

QUICKSTART TEAMS

DATES:

Monday: 9:30 am - 11:00 am

Tuesday: 11:00 am - 12:30 pm

Wednesday: 11:00 am - 12:30 am

Thursday: 11:00 am - 12:30 am

Friday: 1:00 pm - 3:00 pm

Players choose 1-5 days per week.

The Quickstart Team is an entry level program to tennis competition. Low compression balls will be used to slow the pace and lower the bounce. This will allow longer rallies which will allow the players to enjoy tennis competition at an earlier age.

Areas of focus:

- Rules, scoring, sportsmanship
- Controlling ground strokes for longer rallies
- Putting the serve in the service box
- Getting comfortable with competition

Match play will be on Fridays with all match play at Medina. Players will be allowed to serve from service line using no add scoring (first player to win 4 points)

COST:

\$408.00 per 4 week session, 3 times per week

\$544.00 per 4 week session, 4 times per week

\$680.00 per 4 week session, 5 times per week

\$204.00 per 2 week session, 3 times per week, session 3

SESSION THREE SCHEDULE:

Quickstart Team: Tuesday - Thursday 11:00 am - 12:30 pm

QUICKSTART TEAMS CONTINUED

VARSITY | JV | MIDDLE SCHOOL TEAMS

DATES:

Monday: 1:00 pm - 3:00 pm - Match Day

Tuesday: 11:00 am - 12:30 pm

Wednesday: 9:30 am - 11:00 am

Thursday: 9:30 am - 11:00 am

Friday: 11:00 am - 12:30 pm

Players choose 1-5 days per week. Singles and doubles

Drills and games will develop players into efficient match competitors. Regulation balls will be used for drills and match play.

Areas of focus:

- Control of the ball for longer rallies
- Introduction to spin on serve and ground strokes
- Correct grips on volleys and serves
- Reduction in double fault percentage

Each week players will be assigned to play at home or away. One half of the team will travel to the opposing team's club and play one half of the opposing team while one half of the team stays at Medina and plays one half of the opposing team. No drills or match will be held the week of July 2 and July 5.

A Medina staff member will meet the players at the host country club.

