



## Clinic Descriptions

### Adult Clinics

#### Cardio Tennis Clinic:

1.5 hr. clinic with about 45 minutes of drilling and about 45 minutes of games. 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.

#### HITS Clinic:

1.5 hr. clinic with about 45 minutes of drilling and about 45 minutes of games. Emphasis is on developing technical aspects of the strokes and footwork, winning-patterns of play, and high percentage tennis tactics.

#### Doubles Strategy Clinic:

1.5 hr. clinic with about 45 minutes of drilling and about 45 minutes of games. Drills and games are designed to develop your doubles game. Warm-up with basic drills. Then, run through drills and games specifically picked to improve your doubles level. If all goes well, maybe even play out a few actual doubles games at the end to put practice into play.

### Junior Clinics

#### Future Stars Clinic:

45 minute clinic for our youngest players. Participants are typically between the ages of 3-5. 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 as possible in a short amount of time.

#### 8 and Under Clinic:

1 hr. clinic for our intermediate level junior players. Participants in this group are typically between the ages of 5-9. 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 Play Day.

#### 12 and Under Clinic:

1 hr. clinic for our intermediate level junior players. Players in this group are typically between the ages of 7-13. 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.

#### 13 and Up and Grand Slam Clinics:

1.5 hr. clinic for our most advanced and older junior tennis players. This is an invitation only group for our more serious and older players. 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 hr. tennis social for our junior tennis players and their friends. Open to all. 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. (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.)

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