

## Boys & Girls Club Junior Tennis Team



**The purpose of the Boys & Girls Club Junior Tennis Team is to improve your tennis game for:**

- Tournaments
- High School Season
- More joy from your game
- Improve your chance for college scholarship

### **When will we start?**

Boys & Girls Club Junior Tennis Team starts the first Tuesday of each month from 4:30pm – 6:30pm. Coaches will evaluate players during the first session to place them at their appropriate level of play.

### **When will we meet?**

Training will be two times per week - Tuesdays, Thursdays with Match Play on Fridays. Boys & Girls Club Junior Tennis Team times will be assigned after evaluation based on participation.

### **What will we do?**

Boys & Girls Club Junior Tennis will focus on fun, high intensity training designed to create and improve tennis fundamentals and to improve all aspects of your tennis game including:

- Stroke Development
- Increased Power & Control
- Physical Conditioning, Footwork & Agility Practice
- Strategy
- Mental Toughness

**All this will happen in a supportive, positive environment designed to improve the FUN FACTOR of your Sport!**

### **What is the cost and what does it include?**

Cost will be \$180/Month (Plus an annual Boys & Girls Club membership fee of \$15). This includes two training sessions and match play per week each month (~\$15/2 hour session).

### **What is the obligation to the team?**

Dues are payable at the beginning of every month before practices start. As part of a team, attendance is important. If unable to attend a workout, please let the coach know. To participate in this program players must be 12 or older, unless approved by a coach. A minimum of 5 players required.

### **Make checks payable to Boys & Girls Club**

Questions: call the Tennis Center 541-269-2475

Registration forms are available at the Club office or the Tennis Center office.

