona Athletic Club.****

Class size will be limited to 6-8 students per instructor, up to 3 courts. Classes may be combined or cancelled if a minimum number of students have not been met. Reserve your spot early. **Students may alter their tennis schedule and receive a refund up to two weeks into the season, however no later.**

Payment and registration must be made on (or before) the first day of class by turning in the attached registration form. No refunds will be given for class days missed.

Please note: In rainy weather, classes will be cancelled and may be made up any day/s within the session. If it starts raining during class, the class will continue indoors. Please call Club to verify a weather cancelation.

Sign up by completing the registration form below and return to *La Madrona Athletic Club*

Please make checks payable to La Madrona Athletic Club

Members may enroll online at www.lamadronaclub.com

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Participant Name _____ Age: _____

Parent's Name(s) _____ Member# _____ or Non-Member _____

Parent's Phone _____ Email _____

Group (i.e redstars) : _____

Days of participation (circle) M T W Th F

Cost _____ Paid by (circle) Check: # _____ Credit Card Cash CTA

Non-member guest waiver completed (circle) Yes No

An online waiver can be completed at www.lamadronaclub.com

Internal Use: Paid Date _____	Initial _____	Roster _____
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