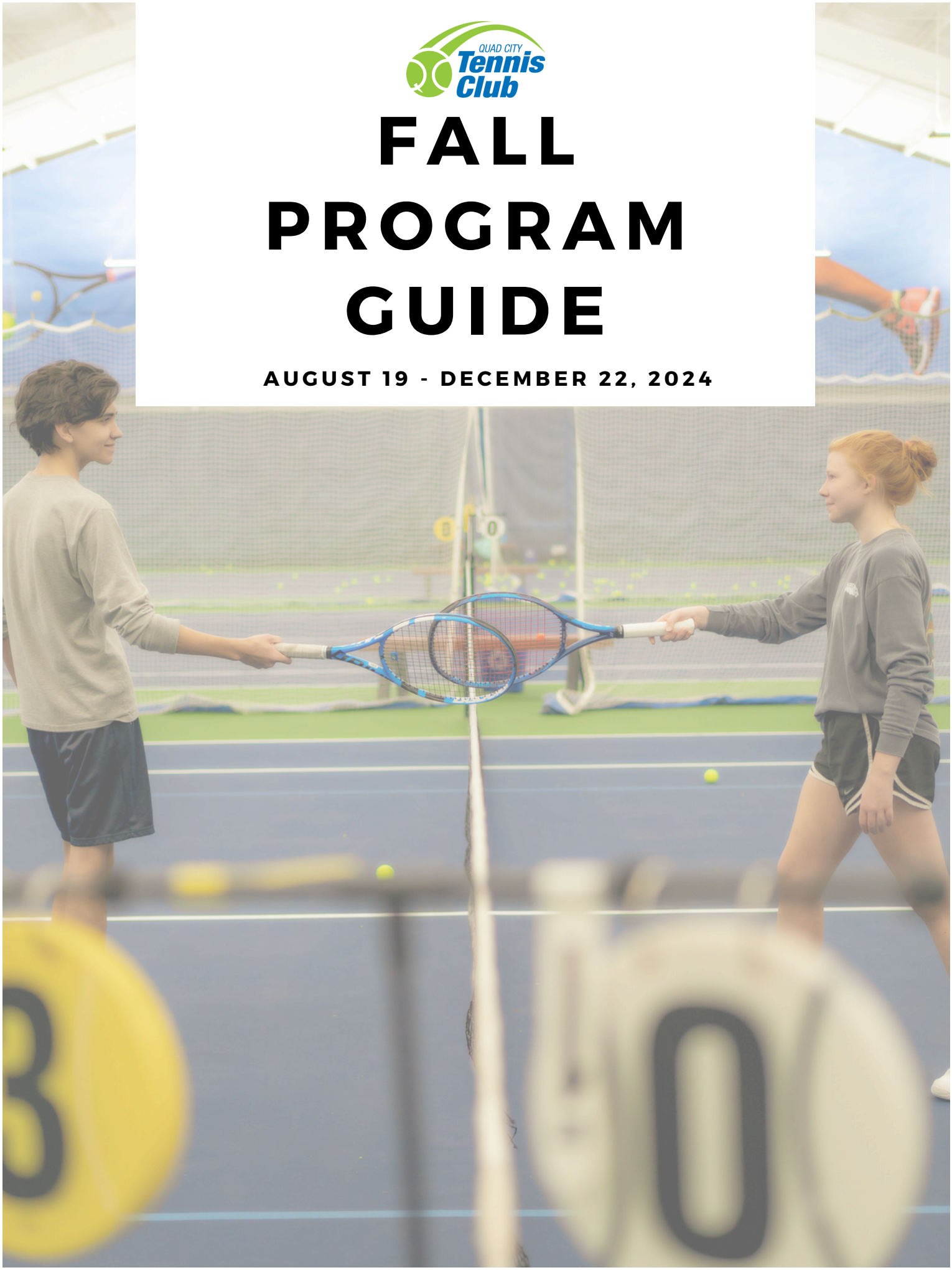
QUAD CITY Tennis Club

FALL PROGRAM GUIDE

AUGUST 19 - DECEMBER 22, 2024



ROGY PATHWAY

The ROGY Pathway promotes the development and skill set of the Junior Player. Focusing on developing each player both physically and technically, players will focus on the basic fundamentals, rules, skills & techniques of Tennis. Players can advance through the pathway rather quickly, however, age, skillset and coaches recommendations will be the determining factors whether a player advances from one level to another.

RED ACADEMY

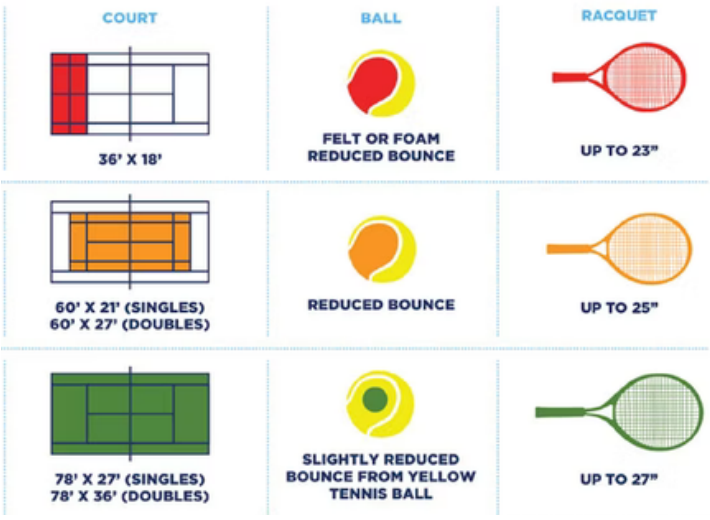
Players at least 5-7 years old
Thursdays, 4:30-5:30pm
Saturdays, 9:00-10:00am
No program 10/31, 11/28

This QCTA early tennis and athletic development class. That is a serious title for your young players. The goal is to have FUN while learning to play tennis. We start with using QCTA Red Ball and USTA Net Generation guidelines to work on the ABC's (agility, balance, coordination) then moving onto sending and receiving skills used in tennis.

ORANGE ACADEMY

Players who have completed Red Academy OR are between 7-9 years old
Thursdays, 5:30-6:30pm
Saturdays, 10:00-11:00am
No program 10/31, 11/28

This QCTA class involves the next steps for young tennis players to improve their skills after playing Red Academy or coaches' permission. The class content involves continued improvement of the ABC's and tennis specific movement. Tennis fundamentals focus on stroke development along with direction, depth, spin and speed. Classes utilize drills, games, and competition.



GREEN ACADEMY

Players who have completed Orange Academy OR are between 9-11 years old
Mondays & Wednesdays, 5:00-6:00pm
Saturdays, 11:00am-12:00pm

This next level builds upon the stroke and movement development attained in the Orange Academy. Coaches' permission or prior academy participation required to attend. Players will continue to develop the ABC's with more advanced tennis specific movement on a full tennis court. Player stroke fundamentals and tactics will continue to be developed using placement, depth, spin and speed.

YELLOW ACADEMY

For players who have completed Green Academy or have received Coaches' Permission
Tuesdays, & Thursdays, 6:30-7:30pm
Saturdays, 12:00-1:00pm
No program 10/31, 11/28

This class will serve players looking to get started with tennis and players with limited experience. The focus will be learning and reinforcing the basic fundamentals. The complete stroke package will be covered while learning how to apply them in singles and doubles matchplay.





JUNIOR DEVELOPMENT PATHWAY

The Junior Development Pathway promotes the development and skill set of the aspiring Junior Player. Players will focus on the basic fundamentals of tennis and fostering a love for the game. The Junior Development Pathway is geared towards players that are just starting their tennis career and/or are interested in learning a new sport. Coach Daniel as well as Junior Pros will lead these programs

TENNIS 4 TOTS

Players 3.5-5 years old (Kindergarten)
Thursdays, 4:00-4;30pm
Saturdays, 8:30-9:00am
No program 10/31, 11/28

Looking for a fun way to engage your tot? Tennis 4 Tots is players first introduction to the game of tennis. Using foam balls, players will work with Coaches in a group setting to the learn the basics and fundamentals of the game of tennis. Grip, proper hitting techniques, teamwork and most of all whit it means to have FUN in a group setting. Players **MUST** be 3.5 years old at the time of registration.



JUMPSTART YELLOW

Players 11-13 Years Old (Junior High)
Sundays, 1:00-2:00pm

This class is geared towards players 11-13 years olds. Who are interested in playing tennis but not quite ready to commit to a Yellow or Academy 1 class. This class will utilize USTA Net Generation Guidelines and work on the ABC's (Ability Balance Coordination) of tennis. Players will then move on to sending a receiving skills used in tennis. This class is designed to get your player ready to enter the Academy!



ACADEMY & HIGH PERFORMANCE PROGRAMS

INSTRUCTORS: ERNIE KATKO, SEAN MCCABE

The Academy & High Performance programs are geared towards players who are committed to the game of tennis. Players have tournament and/or Match Play experience and are actively seeking competitive play opportunities.

For specific questions about the Academy 1 & High Performance programming, please contact Coach Ernie at ernie.katko@quadcitytennisclub.com

ACADEMY 1

Players who have completed Yellow Ball or have received Coaches Permission

Mondays & Fridays, 4:30-6:00pm

Saturdays, 12:30-2:00pm

This class will prepare players for tournament play and the tournament pathway. Players attending Academy 1 level sessions will require permission of coaches or prior academy participation as well as a UTR score of at least a 2.0. This class will look at stroke fundamentals and production. Setting up point play opportunities using consistency, placement, spin & speed with serves & groundstrokes. Singles & doubles tactics will be developed. Players will develop and improve tennis specific movement through agility drills and age-based strength training



HIGH PERFORMANCE 2

Players who have completed Academy 1, have a UTR score of 4.0-4.5, or have received Coaches Permission

Tuesdays, Wednesdays & Thursdays

4:30-6:30pm

No program 11/28

The HP2 program will focus on players with a UTR score of 4.0-4.5. The goal of the HP2 program is to get players prepared for high School Varsity and Regular Competition/Tournament play. The HP2 program will focus on all aspects of a player's game to build a well-rounded athlete who knows their strengths and how to execute them. on-court training will involve rigorous technical and tactical training, in addition to strategy sessions and one-on-one coaching. The off-court training will consist of tennis specific footwork, agility and age-based strength training. Aspects of mental training involving mistake management, cognitive development, problem solving and goal setting will be worked into each session. Each training is designed to prepare players for UTR/USTA tournaments, high school tennis, college & beyond.

HIGH PERFORMANCE

Players who have completed HP2, have a UTR score of 4.5 and above, or have received Coaches Permission

Tuesdays, Wednesdays & Thursdays

4:30-6:30pm

No program 11/28

The QCTC High Performance program will set standards of tennis instruction for juniors. We will look to build the total athlete. The on-court training will involve instruction designed to develop the player who is playing UTR/USTA tournaments, college and beyond. There will be a balance for players of instruction and competition. Technical and tactical foundations will be developed. Each player will have matches recorded for UTR ratings and progress during the sessions. Keeping in mind that UTR is just a tool that reflects the work the player does in their self-development. The off-court training will consist of tennis specific footwork, agility and age-based strength training. We will also involve aspects of mental training involving mistake management, cognitive development, problem solving and goal setting.

ADULT TENNIS PROGRAMS

ADULT PROGRAMS COORDINATOR: CURT SCHAEFER

For seasoned players or players who are just starting to learn the game, the Quad City Tennis Club offers a vast array of programming for every level of player. Focusing on the fundamentals of the game and player development, our Adult Clinics aim to bring out the fun and best tennis game in everyone.
For questions regarding Adult Programs, please contact Curt Schaefer at curtschaefer@quadcitytennisclub.com



BACK2TENNIS

Returning players with an NTRP of 1.0-2.0
Tuesdays & Thursdays 10:00-11:00am
No program 11/28

Designed for the returning tennis player, Back2Tennis focuses on getting players back into the game. With fun drills in an energetic environment, players will relearn tennis fundamentals and build on skill development.

LEVEL 2.0-2.5

Players with an NTRP Rating of 2.0-2.5
Mondays & Wednesdays, 6:00 - 7:00pm
No program 11/28

LIVE BALL

Players with an NTRP Rating of 2.5-3.0
Tuesdays & Thursdays, 9:00-10:00am
No program 11/28

Live Ball is a fun, new energetic class geared towards players with an NTRP of 2.5-3.0. This class is geared towards the beginner-intermediate level tennis player who is looking to get a good workout through repetition and fun.

LEVEL 3.0-3.5

Players with an NTRP Rating of 3.0-3.5
Wednesdays, 10:00-11:30am

Players with a rating of 3.0-3.5 are invited to participate in this clinic. Focusing on tennis fundamentals and footwork, this clinic helps to improve your game while having fun.

LEVEL 4.0-4.5

INSTRUCTOR: CURT SCHAEFER
Players with an NTRP Rating of 4.0-4.5
Thursdays, 9:00-10:30am

Geared towards players with a 4.0 or higher rating, this clinic focuses on a variety of tennis fundamentals and techniques focused on improving your game.

DRILLS & THRILLS

Players with an NTRP Rating of 3.0-4.5
Mondays, 12:00-1:00pm & 6:00-7:30pm
Wednesdays, 12:00-1:00pm & 6:00-7:30pm
Fridays, 12:00-1:00pm
Saturdays, 9:00-10:30am

The cardio you crave! High octane fun in a structured group setting. High intensity drills and movement followed by games while listening to your favorite tunes sets the tone for this high-level class.
Players are required to pre-register by using the Court Reserve App to ensure spot in the class is reserved..

TENNIS 101

Players brand new or returning to the game with an NTRP less than 2.5
Thursdays, 6:30-7:30
Session 1: September 5th-26th
Session 2: October 3rd-24th
Session 3: November 7th-December 5th
**No Programs 11/28 (Thanksgiving)

Are you a brand new player looking to get into the game of tennis? If so, this opportunity is for you! Tennis 101 is a 4-week intro course designed for adults looking to learn the basics of tennis. In this course players will learn the basic rules of tennis - scoring, serving, point play and rallies. This is a 4-week course and players are required to sign up for the entire course. There are no drop-in's for this class. In addition to the 4 weeks of lessons, players will also receive one month of free membership 3 free 1-hour court times to play with a fellow Tennis 101 player or a friend! You will receive your free month of membership and 3 free court times on the first day of play..



PICKLEBALL PROGRAMS

Pickleball has quickly become one of America's favorite and one of the world's fastest growing sports. Here at the Quad City Tennis Club, we can certainly attest. In Fall of 2022, QCTC built 9 brand new state of the art Pickleball courts - all with permanent, Douglas nets, moving our facility from one of the top recreational, to one of the top competitive and premier facilities in the nation. As a club, we are dedicated to providing the Pickleball community with high quality programming to match our high-quality facility. We strive to provide the right fit of programming for everyone from beginners to novice level play.

**ALL FALL PICKLEBALL PROGRAMS WILL BEGIN THE WEEK OF SEPTEMBER 30TH

NEW TO THE GAME
LEVEL 2.5-3.0 CLINIC

Players with a Rating of 2.5-3.0

Tuesdays, 10:30-11:30am

The Level 2.5-3.0 Beginner Clinic is the perfect way to get yourself better acclimated to the game. In this 60 minute clinic, instructors will lead players through different skills and drills targeting specific skills and movements to improve your pickleball game!

INTERMEDIATE CLINIC
LEVEL 3.0-4.0

Players with a Rating of 3.0-4.0

Thursdays, 10:30-11:30am

No program 11/28

The Level 3.0-4.0 Intermediate/Advanced Clinic is the perfect way to up your game. In this 60 minute clinic, instructors will lead players through different skills and drills focusing heavily on competitive play and point strategy. Players participating in this clinic are welcome to stay for open play after the clinic ends for the day.

ADVANCED CLINIC
LEVEL 4.0+

Players with a Rating of 4.0+

Thursdays, 9:30-10:30am

No program 11/28

The Level 4.0+ Advanced Clinic is the perfect way to up your game. In this 60 minute clinic, instructors will lead players through different skills and drills focusing heavily on strategic play. Players participating in this clinic are welcome to stay for open play after the clinic ends for the day.

DINKERS 1

INSTRUCTOR: JUNIOR PRO"S

at least 8 years old - 11 years old

Sundays 11:15am-12:00pm

The Dinkers I class is designed to set your dinker up for success! Starting with the basics, players will learn how to serve, drive and dink. With each week building on a different skill, Dinkers I is designed to get your player out on the courts and rallying points with their friends!

DINKERS 2

INSTRUCTOR: JUNIOR PRO"S

at least 11 years old - 14 years old

Sundays 12:15-1:00pm

The Dinkers 2 class is designed for the Junior High Player looking to learn a new sport or a new skillset. Players will learn the fundamentals, history and strategy behind the game of pickleball through

PICKLEBALL 101

Adult players brand new to the game

Wednesdays, 5:30-6:30pm

Session 1: September 4th-25th

Session 2: October 2nd-23rd

Session 3: November 6th-27th

Pickleball 101 is a 4-week intro course designed for adults looking to learn the basics of Pickleball. In this course players will learn the fundamentals of Pickleball - scoring, serving, point play and dinking. This is a 4-week course and players are required to sign up for the entire course. There are no drop-in's for this program.

In addition to the 4 weeks of lessons, players will also receive 1 month free of membership and 3 free punch passes to our Pickleball Open Play (open daily 8am-8pm)!

PRIVATE & SMALL GROUP LESSONS

The Quad City Tennis Club is dedicated to helping you or your player find the right fit for you as you embark on your racquet sport journey. In addition to the multitude of class offerings, programs and leagues, the Quad City Tennis Club has multiple high-level, certified and qualified instructors to fit your needs. From one-on-one private lessons to small group lessons, QCTC has an option for everyone!
To participate in private lessons, players MUST be a QCTC member. If a player wants a lesson and is not a QCTC member, they will be charged a $20 day pass for each lesson.

PRIVATE, SEMI-PRIVATE & SMALL GROUP LESSONS

	30 minute 1:1 Lessons	1 Hour 1:1 Lessons	Semi Private Lessons (2 players, 1 Pro)	3&Me (3 Players 1 Pro)	4&Me (4 Players 1 Pro)
Ernie Katko	$45	$80	$45*	$35	$30
Curt Schaefer	$40	$70	$40*	$35	$30
QCTC Staff Professionals	$35	$65	$35*	$30	$25
Pickleball	$30	$60	$30	$25	$25

Semi-Private, 3&Me and 4&Me lesson rates are per person and have a minimum 1 one hour time slot.
If you have a group that exceeds 4 players and would like to have a private class with an instructor, please contact Club Director, Kourtni Barnes at kourtnibarnes@quadcitytennisclub.com



CURT SCHAEFER

A QCTC Staple for almost sixteen years, Coach Curt can be found wrangling Green Academy students or hyping up our Adults in one of our many adult clinics! Coach Curt is a USPTA Certified Professional with over 16 years of coaching experience.
Looking to book with Curt? Send him an email at curtschaefer@quadcitytennisclub.com



DANIEL BETANCOURT

Entering his fourth year at QCTC, Coach Daniel strives to provide a fun, inclusive and welcoming environment for all players looking to begin playing or improve their tennis game. A USPTA Certified Professional, Coach Daniel is dedicated to providing you and your players with top level instruction tailored to your needs.
Looking to book with Coach Daniel? Email him at danielbetancourt@quadcitytennisclub.com



ERNIE KATKO

With over twenty years of experience, Coach Ernie has transformed QCTC's High Performance program in just two short years. Coach Ernie is highly regarded as one of the top coaches in the area, and is committed to building high level programs to serve top level athletes in the Quad Cities community.
To book a lesson with Coach Ernie, send him an email at: erniekatko@quadcitytennisclub.com



SEAN MCCABE

A Quad City Native and former top junior player, Coach Sean is dedicated to providing players with top level training specific to each players needs. With his extensive background knowledge in tennis and training, coupled with his deep QC roots, Coach Sean is committed to providing you or your player with a well rounded training plan to up your tennis game. Book with Coach Sean by emailing him at seanmccabetennis@gmail.com

FALL PROGRAM PRICING

AUGUST 19 - DECEMBER 22, 2024

Academy Program Pricing

Prices are based on per class

	Members	Non-Members
Red Academy	$20	$20
Orange Academy	$25	$25
Green Academy	$30	$45
Yellow Academy	$35	$50
Academy 1	$45	$65
High Performance	$60	$80

Pickleball Program Pricing

Prices are based on per class

	Members	Non-Members
Level 2.5-3.0	$15	$15
Level 3.0-4.0	$20	$40
Level 4.0+	$25	$45
Dinkers 1	$15	$15
Dinkers2	$20	$35
Pickleball 101 *Per 4-week Session	$60	$85

Jr. Development Program Pricing

Prices are based on per class

	Members/ Non-Members
Tennis4Tots	$10
JumpStart Yellow	$20

Adult Clinics Pricing

Prices are based on per class

	Members	Non-Members
Back2Tennis	$15	$15
Live Ball	$15	$35
Level 3.0-3.5	$25	$45
Level 4.0-4.5	$25	$45
Drills & Thrills	$25 (1 hour) $30 (1.5 hours)	$45 (1 hour) $50 (1.5 hours)
Tennis 101 *Per 4-week Session	$60	$85