

Star Tennis & Maximum Performance Tennis (MXP)

Whether your child is just starting the game or is trying to make a local school team, we have lessons designed to take them to the next level. Our Star Junior Tennis and MXP Tennis program uses a progressive court system that uses 36', 60' and 78' (regular size) tennis court. Coupled with ensuring the proper racquet length and using different types of tennis balls based on age and ability, our goal is to get your child playing tennis as soon as possible. This system gives your child a visible progression to maximize their improvement. Each of our lessons will be divided up into three critical phases beginning with a warm-up emphasizing tennis specific movement and coordination. This is followed by a skill-building phase and skills are practiced "live" in a competitive phase, where rallying and game conditions are experienced.

JUNIOR TENNIS

Session #1: Week of Jan. 4th/5th – Feb. 15th/16th (7 weeks)

Session #2: Week of Feb. 22nd/23rd – Apr. 5th/6th (7 weeks)

Session #3: Week of Apr. 12th/13th – May 24th/25th (7 weeks)

PEEWEE STARS

For children ages 4-5. The goal is to expose children to the FUN of tennis through movement while using the Wilson Easy Play ball, which was developed to give kids more success. Please contact Ryan for more information at 237-4805.

Fee: \$40.00

Tuesdays 10:15 – 11:00 AM

Tuesdays 1:30 – 2:15 PM

TINY STARS

For children in grades K – 2. The goal is to continue to have FUN and to develop ball judgment skills, improve motor skills and to learn the early stroke mechanics of a forehand, backhand, volley and serve. Please contact Ryan at 237-4805.

Fee: \$40.00

Mondays 4:00 – 5:00 PM (Beginner)

Mondays 5:00 – 6:00 PM (Intermediate)

Saturdays 12:00 – 1:00 PM (Jan. 9 – Feb. 13, 27 & Mar. 13-27, Apr. 10-May 1)

YOUNG STARS

For children grades 3 – 5 or appropriate skill level. The goal is to continue to have FUN while focusing on the stroke mechanics of the forehand, backhand, volleys and the serve through instruction, drills and fun games. Please contact Ryan for more information at 237-4805.

Fee: \$40.00

Mondays 4:00 – 5:00 PM (Beginner)

Mondays 5:00 – 6:00 PM (Intermediate)

Saturdays 1:00 – 2:00 PM (Jan. 9 – Feb. 13, 27 & Mar. 13-27, Apr. 10-May 1)

JUNIOR STARS

For juniors grades 6 – 8 and grades 9 – 12 or appropriate skill level. The goal is to have FUN while focusing on the stroke mechanics of the forehand, backhand, volleys and the serve through instruction, drills and fun games. The ultimate goal is to prepare students for the MXP program. Match times are not offered for Beginner Junior Stars.

Grades 6 – 8 & 9 – 12 Fee: \$40.00

Tuesdays 4:00 – 5:00 (Beginner)

Saturdays 2:00 – 3:00 PM (Jan. 9 – Feb. 13, 27 & Mar. 13-27, Apr. 10-May 1)

Grades 6 – 8 & 9-12 Fee: \$60.00

Tuesdays 5:00 – 6:00 (Intermediate)

Match Times: Sundays 12:30 – 2:00 PM

Session #1: Jan. 17, 24, 31 & Feb 7

Session #2: Feb 28, Mar. 14, 21, 28

Session #3: Apr. 25, May 2, 9 & 16

MXP

Competitive training for the serious junior tennis player. Stroke production, singles and doubles strategy, conditioning, footwork and mental toughness will be stressed through goal setting and weekly handouts. Criteria for moving up levels in MXP will be given to players at the beginning of each session. Please contact Ryan to determine appropriate level for players.

Winter Session Dates: January 4th – March 28th (12 weeks)

Spring Session Dates: March 29th – May 23rd (8 weeks)

MXP III

Grades 3 and up or the proper skill level. Must be willing to begin match and tournament play. Lessons include two one-hour practices and one match per week. Ratio 6:1. Please contact Ryan for more information at 237-4805.

Fee: \$224.00 (add \$50 for non-members)

Wednesdays 5:30 – 6:30 PM &

Fridays 4:00 – 6:00 PM (includes 1hr practice & 1hr match play)

MXP II

USTA Challenger 1 level players, high school junior varsity and varsity level players. These players should possess a desire to compete in USTA tournament play. Two 11/2-hour practices and one match per week will be offered. Ratio 6:1. Please contact Ryan for more information at 237-4805.

Fee: \$384 (add \$100 for non-members)

Mondays & 4:30 – 6:00 PM

Wednesdays 4:00 – 5:30 PM

Match Times: Saturdays 12:00 – 1:30

MXP I

USTA Championship level players to top high school varsity players. Should possess a sound understanding of all parts of play. Two 11/2-hour practices and one match per week will be offered. Ratio 6:1. Please contact Ryan at 237-4805.

Fee: \$384 (add \$100 for non-members)

Tuesdays & Thursdays 4:00 – 5:30 PM

Match Times: Sundays 2:00 – 3:30 PM

TOURNAMENT MXP

This level is designed for junior tennis players that already possess proper technique, knowledge of singles and doubles strategies and have an established USTA ranking. This level is by invitation only! Two 11/2-hour practices and one match per week will be offered. Ratio 4:1. Please contact Ryan for more information at 237 - 4805.

Fee: \$384 (add \$100 for non-members)

Tuesdays & Thursdays 5:30 – 7:00 PM

Match Times: Sundays 12:30 – 2:00 PM

Tournament Dates

PEPSI Championships 12's & 16's

Feb. 19 – 21

PEPSI Championships 14's & 18's

Mar. 5 – 8

MXP Tournament MXP I

Feb. 12

MXP Tournament MXP II & MXP III

Feb. 14