HIGH PERFORMANCE BEGINNER PROGRAM (Levels 1-2)

Children learn the first stages of cooperative tennis where they develop their agility, balance, coordination, and motor skills through a variety of drills. Participants learn how to initiate a rally, how to move and judge a ball (reception skills), how to control the racquet at the contact point and control the height, direction and depth to be successful on the 36’ court. These adaptive skills will be the foundation of their future tennis development.

INTERMEDIATE

Students begin the transition to the full court using both the green dot and yellow tennis balls. All technical areas are covered including the forehand, backhand, serve and volley. A variety of hand fed and live ball drills are used to improve each student's understanding of basic tennis tactics.

ADVANCED

This clinic develops skills essential for competition. Students focus on improving tactical and technical skills in all areas of the game. Attention is placed on improving match play performance with an emphasis on footwork and conditioning, match play tactics, mechanics, mental toughness and sportsmanship.

ADVANCED/INTERMEDIATE

This clinic develops each student’s technique with an emphasis on understanding concepts of offense/defense as it relates to both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin are taught. Students learn a variety of adaptive skills that are taught during competitive play situations working on all areas of the court.

TOURNAMENT PLAYER

This program is designed for players seeking a district, sectional, or national ranking. Emphasis is on advanced tactical, technical and mental toughness in situation based training.

UPCOMING EVENTS

JUNIOR MATCH PLAY

This program allows junior players to gain match play experience against their peers. Participants get to play against several opponents while being coached by our instructional staff.

DATE EVENT
Sept. 9 L3 (Orange Ball) - Adv/Int (11:00AM-1:00PM)
Nov. 3 L3 (Orange Ball) - Adv/Int (5:30-7PM)

JUNIOR FLEX LEAGUE

Sept. 30 Junior Flex League Begins

JUNIOR CLUB CHAMPIONSHIPS

December 2 and 3

Test the skills you’ve learned in lessons and clinics. Winners in each league will have their names engraved on the Junior Club Championship plaques in the Champions Corner.

Boys/Girls: 10s, 12s, 14s, 16s, 18s

For more information on upcoming events, contact our Head Pro or Assistant Pros.
# CONTACT INFORMATION

Name: ________________________________________________________________

Phone Number: __________________ Email Address: _______________________

Membership is required. Check one: □ Current Member □ Need to Renew/Join

Emergency Contact Name: _____________________________________________

Phone Number: ___________________

---

<table>
<thead>
<tr>
<th>Circle Your Level</th>
<th>Day/Time</th>
<th>Circle Desired Dates</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1 (ages 4-5)</td>
<td>M/W</td>
<td>5:30 - 6:15 PM</td>
<td>AUG/SEPT: 8/28, 8/30, 9/4, 9/6, 9/11, 9/13, 9/18, 9/20, 9/25, 9/27, ALL OCT: 2, 4, 9, 11, 16, 18, 23, 25, 30, ALL NOV: 1, 6, 8, 13, 15, 27, 29, ALL DEC: 4, 6, 11, 13, ALL</td>
</tr>
<tr>
<td>Level 2 (ages 6-8)</td>
<td>M/W</td>
<td>6:15 - 7:00 PM</td>
<td>AUG/SEPT: 8/28, 8/30, 9/4, 9/6, 9/11, 9/13, 9/18, 9/20, 9/25, 9/27, ALL OCT: 2, 4, 9, 11, 16, 18, 23, 25, 30, ALL NOV: 1, 6, 8, 13, 15, 27, 29, ALL DEC: 4, 6, 11, 13, ALL</td>
</tr>
<tr>
<td>Level 3 (ages 9-10)</td>
<td>M/W</td>
<td>5:30 - 7:00 PM</td>
<td>AUG/SEPT: 8/28, 8/30, 9/4, 9/6, 9/11, 9/13, 9/18, 9/20, 9/25, 9/27, ALL OCT: 2, 4, 9, 11, 16, 18, 23, 25, 30, ALL NOV: 1, 6, 8, 13, 15, 27, 29, ALL DEC: 4, 6, 11, 13, ALL</td>
</tr>
</tbody>
</table>

# of Days ____________________ X Daily Rate: __________________ = Total Due: $____________________

---

# CALCULATE YOUR COST

*Clinics and drills do NOT meet the week of Thanksgiving (Nov 20-26). Registration Deadline is one week prior to first meeting date for each month.*

---

# AGREEMENT & SIGNATURE

By submitting this application, I acknowledge that I have read and understand the IURS Tennis Center rules regarding Junior Clinics. I agree to abide by the age policies for juniors. I am fully aware that IURS Tennis Center does not offer refunds or credits for absences.

Signature: ___________________________________________ Date: _____________

---

# OFFICE USE ONLY

Cost: _________ CASH CHECK CHARGE Date Received: _______________ Initials: ____________