

Gold Star Competitive Play Clinic.....

Saturday Morning from 9:00AM-10:30AM

At Rock Creek Tennis Center

Program Pro: Chris Robinson

- United States Professional Tennis Association (USPTA) certified.
- 10 Years experience as an instructor.
- Collegiate tennis & USTA playing experience.

Saturdays 9:00AM – 10:30AM This intense, fun workout is designed for intermediate players (approximately 3.0 & Above NTRP) looking to prepare for competitive play.

1st Session runs for 8 weeks - Rate \$ 280.00 for 1 ½ Hr
 2nd Session runs for 5 weeks – Rate \$ 180.00 for 1 ½ Hr

1st session - Registration (Fri) March 13, 2009- (Fri) March 20, 2009
 Classes start (Sat) March 21, 2009- Ends (Sat) May 9, 2009
 2nd session - Registration (Mon) April 13, 2009- (Fri) May 22, 2009
 Classes start (Sat) May 23, 2009- Ends (Sat) June 20, 2009

Class breakdown:

Groundstroke Drills (40 Min)	Serve/Return (5 - 10 Min)
Volley/Overhead (15 Min)	Competitive-play Strategy (5 - 10 Min)
Stroke Analysis (5 -10 Min)	Competition/Games (20 Min)

Wednesday Night- Drilling Session from 8:00PM-9:30PM

1st Session runs for 8 weeks - Rate \$ 280.00 for 1 ½ Hr
 2nd Session runs for 5 weeks – Rate \$ 180.00 for 1 ½ Hr

Level: Low intermediate / Intermediate (3.0 NTRP)

1st sessions - Registration (Mon) March 2, 2009- (Wed) March 25, 2009
 Classes start (Wed) March 25, 2009- Ends (Wed) May 13, 2009
 2nd session - Registration (Mon) April 27, 2009- (Wed) May 20, 2009
 Classes start (Wed) May 20, 2009- Ends (Wed) June 17, 2009

Class breakdown:

Ground Strokes (40 Min) – High intensity workout.
Volleys/Overhead (20Min) – Learn& Improve your volleys, overheads, approach shots & other specialty strokes.
Serve / Return (10 Min) – Serve return strategies and techniques
Point Play (20 Min)