



Mount Vernon Athletic Club

Junior Tennis Clinics

FALL SESSION 2010

Tim Bainton, Tennis Director

Program begins Monday September 6th and lasts through Sunday October 31st (8 Week Session)

Attention!

*Quick Start Now Has
2 Sessions On Mondays*

USTA Quick Start ages 4-8 years

Quick Start Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, all tailored to age and size.

		<u>Member*</u>	<u>Non-Member</u>
Monday**	3:00-3:45pm	\$92	\$116
Monday**	3:45-4:30pm	\$92	\$116
Wednesday	3:45-4:30pm	\$105	\$132
Saturday	12:00-12:45pm	\$105	\$132

Junior Beginner ages 9-14 years

Students with little or no exposure to tennis will be introduced to proper grips, and basic swing motion for all strokes.

		<u>Member*</u>	<u>Non-Member</u>
Monday**	4:00-5:00pm	\$123	\$154
Wednesday	4:00-5:00pm	\$140	\$176
Saturday	12:00-1:00pm	\$140	\$176

Junior Intermediate ages 9-14 years

Students who have graduated from the Junior Beginner program or approval from a tennis professional, will be exposed to more complex advance stroke production, strategy, match play and foot work drills.

		<u>Member*</u>	<u>Non-Member</u>
Monday*	4:00-5:00pm	\$123	\$154
Wednesday	4:00-5:00pm	\$140	\$176
Saturday	12:00-1:00pm	\$140	\$176

Junior Performance

Intensive training including advance stroke, production match play, and conditioning. This class for students interested in participating in USTA tournaments and/or competing at the high school level.

		<u>Member*</u>	<u>Non-Member</u>
Tuesday	4:30-6:00pm	\$210	\$264
Wednesday	4:30-6:00pm	\$210	\$264
Friday	4:30-6:00pm	\$210	\$264
Saturday	1:00-2:30pm	\$210	\$264

Players are strongly encouraged to be participating in at least 2 days per week. Students participating in 3 days a week will receive a 10% discount.

High Performance

By Invite Only. This clinic takes place on Monday, Tuesday, Thursday and Friday.

		<u>Member*</u>	<u>Non-Member</u>
Cost for Three Days	4:30-6:30pm	\$617	\$834
Cost for Four Days	4:30-6:30pm	\$721	\$965

Students are required to actively be playing USTA Tournaments and that a top 100 Mid Atlantic ranking in their respective age group is preferred. This session will include Athletic Training, Dartfish Video Analysis, Nutrition, and Mental Toughness.

High School Varsity

Students who want to improve their skills for high school competition. Players must be of High School age. Previous experience playing varsity tennis preferred.

		<u>Member*</u>	<u>Non-Member</u>
Sunday	4:30-6:00pm	\$210	\$264

Contact Information:

Name: _____ DOB: _____ Member? Yes No

Home Phone #: _____ Other Phone #: _____

E-mail: _____ Parents Name: _____

Address: _____ City: _____ State: _____ Zip: _____

T-Shirt (\$18.00): Youth Small Youth Medium Youth Large Small Medium

Signature: _____ Date: _____ Payment: On Account Check Cash VISA/MC/AMEX

Withdrawal Policy: Full payment for each session must accompany this form. Withdrawals must be received prior to the start of the session and are subject to a \$25 service charge. **Refunds will not be issued for any reasons. Refunds will not be given for missed classes. All prorating of rates must have approval from the Tennis Director.** It is understood that the student is in overall good health condition. With this registration, it is agreed to hold MTVAC and its staff harmless for injury or loss that may occur as a result of my (or child's) participation in the MTVAC's activities. All guests, including parents of children in clinics, must sign in at the front desk prior to entering. Equipment in the fitness area is for Members Only and cannot be used by visitors.

Clinic: _____ Dates: _____