

Circle Start Date & End Date if different than session dates

September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



2009 Fall Junior Tennis Programs

September 10, 2009 to January 24, 2010

Pee Wee & Futurestars Plus Tennis Programs

Tuesday classes

Session 1: 9/15—11/3

Session 2: 11/10—1/19/10

Wednesday classes

Session 1: 9/16—11/4

Session 2: 11/11—1/20/10

Thursday classes

Session 1: 9/10—10/29

Session 2: 11/5—1/21/10

Saturday classes

Session 1: 9/12—11/7

Session 2: 11/14—1/23/10

No Classes:

October 24 & 25

November 26—29th

December 21—January 1st

Junior Class Descriptions

Upon completion of our Pee Wee/Futurestars Tennis Program, your child may advance to our Junior Tennis Program (with tennis professional's permission).

We have a variety of levels for our junior participants. The following is a list by level. When choosing a drill for your child, please be sure to match his level, not necessarily the age group. If you are in question as to where to place your child, please contact any of our tennis professionals to discuss your child's experience in tennis and help you register your child.

SUPERSTARS I

Age: 7—9 years

Can hit baseline to baseline several times with a low compression tennis ball. Is able to hit short court with a regular tennis ball back and forth. Working on good fundamentals for the foundations of their ground strokes. Uncomfortable at net.

- Cost: \$238.00/Members (\$14.00 per drill)
\$323.00/Non-members (\$19.00 per drill)

SUPERSTARS II

Age: 8—11 years

Has had some prior instruction. Can hit baseline to baseline several times with a regular tennis ball. Starting to use proper technique in play and working on positioning. Serves are still inconsistent but necessary because some point play and games will begin with a serve. Net play is encouraged.

- Cost: \$238.00/Members (\$14.00 per drill)
\$323.00/Non-members (\$19.00 per drill)

SUPERSTARS II Plus **

Age 8—11 years

An 1 1/2 hour class incorporating our Superstars II class with an added fitness component. While playing games and going through obstacle courses, the children will work on the fundamentals of running, jumping, strength and endurance with an emphasis on rotation, balance, speed & agility to help improve their tennis game.

- Cost: \$323.00/Members (\$19.00 per drill)
\$408.00/Non-members (\$24.00 per drill)

SUPERSTARS III

Age: 8—14 years

Student should have 1—2 years experience. Fairly consistent in ground strokes and working on spin with some directional intent. Lacks depth control. Proper form should be present in rallies. Serves are working on consistency and control. Forehand volleys are consistent at the net. Baseline play is a more comfortable position than the net.

- Cost: \$238.00/Members (\$14.00 per drill)
\$323.00/Non-members (\$19.00 per drill)

SUPERSTARS III Plus **

Age 8—14 years

An 1 1/2 hour class incorporating our Superstars III class with an added fitness component. While playing games and going through obstacle courses, the children will work on the fundamentals of running, jumping, strength and endurance with an emphasis on

rotation, balance, speed & agility to help improve their tennis game.

- Cost: \$323.00/Members (\$19.00 per drill)
\$408.00/Non-members (\$24.00 per drill)

TEEN INTRODUCTORY

Age: 12-15 years

This group is geared toward those teens that have little or no experience in tennis.

- Cost: \$238.00/Members (\$14.00 per drill)
\$323.00/Non-members (\$19.00 per drill)

EXCELLENCE

Age: Pro approved

Minimum 2 years of experience and lessons. Improved consistency on ground strokes. Good form should be apparent on ground strokes, volleys and serves. Serves are working on spins and power. Can execute forehand and backhand volleys. Working on doubles skills. Transition areas difficult. Less emphasis on form, more time spent on spins and playing styles.

- Cost: \$289.00/Members (\$17.00 per drill)
\$374.00/Non-members (\$22.00 per drill)

EXCELLENCE I

Age: Pro approved

2-4 years of experience and lessons. Varsity level players. Knows how to hit spin in competitive play. Ground strokes are consistent and hits depth under control. Player can direct ball with consistency and depth on moderate serves, developing spin. Working on placement of forehand and backhand volleys. Becoming offensive at the net.

- Cost: \$289.00/Members (\$17.00 per drill)
\$374.00/Non-members (\$22.00 per drill)

EXCELLENCE II

Age: Pro approved

This is for the strong Varsity players or Top 10 State ranked Juniors. Drills are intensive and extra play is mandatory. Strategy in both singles and doubles is taught during competitive practice. These activities are combined into 1 1/2 hours of play.

- Cost: \$289.00/Members (\$17.00 per drill)
\$374.00/Non-members (\$22.00 per drill)

** Interested in our "Tennis Plus" program that we have incorporated into our Superstars II & III classes?

For all Superstars II & III class participants, you too can participate in the 1/2 hour fitness class designed specifically to introduce a fitness component into your tennis game to increase your overall fitness and improve your game. They are available: Monday 5:30—6 p.m., or Tuesday 5:30—6 p.m. The cost is \$5.00 per class or \$85.00 for the session.

JUNIOR ROUND ROBIN

Every Friday from 4—6:00 p.m. during the program we will be offering a free round robin to anyone currently enrolled in our Junior Program (excluding Pee Wee & Futurestars Plus participants). We offer supervised play with an emphasis on social tennis in a doubles format.



JUNIOR CHALLENGE LADDER (Member only)

Our ladder is offered to junior tennis members in any excellence level class. It compliments the existing

junior round robin, which is offered to members and non-members. The Junior Challenge Ladder will consist of organized hour match times and supervised match play on Saturday afternoons. Balls will be included.

We request a weekly commitment if possible. We will be planning matches on a week to week basis to take into account the participant's schedule. However, we want to emphasize competitive matches and consistent attendance. The cost is \$6.00 per week, which will be added to their club account. Please provide your email address on the registration form to help us schedule the matches.

Lake Country Racquet & Athletic Club
560 Industrial Drive ** P.O. Box 76
Hartland, WI 53029

www.lcclub.com

Tel: 262-367-4999
Fax: 262-367-2574

E-Mail: kehossm@lcclub.com

PEE WEE TENNIS PROGRAM

Mr. Pee Wee Tennis is designed especially for boys and girls ages 4-6. These 45 minute lessons take place on miniature courts with smaller size racquets and soft foam balls. First time participants receive a Mr. Pee Wee racquet and a certificate of completion. Non-members are welcome to participate with no additional fee.

The varying levels of Pee Wee tennis are tennis pro defined. Pee Wee I is beginner and advancement to Pee Wee II is the tennis professional's decision. If you have questions as to where to place your child, please call and discuss it with one of our pros.

Session 1 (8 weeks): \$96.00 per child
Session 2 (9 weeks): \$108.00 per child



FUTURESTARS Plus TENNIS PROGRAM

Futurestars Plus is a continuation of our Pee Wee program. At this level we introduce regulation balls, full court play, and a fitness component. Your child will spend an hour rotating between drilling on court tennis and our gym where they will be working with a personal trainer on introducing fitness for fun into their lives.

Session 1 (8 weeks): \$112.00 per child
Session 2 (9 weeks): \$126.00 per child



Registration Information

Pee Wee & Futurestars Plus Program

Pee Wee I	Tuesday	4:00—4:45 p.m.
Pee Wee I	Wednesday	4:00—4:45 p.m.
Pee Wee I	Saturday	9:00—9:45 a.m.
Pee Wee II	Tuesday	4:45—5:30 p.m.
Pee Wee II	Wednesday	4:45—5:30 p.m.
Pee Wee II	Saturday	9:45—10:30 a.m.
Futurestars Plus	Tuesday	4:00—5:00 p.m.
Futurestars Plus	Wednesday	5:30—6:30 p.m.
Futurestars Plus	Thursday	4:30—5:30 p.m.
Futurestars Plus	Saturday	9:30—10:30 a.m.

Junior Tennis Program

Superstars I	Monday	4:00—5:00 p.m.
Superstars I	Wednesday	4:00—5:00 p.m.
Superstars I	Thursday	4:30—5:30 p.m.
Superstars I	Saturday	8:30—9:30 a.m.
Superstars I	Sunday	1:00—2:00 p.m.
Superstars II Plus	Monday	4:30—6:00 p.m.
Superstars II	Wednesday	4:00—5:00 p.m.
Superstars II	Thursday	5:00—6:00 p.m.
Superstars II	Saturday	8:30—9:30 a.m.
Superstars II	Sunday	2:00—3:00 p.m.
Superstars III	Monday	5:00—6:00 p.m.
Superstars III Plus	Tuesday	4:30—6:00 p.m.
Superstars III	Wednesday	5:00—6:00 p.m.
Superstars III	Thursday	5:30—6:30 p.m.
Superstars III	Saturday	9:30—10:30 a.m.
Superstars III	Sunday	3:00—4:00 p.m.
Teen Intro	Sunday	1:30—2:30 p.m.
Teen Intro	Tuesday	5:30—6:30 p.m.
Excellence	Monday	4:00—5:30 p.m.
Excellence	Tuesday	5:30—7:00 p.m.
Excellence	Sunday	2:30—4:00 p.m.
Excellence I	Wednesday	5:00—6:30 p.m.
Excellence I	Saturday	10:30—12:00 p.m.
Excellence I	Sunday	4:00—5:30 p.m.
Excellence II	Monday	5:30—7:00 p.m.
Excellence II	Saturday	10:30—12:00 p.m.
Excellence II	Sunday	4:00—5:30 p.m.

2009 Fall Tennis Registration

Account #: (Mbr/Non-Mbr): _____

Student's Name: _____

Parent's Name: _____

Address: _____

Email address: _____

Home Phone: _____ Cell Phone: _____

Drill Name: _____ DOB: _____

Drill Day: _____ Drill Time: _____

Drill Starting Date: _____ Ending Date: _____

If Pee Wee/Futurestars+ Drill, what session are you registering for?: (please circle) Session 1 Session 2

If you would like to participate in our **JUNIOR CHALLENGE LADDER**, please circle yes. Yes No

Prorating: We will allow the registrant to begin their class after the session's beginning, or end the class early. (does not apply for futurestars plus or pee wee classes)

Amount Due: # weeks _____ x Rate _____ = \$ _____

Consent: We reserve the right to dismiss any student whose conduct is detrimental to the overall good of the drill, group, or club. In cases of gross misconduct, no refund will be made. I hereby authorize LCRAC to act for me according to their best judgment in any emergency which might require medical attention.

Signature: _____

- You are required to pay the entire program fee in advance.
- Pre-registration is required!** Sorry, no phone registrations.
- In order to properly staff our programs, we regret that we will not be able to issue **REFUNDS or MAKE-UPS** for missed classes.
- SNOW CANCELLATION POLICY:** If the Arrowhead school system has declared a snow day, the junior tennis program or round robin for that day will be cancelled. Refunds will be issued at the end of the session.