

FALL 2010

Junior Development and Competition Programs

SESSION DATES:

FALL ONE SESSION:

8 Weeks

Sunday, September 5 -
Saturday, October 30
(No Class Sept. 6th)

FALL TWO SESSION

8 weeks

Sunday, October 31—
Saturday, December 25
(No Class Nov. 25, Dec. 24
or Dec. 25)

**MINIMUM of 3
PARTICIPANTS FOR
EACH CLASS**

Junior Development & Competition Programs:

The Junior Development and Competition Programs are for junior players ages 4 to 18. Our goal is to provide an organized and fun setting to foster a lasting enjoyment of tennis and a willingness and desire to improve. The curriculum is designed to improve technical and tactical skills, movement, court sense, knowledge of the rules, positioning and basic tactics. **Fees listed are for one class per week.**

Contact Laurie Schwepfnger, Tennis Administrator, at 610-395-3337, Ext. 15 or E-mail Laurie at LSchwepfnger@24-7fitness.com for additional information.

QUICKSTART ONE *Ages 4 and 5*

USTA-Developed program designed for the little ones to get them exposed to and comfortable with tennis. QuickStart uses smaller court dimensions, foam and low compression balls. Emphasis is on fun and success using the USTA approved equipment.

SCHEDULE OF CLASSES

Monday.....	3:45 p.m.—4:30 p.m.	Member	\$144.00/session
Wednesday	1:30 p.m.—2:15 p.m.	Non-Member	\$180.00/session
Saturday	10:00 a.m.—10:45 a.m.		

QUICKSTART TWO *Ages 5 to 7*

Practices are fun and success is achieved through stroke development and tennis games. The QuickStart format for this age group uses the appropriate-sized court nets and low compression balls. Emphasis is on fun and success using the USTA approved equipment.

SCHEDULE OF CLASSES

Monday.....	4:30 p.m.—5:30 p.m.	Member	\$144.00/session
Tuesday	4:30 p.m.—5:30 p.m.	Non-Member	\$180.00/session
Saturday	11:00 a.m.—Noon		

QUICKSTART THREE *Ages 7 to 9*

Designed to accelerate your child's learning curve, the QuickStart format for this age group uses the appropriate-sized court nets with the orange and green low compression balls. The emphasis for all QuickStart programs is to make tennis fun and to gain success on the courts using the USTA approved equipment.

SCHEDULE OF CLASSES

Monday.....	5:30 p.m.—6:30 p.m.	Member	\$144.00/session
Tuesday	5:30 p.m.—6:30 p.m.	Non-Member	\$180.00/session
Wednesday.....	4:30 p.m.—5:30 p.m.		
Saturday	Noon—1:00 p.m.		

JUNIOR ONE *Ages 10 to 12*

This program is for the beginner player who is 10 years of age or older. This is a more structured clinic and focuses on learning basic fundamentals of tennis.

SCHEDULE OF CLASSES

Sunday.....	1:00 p.m.—2:00 p.m.	Member	\$144.00/session
Tuesday	4:30 p.m.—5:30 p.m.	Non-Member	\$180.00/session
Wednesday.....	4:30 p.m.—5:30 p.m.		
Saturday	10:00 a.m.—11:00 a.m.		

JUNIOR TWO *Ages 12 to 14*

Designed for Intermediate junior players, this program introduces youth to play on junior tennis teams. All players will learn to serve, keep score and keep five balls in play from the baseline.

SCHEDULE OF CLASSES

Tuesday.....	4:30 p.m.—6:00 p.m.	Member	\$216.00/session
Wednesday.....	4:30 p.m.—6:00 p.m.	Non-Member	\$270.00/session
Saturday	11:00 a.m.—12:30 p.m.		

TEEN ONE *Ages 13 to 17*

This program is for teenagers who are relatively new to tennis. Learning to rally and play is the theme of each class. The students will be exposed to all the basic skills of tennis including ground strokes, volleys, overheads, and serves.

SCHEDULE OF CLASSES

Monday.....4:30 p.m.—6:00 p.m.	Member	\$216.00/session
Saturday 11:30 a.m.—1:00 p.m.	Non-Member	\$270.00/session

TEEN TWO *Ages 13 to 17*

Teen Two students will experience the 5 play situations and will refine their tactical/technical skills. Concepts of offense/defense will be introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed.

SCHEDULE OF CLASSES

Thursday.....4:30 p.m.—6:00 p.m.	Member	\$216.00/session
Saturday 9:30 a.m.—11:00 a.m.	Non-Member	\$270.00/session

HIGH SCHOOL COMPETITORS *Ages 14 and up*

Designed for the high school player participating on junior varsity or varsity teams. Players work on tactical training and mental toughness.

SCHEDULE OF CLASSES

Sunday.....3:30 p.m.—5:00 p.m.	Member	\$216.00/session
Tuesday..... 4:30 p.m.—6:00 p.m.	Non-Member	\$270.00/session
Thursday.....4:30 p.m.—6:00 p.m.		

RISING TOURNAMENT PLAYERS *Ages 10 to 14 (Requires Club Pro Approval)*

For the higher level rising junior players who are competing in USTA tournaments. Program will focus on drills that develop movement, recovery and decision-making skills.

SCHEDULE OF CLASSES

Monday 4:30 p.m.—6:00 p.m.	Member	\$216.00/session
Thursday.....4:30 p.m.—6:00 p.m.	Non-Member	\$270.00/session

TOURNAMENT PLAYERS *District/Sectional Ranking Required (or Club Pro Approval)*

Designed for highly motivated tournament players who already possess district and/or sectional USTA rankings. Focus is on developing skills in a controlled, but intense, live-ball environment. Improve match play performance with emphasis on footwork and conditioning, match play tactics, mechanics, mental toughness and sportsmanship.

SCHEDULE OF CLASSES

Monday 4:30 p.m.—6:00 p.m.	Member	\$216.00/session
Wednesday.....4:30 p.m.—6:00 p.m.	Non-Member	\$270.00/session
Thursday..... 4:30 p.m.—6:00 p.m.		

GENERAL INFORMATION & REGISTRATION

1. Full payment must be made at time of registration. If you wish to mail a check, please mail to the following address with the name of the child and parent, program name, session date and day of week: West End Racquet Club, ATTN: Laurie Schwepfinger, 4636 Crackersport Road, Allentown, PA 18104.
2. Make all checks payable to West End Racquet Club. Visa, MasterCard, Discover and American Express are accepted.
3. If your child is unable to attend a program, you must notify the West End Tennis Department at least three (3) days prior to the first class in order to receive credit towards other West End junior clinics/programs.
4. Refunds or credits cannot be issued after a program has begun except for medical reasons.
5. Due to insurance regulations, parents must observe all clinics from the observation areas and cannot be on court during the clinics.
6. All make-ups must be made within the session. **Make-ups cannot be carried over to the next session except for medical reasons.**
7. Clinics without any signups before the first class meets will be canceled for the session.

Student Name _____		Age _____	Session (circle): FALL 1 FALL 2	
QS ONE: Mon Wed Sat	QS TWO: Mon Tues Sat	QS THREE: Mon Tues Wed Sat	JR ONE: Sun Tues Wed Sat	JR TWO: Tues Wed Sat
TEEN ONE: Mon Sat	TEEN TWO: Thurs Sat	H.S. COMP: Sun Tues Thurs	RISING TOURN. PLYR: Mon Thurs	TOURN PLYR: Mon Wed Thurs

Total Amount Enclosed \$ _____

Parent's Name _____ Address _____

Phone Number _____ E-Mail _____

I understand the nature and scope of the program listed. I understand that there are risks and dangers associated with the program. I understand that it is not the function of West End Racquet Club, its employees, agents, operators or instructors to guarantee the safety of participants with respect to the program above. I also understand that each participant has the responsibility to exercise due care in the performance of the activities/program for the safety of himself/herself and the other participants. In consideration of the participants being permitted to enroll in the program, I hereby release, indemnify and hold harmless West End Racquet Club, its employees, operators and instructors from any and all claims and demands, costs, charges and expenses for harm, injury, damage or loss which may be sustained by the participant as a result of, or relating to, participation in the program above. **Refunds will only be given for medical reasons (physician's notice may be required for a medical refund).** I have read and understand the above liability.

Signature of Parent/Guardian _____

Date _____