

**Enrollment**

Placement into existing groups can be scheduled until March 6, 2011.  
After this date only new groups can be formed.

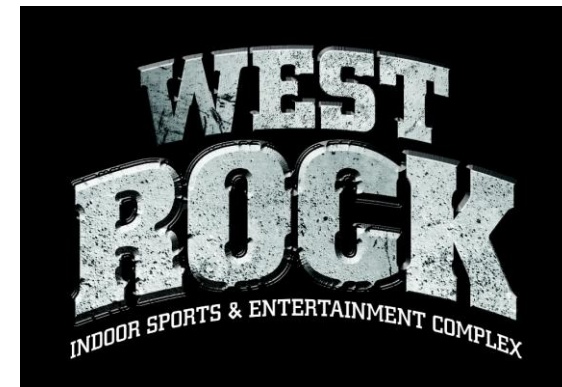
Do  
You  
Rock?

Calendar						No scheduled classes on shaded dates					
Mon	Tues	Wed	Thurs	Fri	Sat						
24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan						
31-Jan	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb						
7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb						
14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb						
21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb						
28-Feb	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar						
7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar						
14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar						
21-Mar	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar						
28-Mar	29-Mar	30-Mar	31-Mar	1-Apr	2-Apr						
4-Apr	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr						
11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr						
18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr						
25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr						
2-May	3-May	4-May	5-May	6-May	7-May						
9-May	10-May	11-May	12-May	13-May	14-May						
16-May	17-May	18-May	19-May	20-May	21-May						
23-May	24-May	25-May	26-May	27-May	28-May						
30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun						
6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun						
17 weeks	18 weeks	18 weeks	18 weeks	17 weeks	17 weeks						

**Make-ups:**

Sorry... No make-ups will be provided for missed scheduled classes. Any make-ups due to weather related cancellations will be rescheduled as needed.

Game Set Match  
Junior Academy



2011  
Winter/Spring  
Tennis Program

Shining Stars  
Hot Shots  
Development  
Development Plus  
Performance

**Our goal is to develop life skills using tennis as the vehicle to enable each player to be the best he or she can be. At GSM Junior Academy, you will understand the game of tennis in a new way and learn what it takes to reach your full potential, while becoming mentally tough, physically fit, and ready for any challenge that comes your way. Each academy player is placed in the appropriate level based on ability, maturity, desire, and our professional's discretion.**

Here at GSM we have adopted the USTA QuickStart Tennis concepts. QuickStart Tennis is a progressive approach to help children 10 & under learn to play the game and have fun! To make it easier for children 4 – 10 years old, a few things have changed including the court sizes, the racquet sizes, the balls, and even the net height. QuickStart is about fitting tennis to children the same way it is being done with other youth sports such as soccer and baseball where field sizes and equipment are adjusted based on age and physical size. By modifying the court dimensions, racquets, and balls, children will develop better technical and tactical skills.

GSM Junior Players between the ages of 11 – 18 will experience a fun, exciting, and competitive atmosphere with a high level of instruction. Repetitive drills develop muscle memory, improve tennis-specific movement, and increase agility. All programs, unless noted, will not exceed a 4/5:1 Player – Professional ratio. Whether your child is trying tennis for the first time or a seasoned tournament player, regardless of their age, we have a program to satisfy their needs.

### **GSM Junior Shining Stars:**

Designed to introduce the little tennis player, ages 4 – 6 years old, to the game of tennis in a fun and rewarding way. All fundamental strokes will be taught using appropriate equipment to train them for our “Hot Shots” program. Main focus is hand-eye coordination and body movement as it relates to tennis. Up to a 6:1 Player – Professional Ratio

**Offered:**

**Thurs, Fri -- 4:00 – 5:00 PM**

### **GSM Junior Hot Shots:**

Designed to give students, ages 7 – 10 years old, an overall exposure to playing tennis. Sportsmanship, fundamental strokes, movement, and scoring are introduced through fun games and drills. This class is for beginners who have little or no tennis lesson experience as well as players who are just starting to rally back and forth with the Professional. The concepts of working with a practice partner are introduced.

**Offered:**

**Mon, Tues, Thurs, Fri -- 4:00 – 5:00 PM**

### **GSM Junior Development:**

Designed to introduce and reinforce basic stroke production. Emphasis placed on movement and technique through fun games and drills for the recreational students and older beginners. Grouped by age: Group I - 11 to 13 and Group II - 14 to 18.

**Offered:**

**Mon, Tues, Wed, Thurs -- 4:00 – 5:00 PM**

**Thurs – 5:00 – 6:00 PM**

**Tues, Wed, Thurs, Fri -- 6:00 – 7:00 PM**

**Sat -- 3:00 – 4:00 PM**

### **GSM Junior Development Plus:**

Designed for those players that have a basic knowledge of tennis but have not yet acquired the solid technical skills and muscle memory of the various strokes. Players will experience repetitive drills to develop muscle memory, combining shots to keep the ball in play back and forth with a hitting partner, and “tennis” specific movement and agility. Match play will be part of this program.

*Evaluation by our Professional Staff is required.*

*Contact the Club to set up your Evaluation.*

**Offered:**

**Tues, Wed, Thurs -- 5:00 – 7:00 PM**

**Sat – 2:00 – 4:00 PM**

### **GSM Junior Performance:**

Designed for the players who have acquired the solid technical skills and aspire to be competitive at tournament or high school levels. Focus is on advanced stroke production, specialty shots, and “tennis” specific movement and agility. Match play will be part of this program.

*Evaluation by our Professional Staff is required.*

*Contact the Club to set up your Evaluation.*

**Offered:**

**Mon, Wed -- 5:00 – 7:00 PM**

**Sat -- 2:00 – 4:00 PM**

*Children currently enrolled in the Fall/Winter Programs will have until January 7, 2011 to hold their placement. After that date all enrollment is on a first come first serve basis.*

**(845) 623-3636**

**Call for details on:**

Sunday Junior League, Private Lessons,  
Agility/Movement Training, and Strength Training  
The West Rock “Zone” Program

No refunds or credits will be issued after classes have started.

Summer Programs Start: June 27, 2011

[www.westrocktennisclub.com](http://www.westrocktennisclub.com)