

Fall 2010



FALL



JUNIOR

COMPETITION

TION



FA

Fore Court Junior Competition Training - Fall 2010 Schedule

| Tuesday | Wednesday | Friday | Saturday | Sunday |
|-------------|-------------|--------------|--------------|--------------|
| 9/7 - 12/14 | 9/8 - 12/15 | 9/10 - 12/17 | 9/11 - 12/18 | 9/12 - 12/19 |
| 15 weeks | 15 weeks | 15 weeks | 15 weeks | 15 weeks |

Competitive Drill / Play Groups

Competitive Play Groups include drills. As players move to higher level groups, less drilling and more play is the norm. This program is designed to develop players skill to the varsity singles level.

Level 1: Competitive Training

For players who have the basic strokes. This level will develop and refine strokes and introduce match strategy.

| Players | Day/Time | Duration/Cost |
|---|---------------------------|----------------------|
| Doubles <i>Max 16 Players</i> | Saturday 1 - 2:30pm | 15 weeks \$345.00 |
| Pros: Renee Houle, Brien Morissette | | |
| Singles <i>Max 22 Players</i> | Sunday 12 - 1:30pm | 15 weeks \$345.00 |
| Pros: Renee Houle, Brian Lomax, Sam Fecteau | | |
| Singles/Doubles <i>Max 16 Players</i> | Wednesday 4pm - 5:30pm | 15 weeks \$345.00 |
| Pros: Brien Morissette, Sam Fecteau | | |

Level 2: Competitive Training

For players who are ready to compete at the JV level. This level will continue stroke and strategy development, and introduce specialty shots and physical and mental toughness.

| Players | Day/Time | Duration/Cost |
|---|------------------------|----------------------|
| Singles <i>Max 22 Players</i> | Saturday 2:30 - 4pm | 15 weeks \$345.00 |
| Pros: Renee Houle, Brien Morissette | | |
| Singles <i>Max 22 Players</i> | Sunday 1:30 - 3pm | 15 weeks \$345.00 |
| Pros: Renee Houle, Brian Lomax, Sam Fecteau | | |
| Singles <i>Max 8 Players</i> | Tuesday 3:30 - 4:30 | 15 weeks \$255.00 |
| Pro: Brien Morissette | | |
| Doubles <i>Max 16 Players</i> | Friday 4 - 5:30pm | 15 weeks \$345.00 |
| Pros: Toby Lindsay, Sam Fecteau | | |

Private Lessons

Contracted Private Lessons are available at a price of \$55 per week. Minimum 5 weeks. Prepayment required.

Level 3: Varsity Training

For players ready to compete at the Varsity level. This level will complete stroke development and continue to emphasize strategy, and physical and mental toughness.

| Players | Day/Time | Duration/Cost |
|---|------------------------|----------------------|
| Singles <i>Max 22 Players</i> | Saturday 4 - 5:30pm | 15 weeks \$345.00 |
| Pros: Renee Houle, Brien Morissette | | |
| Singles <i>Max 22 Players</i> | Sunday 3 - 4:30pm | 15 weeks \$345.00 |
| Pros: Renee Houle, Brian Lomax, Sam Fecteau | | |
| Invitational Singles <i>Max 10 Players</i> | Sunday 4:30 - 6pm | 15 weeks \$345.00 |
| Pro: Renee Houle | | |

TennisXtra Program



The TennisXtra Junior Program combines workshops designed to enable top performance with on court training and fitness training. Each weekly half hour workshop on various topics will give players a framework for understanding what success is, creating goals for themselves, and giving them the required support to achieve those goals. Maximum 12 players.

| Day | Time | Cost |
|-------------------------------------|--|----------------------|
| Tuesday | 4:00 - 4:30pm (Workshop) 4:30 - 6:00pm (On Court) | 15 weeks \$495.00 |
| Pros: Brien Morissette, Brian Lomax | | |

USTA Junior Tennis Team

Junior Team Tennis plays on Saturday and Sunday evenings. Coed teams compete against other club teams around the state and in Southeastern Massachusetts. Join a team with your friends and have great fun and good competition!

| Item | Cost |
|-------------------------------------|---------|
| Requires a USTA Junior Membership | \$18.00 |
| Team sign up fee (T-shirt included) | \$30.00 |
| Per Match Fee | \$16.00 |

Fore Court Junior Competition Training Program - Registration

1. Session (Check one)

- Fall (Sep - Dec) Winter (Jan - May) Spring (May - Jun) Summer (Jul - Aug)

2. Program (Check one)

- Level 1
 Level 2
 Level 3
 TennisXtra
 Junior Team
 Private Lessons

3. Experience

1. Are you new to Fore Court? Yes No
2. What experience do you have?
- Clinics _____ Years
 Competitive Play _____ Level
 Junior Varsity _____ Position
 Varsity Singles _____ Position
 Junior Tournaments _____ Ranking

4. Days/Time Requested

Tuesday _____
Wednesday _____
Friday _____
Saturday _____
Sunday _____

5. Contact Information

Child's Name _____
Address _____
City _____ State _____ Zip _____
Tel # _____ Age _____ DOB ____/____/____
Email Address _____
School _____

6. T-shirt

Fall and Winter sessions include a free T-shirt: Please circle size.

Youth: S M L
Adult: S M L XL

Parent's Signature _____ Date _____

(Download additional forms at www.forecourtri.com)

Payments

An annual registration fee of \$20 for the first child, and \$10 for each additional child must be submitted with all applications (waived for family memberships). Placement for new students subject to availability. Payment in two installments due 9/15/10 & 10/15/10. If you pay the program in full by the second week, a 10% discount may be taken. Players joining groups late (after the High School season is over in the fall), or leaving groups early (for the spring High School season), are not offered the discount.

Make ups

By signing up for the program you have committed to the spot for the full duration of the program. TO RECEIVE MAKE UPS FOR ONCE PER WEEK PROGRAMS:

1. You must give 48 hour notice.
2. No notice will signify an absence (no make up allowed).
3. It is the responsibility of the student to arrange make ups for the lesson missed. Call a couple of days prior to the day you would like to do the make up.