

Tennis Programs

Junior EXCEL Traveling Team. Our hope is that we will be able to compete with other clubs on an advanced, high school level of play. This team is for both boys and girls and is recommended, but not limited to, players in the high school or nearly high school age, and experienced in competition. Activities will include training and coaching for competition. Practices will be Friday afternoon. Cost will be dependent on the number of players involved. To be included on the team, sign up above thereby indicating your interest. Please keep in mind that staff will review the interested list and make selections for the team.

- **Fridays:** 1 to 2:30pm **Fee: \$50/player**

Adult Clinics (beginning 6/23): Fee: NO FEE

These clinics, held on the upper courts, are free and open to all adult members. It is recommended, although not required, that interested members sign up two days in advance (for those familiar with the National Tennis Rating Program, intermediate level of play is GENERALLY considered to be a NTRP level of 2.5 to 3.5, while advanced levels are 3.5 NTRP and above). Sign-up sheets available in the club house.

Tues. Evening

Beginner (6 - 7pm)

Men's Intermediate to Advanced (7 - 8pm)

Thurs. Morning

Beginner (10 - 11am)

Intermediate (11 - 12am)

Thurs. Evening

Intermediate (6 - 7pm)

Advanced (7 - 8pm)

Friday

Advanced (11am - 12noon)

Pee Wee and Youth Tennis

Both the Pee Wee and Youth Tennis sessions are for smaller children and are available by pre-registration. Children will be introduced to tennis using mini-tennis, tennis games, as well as an introduction to the "real thing". Encouragement, praise and non-threatening games emphasizing stroke mechanics, and FUN, characterize the curriculum.

Pee Wee (ages 4-6) Fee: \$8/child/week

Thurs (1 - 1:45pm)

Youth Tennis (ages 6-8) Fee \$8/child/week

Thurs (1:45 - 2:30 pm)

Junior Team Tennis (ages 9 - 18): Fee: \$50/player

The Junior Team Tennis program is designed to build confidence and experience through competitive match play with players of similar abilities. Whenever possible,

matches with neighboring tennis clubs will be arranged. The intent of the junior team is to introduce less experienced players to competitive play, or further the skills of more experienced competitors thereby improving their chances of playing at the high school level.

Practice:

A level is for players at the intermediate to advanced level, who have some competitive play experience, whether it be through the Jasper Tennis Team program or other such as USTA. Players on this team are very familiar with match play, scoring, and doubles positioning and scoring.

B level is for beginner to low intermediate level players who are new to match play. These players are able to serve with some success, and have a basic understanding of match play such as singles scoring and order of serve. They have had some tennis coaching and understand the basics of stroke production such as being able to identify the different strokes, and appropriate grips. Training will be provided to bring these players into the competitive environment through a fun comfortable match format with neighboring tennis clubs.

- **Monday:** 10:30am to NOON

Matches: Wednesday (11:30am - 2pm)

Junior Clinic (ages 4 - 18): Fee: NO FEE

These clinics, held on the upper courts, are free and open to all junior members. It is recommended, although not required, that interested members sign up two days in advance. (Sign-up sheets available in the clubhouse)

Beginner:

Monday: 1 - 1:45pm (ages 4 - 6)

1:45 - 2:30pm (ages 7+)

Intermediate to advanced:

Friday (12noon - 1pm)

Women's Tennis Team: Fee: \$75

Practice: Monday: 9-10:30am

Matches: Wednesday: 9 - 11:30am

Beginners to advanced.

Junior Tennis Camp (ages 7 - 18):

Fee: \$40/person/week

JTC is available for all juniors by pre-registration on a weekly basis. Several weeks at each level of play are offered throughout the summer. Stroke production, supervised match play and match strategies at both singles and doubles will be offered. Students will be grouped by age and/or ability.

M-Thurs (2:30 - 3:30pm (Fri. Rain date))