



## **2018 Fall Tennis Clinic Schedule**

**Clinics start August 14<sup>th</sup> and are held every week (weather permitting).**

### **Important Note:**

**There must be at least 3 people signed up for a clinic 24 hours prior in order to hold the clinic.  
Text (or call) Kevin at 703-489-3794 to sign up.**

**Clinic participants will be split into two or more groups according to level when necessary.  
To arrange a custom clinic, text (or call) Kevin at 703-489-3794.**

### **Junior Tennis**

**Ages 4-12 Clinics: Tuesdays, Wednesdays, and Thursdays: 4:45-5:45PM**

**Price**

**Member: \$15**

**Guest: \$25**

**Ages 13 & Up Clinics: Tuesdays, Wednesdays, and Thursdays: 5:30-7:00PM**

**Price:**

**Member: \$20**

**Guest: \$30**

**Friday Night Junior Social: 6:30-9:00PM Every Friday (Includes Pizza & Drinks)**

**Price:**

**Member: \$20**

**Guest: \$30**

### **Adult Tennis**

#### **Cardio Tennis:**

**Wednesday Morning: 9:00-10:00AM**

**Thursday Night: 7:00-8:00PM**

**Price**

**Member: \$15**

**Guest: \$25**

#### **Play with The Pros:**

**Tuesday Night: 7:00-8:00PM**

**Friday Morning: 9:00-10:00AM**

**Price**

**Member: \$15**

**Guest: \$25**

## **2018 Fall Tennis Clinic Descriptions**

### **Adult Clinics**

#### **~Cardio Tennis Clinic: 1 Hour Clinic~**

Drills and games are designed to promote movement, fun, and learning. Emphasis is on aerobic exercise. As much instruction as possible, while still allowing for a fast-paced, flowing clinic.

#### **~Play with The Pros: 1 Hour Clinic~**

Live-ball and point play with Coach Kevin and Brian mixing in. While allowing play to move at a quick pace, Kevin and Brian will point out what was performed well and what could have been performed better, both technique and strategy wise throughout play.

### **Junior Clinics**

#### **~12 & Under Clinic: 1 Hour~**

##### **Group 1:**

Players in this clinic will use red balls that are slightly larger than a traditional tennis ball and designed to bounce lower and move slower. Drills, activities, and games are designed to keep the participants captivated and elicit as much learning, movement, and fun.

##### **Group 2:**

Players in this clinic will use orange balls that bounce a little higher and move a little faster than the red balls. Drills, activities, and games are designed to increase the level of these young players competitive nature, while keeping things fun and interesting. Emphasis on movement, fun, and learning more mechanical aspects of the stroke and footwork techniques with the goal of getting them used to match play and the idea of playing in tournaments. Players in this group will be encouraged to sign-up for the USTA and attend a USTA Tennis Bash.

#### **~13 and Up Clinic: 1.5 Hours~**

##### **Group 1:**

Players in this group will use green balls that bounce a little higher and move a little faster than orange balls. Drills, activities, and games will evoke more competitiveness from these young players, while keeping things light and fun. Emphasis will be on movement, learning, and fun, while introducing more technical and strategic aspects of the game such as winning-patterns of play. Hopefully players in this group are either already playing in USTA tournaments or starting to think about playing on their high school team.

##### **Group 2:**

Players in these groups use traditional yellow tennis balls. This is a high-intensity training group for USTA tournament players and high-school players. This group will focus on all aspects of the game: mental toughness, physical conditioning, technique, and tennis I.Q. Players will push themselves to reach their peak potential in a fun, team-like atmosphere. Players in this group are strongly encouraged to play regularly in USTA tournaments and on their school team.

#### **~Friday Night Junior Social: 2.5 Hours~ Every Friday 6:30-9:00**

Aimed to get as many children out having fun and socializing with each other through the medium of tennis and fun games/activities with chances of winning prizes. Pizza and drinks will be served to the children for dinner, with popsicles or candy after. (Added bonus for parents: this gives you ample time to enjoy some time a night away from the kids at the Harbor Club with friends.)