HIGH PERFORMANCE BEGINNER PROGRAM (Levels 1-2)

Children learn the first stages of cooperative tennis where they develop their agility, balance, coordination, and motor skills through a variety of drills. Participants learn how to initiate a rally, how to move and judge a ball (reception skills), how to control the racquet at the contact point and control the height, direction and depth to be successful on the 36’ court. These adaptive skills will be the foundation of their future tennis development.

INTERMEDIATE

Students begin the transition to the full court using both the green dot and yellow tennis balls. All technical areas are covered including the forehand, backhand, serve and volley. A variety of hand fed and live ball drills are used to improve each student’s understanding of basic tennis tactics.

ADVANCED

This clinic develops skills essential for competition. Students focus on improving tactical and technical skills in all areas of the game. Attention is placed on improving match play performance with an emphasis on footwork and conditioning, match play tactics, mechanics, mental toughness and sportsmanship.

TOURNAMENT PLAYER

This program is designed for players seeking a district, sectional, or national ranking. Emphasis is on advanced tactical, technical and mental toughness in situation based training.

New Requirement All players must have participated in 6 USTA tournaments within the last 12 months and must have a UTR of 4 or higher.

HIGH PERFORMANCE BEGINNER PROGRAM (Levels 3-4)

Students develop proper technique on the four main tennis strokes: forehand, backhand, serve, and volley. They learn the basics of tactical play from the 60’ court for singles and doubles. The children learn topspin and will learn how to differentiate between a volley and a ground stroke.

ADVANCED/INTERMEDIATE

This clinic develops each student’s technique with an emphasis on understanding concepts of offense/defense as it relates to both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin are taught. Students learn a variety of adaptive skills that are taught during competitive play situations working on all areas of the court.
## CONTACT INFORMATION

- **Participant Name:**
- **Parent Name:**
- **Phone Number:**
- **E-mail Address:**

Membership is required. Check one:  
- □ Current Member  
- □ Need to Renew/Join

Emergency Contact Name: ___________________________  
Phone Number: ___________________________

## JUNIOR CLINIC REGISTRATION

### Circle Your Level

<table>
<thead>
<tr>
<th>Level</th>
<th>Day/Time</th>
<th>Circle Desired Dates</th>
<th>Cost</th>
</tr>
</thead>
</table>
| Red Ball: Level 1      | M | 5:30 - 6:15 PM | JAN: 1/10, 1/17, 1/24, 1/31, ALL  
FEB: 2/7, 2/14, 2/21, 2/28, ALL  
MAR: 3/7, 3/14, 3/21, 3/28, ALL  
APRIL/MAY: 4/4, 4/11, 4/18, 4/25, 5/2, ALL | $15/day for entire month, or $18/day |
| Red Ball: Level 2      | M | 6:15 - 7:00 PM | JAN: 1/12, 1/26, (ALL)  
FEB: 2/2, 2/16, 2/23, (ALL)  
MAR: 3/2, 3/9, 3/23, 3/30, (ALL)  
APRIL/MAY: 4/6, 4/13, 4/20, 4/27, 5/4, (ALL) | $30/day for entire month, or $33/day |
| Orange Ball: Level 3/4 | W | 5:30 - 7:00 PM | JAN: 1/11, 1/13, 1/18, 1/20, 1/25, 1/27, ALL  
FEB: 2/1, 2/3, 2/8, 2/10, 2/15, 2/17, 2/22, 2/24, ALL  
APRIL/MAY: 4/5, 4/7, 4/12, 4/14, 4/19, 4/21, 4/26, 4/28, 5/3, 5/5, ALL | $30/day for entire month, or $33/day |
| Jr. Intermediates      | T/TH | 5:30 - 7:00 PM | JAN: 1/10, 1/12, 1/17, 1/24, 1/26, 1/31, ALL  
FEB: 2/2, 2/7, 2/14, 2/16, 2/21, 2/23, 2/28, ALL  
APRIL/MAY: 4/4, 4/6, 4/11, 4/13, 4/18, 4/20, 4/25, 4/27, 5/2, 5/4, ALL | $30/day for entire month, or $33/day |
| Jr. Adv. Intermediates |                |                      |                                                                      |
| Jr. Advanced           |                |                      |                                                                      |
| Tournament Players     | M/W | 5:30 - 7:00 PM | JAN: 1/10, 1/12, 1/17, 1/24, 1/26, 1/31, ALL  
FEB: 2/2, 2/7, 2/14, 2/16, 2/21, 2/23, 2/28, ALL  
APRIL/MAY: 4/4, 4/6, 4/11, 4/13, 4/18, 4/20, 4/25, 4/27, 5/2, 5/4, ALL | $30/day for entire month, or $33/day |

Instructional programs do NOT meet the week of Spring Break, March 14-18. Registration Deadline is one week prior to first meeting date for each month.

## CALCULATE YOUR COST

\[
\text{# of Days} \times \text{Daily Rate} = \text{Total Due} \quad \text{Total Due: $} \quad \text{(Enter Total Due)}
\]

## AGREEMENT & SIGNATURE

By submitting this application, I acknowledge that I have read and understand the IU Rec Sports Tennis Center rules regarding Junior Clinics. I agree to abide by the age policies for juniors. I am fully aware that IU Rec Sports Tennis Center does not offer refunds or credits for absences.

Signature: ___________________________  
Date: ___________________________

## OFFICE USE ONLY

Cost: _________  
Date Received: _____________________  
Initials: __________________________

# of Days: ___  
X Daily Rate: ___  
= Total Due: $ ___