



# FOX CITIES RACQUET CLUB



920.739.0221 ♦ 2915 N. Victory Ln, Appleton WI 54913 ♦ www.foxcitiesracquetclub.com

## Session One – Junior Programs

September 6, 2016 – November 27, 2016

*12 week session (Monday and Thursday 11 weeks)*

***No class November 24<sup>th</sup> (Thanksgiving Day)***

### Pee Wee Tennis (ages 3 & 4)

#### Cost:

3/4s	Fridays	4:00 – 4:30pm	Member: \$90.00 / IM: \$120.00
3/4s	Sundays	12:30 – 1:00pm	Member: \$90.00 / IM: \$120.00
3/4s	Thursdays	12:30 – 1:00pm	Member: \$82.50 / IM: \$110.00

*(No class Thurs, Nov 24<sup>th</sup>)*

### Youth Progression (10 & Under Tennis, ages 5-10)

#### Cost:

Red 1/2	Fridays	4:30 – 5:30pm	Member: \$180.00 / IM: \$240.00
	Sundays	1:00 – 2:00pm	Member: \$180.00 / IM: \$240.00
	Tuesdays	5:00 – 6:00pm	Member: \$180.00 / IM: \$240.00
Orange 1/2	Fridays	4:30 – 5:30pm	Member: \$180.00 / IM: \$240.00
	Sundays	1:00 – 2:00pm	Member: \$180.00 / IM: \$240.00
Green 1/2	Fridays	4:30 – 5:30pm	Member: \$180.00 / IM: \$240.00
	Sundays	1:00 – 2:00pm	Member: \$180.00 / IM: \$240.00

### Middle School (ages 11-13)

#### Cost:

Level 1	Fridays	5:30 – 6:30pm	Member: \$180.00 / IM: \$240.00
	Sundays	2:00 – 3:00pm	Member: \$180.00 / IM: \$240.00
Level 2	Sundays	4:30 – 6:00pm	Member: \$270.00 / IM: \$330.00

### High School (ages 14-18)

#### Cost:

Jr. Varsity	Sundays	4:30 – 6:00pm	Member: \$270.00 / IM: \$330.00
Jr. Varsity	Wednesdays	4:00 – 5:30pm	Member: \$270.00 / IM: \$330.00
Varsity	Sundays	11:30am – 1:00pm	Member: \$270.00 / IM: \$330.00

### Invitational Groups (Players invited by the teaching staff)

#### Cost:

Mondays	4:30 – 6:00pm	Member: \$247.50 / IM: \$302.50
<i>FCRC Elite 14 &amp; Under</i>		

Thursdays	5:00 – 6:30pm	Member: \$247.50 / IM: \$302.50
<i>FCRC Elite 18 &amp; Under</i>		

**Mental Training** – Contact Coach Wendy Whitlinger

**Fitness Training** – Contact Coach Tony Daharsh

***See other side for Program Descriptions and Group Lesson Policies***

**\*\*\*Policy Reminder: Make-ups are not guaranteed and must be approved in advance\*\*\***

## **PROGRAM DESCRIPTIONS\***

**Pee Wee Tennis:** Ages 3 & 4: 36” court: Players work on body management, movement, eye/hand coordination, The focus is fun as they begin to learn basic tennis skills.

**Red Ball 1:** Ages 8 & U: 36’ court: Players develop basic movement skills, balance, and eye-hand coordination. They learn the forehand, backhand, volley, and drop hit serve.

**Red Ball 2:** Ages 8 & U: 42’ court over big net: Players have tennis experience and Red Ball 1 skills. They work on movement, add the serve and return to their skills, rally, and play points.

**Orange Ball 1:** Ages 8 & 9: 60’ court: Players develop stroke skills, consistency in rallies, directional control and spin. They play points and games.

**Orange Ball 2:** Ages 8 & 9: 60’ court: Players have tennis experience and Orange Ball 1 skills and begin to add pace. They learn the rules of the game and start to play matches.

**Green Ball 1:** Ages 9-10: 78’ court: Players strengthen stroke skills, work on directional control and shot selection. They can sustain a rally, serve, return and play points.

**Green Ball 2:** Ages 9-10: 78’ court: Players have tennis experience and Green Ball 1 skills adding spin and pace. They rally consistently, adding an approach shot, volley, and overhead. They begin to compete.

**Middle School 1** (ages 11-13) Players will develop coordination, balance, agility, stroke skills, court positioning, scoring and rules of play.

**Middle School 2** (ages 11-13) Players placed by pro. Players have tennis experience and JD 1 skills and will add directional control, spin and pace. They learn tactics and strategy and how to play a point when they compete.

**Junior Varsity** (ages 14-18) Players will continue development with the emphasis on preparation for or participation on a high school team. Strokes technique will be improved. They will learn percentage tennis, shot selection, strategies and tactics for singles and doubles, and mental toughness skills.

**Varsity** (ages 14-18) Participants are current varsity players. They will improve performance by fine tuning their skills. They can use pace and depth. They develop a consistency of performance. They train physically and mentally. They learn to understand tactical situations, shot selection, and constructing a point. They compete in local tournaments and/or USTA Team Tennis.

**FCRC Tournament Elite** (by invitation) Players selected for this group are involved in USTA competition and have rankings at the state, district, sectional or national level. These players are preparing for tournaments by developing all aspects of their game: stroke skills, quickness, stamina, strength and speed, tactics and strategy, and mental toughness. They have goals and a plan for goal achievement.

*\*Please note that there may be age exceptions due to a player’s aptitude and ability.*

*The pros will place them accordingly.*

## **GROUP LESSON POLICIES**

- Players must register for the entire session.
- Late sign-ups will be prorated, assuming room is available to join.
- Exceptions may be made to accommodate high school tennis seasons.
- Refunds/credits will not be given for missed lessons.
- Make-ups are allowed for missed lessons if room is available. Please talk to your coach.
- Make-ups must be completed within the same session.
- “IM” stands for Instructional Member or Non-Member. Often it is less expensive to take out a membership than to pay the additional cost. Please ask at the front desk for more details.
- \*Final level assignments are at the discretion of the teaching staff.
- Each class must have a minimum of four students. (three for Pee Wee classes)