

# Junior Tennis Summer Program

## Summer Clinics Are Coming!!

### Pre Pay Summer Membership\* 2017

Single Rate=\$249

Couple Rate=\$309

Family of 3 or 4=\$369  
(add \$20 per each child)

3 Month Student Membership=\$132

See Membership Services

This summer's clinics are a great opportunity to work on your tennis in an active, games-oriented environment. The junior clinics will run Monday-Thursday for three weeks per session (see session schedule below). Clinics are for Sun Oaks members and non-members.

#### Tell your friends!!!

Here are the clinic descriptions:

**Future Stars:** Ages 5-10 Players will learn foundational tennis strokes through fun-filled activities from enthusiastic instructors who are well versed in the modern game of tennis. The coaches use progression equipment to teach the foundational components of tennis. Learning tennis specifics such as balance and hand eye coordination will establish correct patterns that will be helpful in tennis but also applicable to other sports.

**Emerging Strikers:** Ages 9-14 Players will be instructed in all strokes using progression equipment and specific "tennis vocabulary." This method is designed to help make advanced tennis strokes easy to learn. Players will learn scoring and basic strategies of play so they can move from hitting a tennis ball to game play. This is an ideal class for those interested in playing junior high school tennis and/or USTA Novice Tournaments.

**Competitive Development:** Advanced middle school players and intermediate high school players will learn the skills and tactical knowledge they need to become successful varsity high school players. Drills, game scenarios, and specific instruction suited to individual styles will be the basis of these energetic and focused sessions.

**Team Training I & II:** Players in this level are committed, self-motivated, and actively competing in tournaments and match play. High intensity drills will improve match play strategy, mental skills, footwork, shot selection, fitness, and overall competitiveness. All players must be pre-approved by Head Tennis Pro, Steve Kinder, for participation in this program.

**Speed & Performance:** This high intensity program is designed to give all athletes at every level the tools and heart to achieve fitness and performance levels that they have always dreamed of. Sessions are built to incorporate speed, running techniques, explosion training and injury prevention as they grow and develop. These classes strengthen the athlete to promote physical and mental toughness, which are crucial components to an athlete's success. All athletes from any sport are encouraged to join us for these tough and exciting workouts. Tennis players in Team Training are required to attend.

### Clinic Sessions

**Session #1:** June 5—June 22

**Session #2:** June 26—July 13  
(no junior clinics July 4th)

**Session #3:** July 17—August 3

### Clinic Schedule

#### Future Stars:

Mon.-Thurs., 9—10 AM.

#### Emerging Strikers:

Mon.-Thurs., 10—11 AM

#### Competitive Development:

Mon.-Thurs., 12—1:30 PM

#### Speed & Performance:\*

Tues. & Thurs., 1:30—2:30PM

#### Team Training I:\*\*

Mon.-Thurs., 2:30—4:00 PM

#### Team Training II:\*\*

Mon.-Thurs., 12:00—1:30 PM

(Includes S & P 1:30-2:30) 2:30—4:00 PM

\* Required for Team Training

### SUMMER TEAM TENNIS...It's back!

Junior Team Tennis will be in full swing this summer at Sun Oaks. Sign up for a team and play Friday matches against other area players in your age division. This is a great opportunity to get

match play experience in a fun, team atmosphere.

\$40 per player for 6 WEEKS

June 23-July 28

To sign up for a team, email [tennis@sunoaks.com](mailto:tennis@sunoaks.com)



Pay for the "Summer Price" and we'll buy your Junior 2017 Tee!

Pay the "Summer Price" and we'll buy your Junior 2017 Tee

### Clinic Prices

#### Future Stars:

Members	Non-Members
Daily \$10	\$10
Session \$50	\$60
Summer \$130	\$160

#### Emerging Strikers:

Members	Non-Members
Daily \$10	\$10
Session \$60	\$70
Summer \$150	\$180

#### Competitive Development

Members	Non-Members
Daily \$15	\$17
Session \$135	\$165
Summer \$390	\$480
Summer Plus** \$475	\$570

#### Speed & Performance:\*

Members	Non-Members
Daily \$9	\$10
Session \$45	\$50
Summer \$115	\$130

#### Team Training: I \*\*

Members	Non-Members
Daily \$15	\$17
Session** \$180	\$220
Summer** \$475	\$570

#### Team Training: II\*\*

Members	Non-Members
Daily \$15	\$17
Session** \$240	\$290
Summer** \$590	\$690

\* Required for Team Training  
\*\* Includes Speed & Performance

3 Month Student Rate \$132



### On Court Tips

- Use Your Warm Up:** know your technique and establish it during warm up
- Establish Your Shots:** know your best shots and take your time early in the match to create opportunities to use those shots
- Be Thankful for Your Opponent:** without your opponent you have no one to play, and no one to push you to be better

Questions about Summer Team Tennis or other summer programs?

Email [tennis@sunoaks.com](mailto:tennis@sunoaks.com)  
Or Call 221-4405

## CALLING ALL TOURNAMENT PLAYERS

There are opportunities throughout the summer to participate in junior tournaments.

Check out the UTR Schedule:

<http://events.universaltennis.com/tournaments/>

May 5 & 6 Redding, CA

May 27 & 28 Roseburg, OR

June 24 & 25 Albany, OR

August 5 & 6 Roseburg, OR



## Get to Know Your Coaches...



### **Steve Kinder, Head Professional**

Steve Kinder grew up playing tennis in Northern Virginia as a youth and went on to play collegiate tennis for two years in Honolulu, Hawaii, where he was ranked in the Men's Open Top 100 players in both singles and doubles. In 1982, his second year at Leeward College, Steve became Head Coach for the Men's Tennis Team. Steve later graduated from the University of Hawaii, at Manoa in 1984. Steve's passion for tennis combined with his fun-loving personality create an atmosphere of high energy and enjoyment in his clinics and lessons.



### **Austin Kische, Staff Professional**

Austin Kische grew up playing multiple sports in Yreka, CA. In high school he focused on tennis and eventually spent his summers in Redding training at Sun Oaks to prepare for college competition. He received a scholarship to Lincoln University, Pennsylvania and finished his college career at Montana State University Billings, in Billings Montana. He worked his way up the ladder from number 6 singles to eventually number 2 singles and number 1 Doubles. Upon graduating he moved to Redding where he teaches and coaches full time with players of all levels from beginner to college athletes. Austin has a creative mind which members enjoy when reading his monthly string review contributions.



### **Toby Osborn, Staff Professional**

Toby Osborn grew up playing tennis in Massachusetts and was a Top Ten ranked junior in New England. He went on to play at Pepperdine University and after graduation played team tennis in Germany for two years. Toby holds a Master of International Business degree from Pepperdine. After hanging up the racquets for quite a few years, he has rekindled his love for tennis and is hoping to spread his passion and knowledge throughout our tennis community. His technical and comprehensive skill set can help you take your game to the next level.



### **John Kelley, Assistant Professional**

John Kelley grew up playing tennis in Northern California and went on to play NAIA collegiate tennis at Cedarville University in Ohio. During his career there, he amassed a singles record of 49-1. John holds a USPTA developmental coach certificate and has experience coaching junior high and high school players, including Grant Middle School and Foothill High School locally. John's years of experience and amiable disposition make him a favorite instructor for those just learning the game.



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**SUN OAKS**

TENNIS & FITNESS

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