

Junior Tennis Winter/Spring 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Future Stars 3:30-4:30 Team Training I/II 4:30-6:00	Emerging Strikers 3:30-4:30 Competitive Development 4:30-6:00 Team Training II 4:30-6:00	Future Stars 3:30-4:30 Team Training I/II 4:30-6:00	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center;"><u>Session Dates</u></p> <ul style="list-style-type: none"> • Session 1 1/4 - 1/30 • Session 2 2/1 - 2/27 • Session 3 2/29 - 3/26 • Session 4 4/4 - 4/30 • Session 5 5/2 - 5/28 </div> Emerging Strikers 3:30-4:30 Competitive Development 4:30-6:00 Team Training II 4:30-6:00		Future Stars 10:00-11:00 Emerging Strikers 11:00-12:00 Competitive Development 12:00-1:30 Team Training I/II 2:30-4:00
					Steve Kinder Head Professional steve@sunoaks.com
					Austin Kische Staff Professional 530-221-4405 Ext.113
<u>Future Stars</u> Members \$10 Class \$50 Session Non Members \$10 Class \$60 Session	<u>Emerging Strikers</u> Members \$10 Class \$60 Session Non Members \$10 Class \$70 Session	<u>Competitive Development</u> Members \$14 Class \$120 Session Non Members \$16 Class	<u>Team Training I</u> Members \$14 Class \$120 Session Non Members \$16 Class \$150 Session	<u>Team Training II</u> Members \$14 Class \$180 Session Non Members \$16 Class \$210 Session	Jeremiah Walsh Director of Tennis 530-221-4405 Ext.113

Junior 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. Learning tennis specifics such as coordination, 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 a specific “tennis vocabulary” 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. A skills and abilities test is given to each player for participation to this clinic.

Team Training I / II

Players in these levels 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 Director of Tennis Jeremiah Walsh for participation in this clinic.**