

JUNIOR ACADEMY



**NORTH RIVER SHORES
TENNIS**

WHERE YOU ALWAYS GET A GAME

EARLY LEARNERS PROGRAMS

2019-2020

Red Ball I (4-6 years 36' court red balls) - players work on: moving and balancing, throwing catching, handling a racquet, learning basic contact positions, hitting and catching rallies, learning to listen and working with a partner.

Tuesday or Fridays 3:45-4:30pm \$150

Red Ball II (6-8 years 36' court red balls) - players work on: controlled movement including running, jumping, different throwing and catching patterns, basic strokes with simple grips and swing shapes. Building a rally over short distance, starting points with simples serves as well as learning how to score.

Tuesdays or Thursdays 3:30-4:30pm \$150

Orange Ball I (8-10 years 60' court orange balls) - coordinated movements in different directions, stroke shapes, coordinating use of their arms for overhead serving. Rallying from the baseline for a 60' court and implementing serves into game play.

Monday or Wednesdays 3:30-4:30pm \$150

DEVELOPMENTAL PROGRAMS

Orange Ball II (8-10 years 60' court orange balls) - Moving quickly and efficiently with good balance, coordinated rotations and use of both arms together. Effective swing shapes and the use of different spins. Building cross court and down the line rallies. Serving on balance understanding strategic game and match play

Monday and/ or Thursday 4:30-6:00pm \$225 1 day or \$400 2 days

Full Court (10-12 years 72" court) - Continuing to refine swing shapes. Understanding how spin affects the height and depth of the ball. More rally based drills and games as well as an emphasis on match play.

Tuesdays and/ or Thursdays 4:30-6:00pm \$225 1 day or \$400 2 days

Junior Varsity / Varsity (12 -17 years 72" court) - **The Junior Varsity group** will accommodate the teen that is just getting their feet wet with, who is looking to learn the basic strokes, footwork, scoring and rallying skills.

The Varsity group is for the more seasoned teen already having the knowledge & understanding of the basic strokes, footwork and some strategies.

Mondays and/ or Wednesdays 6:00-7:30 pm \$225 1 day or \$400 2 days

High Performance - Students must be evaluated for this program. NRS high performance program is designed for the more serious junior player that demonstrates commitment and family support. Each practice includes movement training, Skill development and maintenance, situational training. Players are expected to play tournaments and to train with the goal to improve competitive performance.

Tuesday & Thursday 6 - 8 pm \$550 or Developmental \$750 includes 4 privates

Match-Play (all levels) - Here juniors will put their weeks work to action!

Fridays 4:30-6:00 \$10 per class or \$50 session

CALENDAR

All classes run on an 8 week schedule.
All rained out classes will be made up.

Session 1 – September 4 to October 28, 2019

Session 2 – November 4 to January 17, 2019 (Off Nov 25 - 29, 2019, Dec 23 – Jan 3, 2020)

Session 3 – January 20 to March 13, 2020 (Off Mar 16-20, 2020)

Session 4 – March 23 to May 15, 2020

North River Shores Tennis Club's teaching staff is looking forward to helping your child grow and excel in their sport.

REGISTRATION FORM

Name: _____ D.O.B. _____

Guardian: _____ Phone: _____

Cell: _____ Email: _____

Address: _____

City: _____ Zip: _____

What is your child's previous experience in the sport? _____

What are your child's expectations/goals for the game?

- Improve a particular stroke - if so then which _____
- Learn to play a match and keep the score _____
- Improve consistency _____
- Participate in matches _____
- Make the high school team _____
- Play competitively _____
- To enjoy and be active in a fun sport. _____
- Other: _____

Does your child have any Allergies or Special Needs that our instructors should be aware of? _____

Payments are due in full on or before the first day of each session.
Junior Members receive 15% discount.

Session _____ **Class Selection** _____

Day of Class _____ **Payment** _____

North River Shores Tennis Club or its employees will not be held responsible for injuries occurring to members or guests, whether occurring on the courts or surrounding areas. The use of the premises and involvement in the Academy is at your own risk.

Signature: _____ **Date:** _____

