

2009 - 2010 WINTER/SPRING TENNIS PROGRAM

January 25, 2010 – May 28, 2010

Registrations may be:

1. Mailed: GSM at West Rock Tennis Club: Route 304 at Pralle Lane, Bardonia, NY 10954.
2. Made in person at GSM at West Rock Tennis Club.

Contact Information: phone: (845) 623-3636

Accompany this registration form: **Full payment of program required to secure placement.**

Player's Name _____ M ___ F ___ Age ___ Birthdate ___/___/___

Address _____ City _____ State _____ Zip _____

Phone _____ Emergency Phone No. _____

Parent/Guardian Names _____ Parent/Guardian E-mail _____

Policies and Disclaimer: All registrations will be accepted on a space available basis. Following the proper payment schedule is essential to securing a place in the program. I, the undersigned, hereby agree to indemnify, protect and hold harmless GSM at West Rock Tennis Club, its officials, employees, agents and servants from any and all claims, demands, actions, suits and damages, loss and expenses of whatever kind in nature to any person or to any property arising out of my conjunction with this activity. Please inform the Club of any medical problems.

TOTAL FEES: \$ _____ Cash _____ Check _____ (Checks payable to: GSM at West Rock) Visa or Master Card _____

Parent/Guardian Signature: _____

Current Fall/Winter students will have guaranteed placement until December 18, 2009

<input type="checkbox"/>	Shining Stars	<u>1 hour/week</u>		
___ M:	4:00-5:00	1/25 – 5/24	16 weeks	\$365.00
___ TH:	4:00-5:00	1/28 – 5/27	16 weeks	\$365.00
___ F:	4:00-5:00	1/29 – 5/28	16 weeks	\$365.00
<input type="checkbox"/>	Hot Shots	<u>1 hour/week</u>		
___ M:	4:00-5:00	1/25 – 5/24	16 weeks	\$600.00
___ T:	4:00-5:00	1/26 – 5/25	16 weeks	\$600.00
___ TH:	4:00-5:00	1/28 – 5/27	16 weeks	\$600.00
___ F:	4:00-5:00	1/29 – 5/28	16 weeks	\$600.00
<input type="checkbox"/>	Development	<u>1 hour/week</u>		
___ M:	4:00-5:00	1/25 – 5/24	16 weeks	\$600.00
___ M:	6:00-7:00	1/25 – 5/24	16 weeks	\$600.00
___ T:	6:00-7:00	1/26 – 5/25	16 weeks	\$600.00
___ W:	4:00-5:00	1/27 – 5/26	16 weeks	\$600.00
___ TH:	6:00-7:00	1/28 – 5/27	16 weeks	\$600.00
___ F:	6:00-7:00	1/29 – 5/28	16 weeks	\$600.00

<input type="checkbox"/>	Rallyers	<u>1 hour/week</u>		
___ F:	5:00-6:00	1/29 – 5/28	16 weeks	\$600.00
___ W:	4:00-5:00	1/27 – 5/26	16 weeks	\$600.00
(Evaluation by our Professional Staff required)				
<input type="checkbox"/>	Development PLUS	<u>2 hours/week</u>		
___ T:	5:00-7:00	1/26 – 5/25	16 weeks	\$1200.00
___ W:	5:00-7:00	1/27 – 5/26	16 weeks	\$1200.00
___ TH:	5:00-7:00	1/28 – 5/27	16 weeks	\$1200.00
(Evaluation by our Professional Staff required) \$200.00 discount for each additional 2 hour sessions				
<input type="checkbox"/>	Performance	<input type="checkbox"/>	Select	<u>2 hours/week</u>
___ M:	5:00-7:00	1/25 – 5/24	16 weeks	\$1200.00
___ T:	4:00-6:00	1/26 – 5/25	16 weeks	\$1200.00
___ W:	5:00-7:00	1/27 – 5/26	16 weeks	\$1200.00
___ TH:	4:00-6:00	1/28 – 5/27	16 weeks	\$1200.00
___ Sat:	2:00-4:00	1/30 – 5/21	15 weeks	\$1125.00

(PERFORMANCE: Evaluation by our Professional Staff required)
(SELECT: Invitation by our Professional Staff required)
\$200.00 discount for each additional 2 hour sessions

Game Set Match Junior Academy



2010 Winter/Spring Tennis Program

Shining Stars
Hot Shots
Development
Rallyers
Development Plus
Performance
Select



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 4:1 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 for this future “Hot Shots.” Main focus is hand-eye coordination and body movement as it relates to tennis. Up to a 6:1 Player – Professional Ratio

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

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 - 14 to 18 and Group II - 11 to 13.

GSM Junior Rallyers: Designed to reinforce basic stroke production and work towards developing muscle memory of the various strokes. Emphasis placed on “tennis” specific movement and combining shots to keep the ball in play back and forth with a hitting partner. Match play will be introduced at this level. Evaluation required.

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 required.

GSM Junior Performance: Designed for the players who have acquired the solid technical skills and aspire to be competitive at least at the high school level. Focus is on advanced stroke production, specialty shots, “tennis” specific movement and agility. Match play will be part of this program. Evaluation required.

GSM Junior Select: Designed to challenge GSM Academy’s top juniors who have the highest level of commitment to the game of tennis. **Select** will combine advanced drills, strategic drills as well as tennis specific movement and agility. Match play will be part of this program. This program is not for the recreational player. Space will be limited and based on ability and desire. Players must be prepared to work hard. All participants should have ambitions of earning a USTA ranking and playing collegiate tennis. Invitation by our Professional Staff is required.

Call for details on:

Saturday Classes - Sunday match play program - Instructional Packages (which combine Jr. Program, Private Lessons, Agility/Movement Training, Strength Training and Unlimited Court Time) - Match Strategy Program – Agility/Movement Training – Custom Time Classes

There will be no schedule programs on:

President’s Week:
Saturday February 13 - Friday February 19
Easter/Passover Holiday Break:
Monday March 29 - Saturday April 3

**Last day of Winter/Spring Enrollment into existing groups:
February 26, 2009**

Only new groups will be formed after the February 26th date

Other days and times may be added pending sign up.

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