

High School Players Classes: \$1,130 ** These classes end the week of Feb 15th and are **\$650**

___ Monday 3:00-4:30	Varsity**	___ Thursday 3:00-4:30	Junior Varsity
___ Tuesday 3:00-4:30	Junior Varsity	___ Thursday 3:00-4:30	Varsity**
___ Tuesday 4:00-5:30	Varsity**	___ Friday 3:00-4:30	Varsity**
___ Wed. 3:00-4:30	Junior Varsity**	___ Saturday 12:30-2:00	Junior Varsity
___ Wed. 3:00-4:30	Varsity**	___ Saturday 3:30-5:00	Varsity

\$290 deposit for each tennis class: Number of Tennis classes _____ X \$290 = _____(C)

League fee for High School players playing on a USTA team is \$310 : Deposit \$155 _____(D)

Challenger Classes: \$1390 The following classes are a combination of one and a half hours of on court tennis instruction and drills, preceded by 1/2 hour of dynamic warm up and followed by 1/2 hour of fitness training. Challenger classes are for Junior players competing at the Mid-Atlantic Challenger level or higher, and must be **approved by Vinh Do** prior to enrollment.

___ Monday 4:00-6:30	Challenger	___ Friday 4:00-6:30	Challenger
___ Tuesday 4:00-6:30	Challenger	___ Saturday 8:00-10:00AM	Challenger*
___ Wed. 4:00-6:30	Challenger	___ Sunday 5:00-7:30	Challenger
___ Thursday 4:00-6:30	Challenger	* A two hour class but does not include fitness	

\$340 deposit for each tennis class: Number of Tennis classes _____ X \$340 = _____(E)

Championship Classes: \$1,130 These classes are available only for the highly ranked Junior players and must be **approved by Vinh Do** prior to enrollment.

___ Monday 3:00-4:30 ___ Tuesday 3:00-4:30 ___ Wednesday 3:00-4:30 ___ Thursday 3:00-4:30 ___ Friday 3:00-4:30

\$290 deposit for each tennis class: Number of Tennis classes _____ X \$290 = _____(F)

Name _____ Age _____ Level _____ Birth Date ____ \ ____ \ _____

Address _____

City _____ St. _____ Zip _____ email _____

Phone H (____) _____ W (____) _____ Cell (____) _____

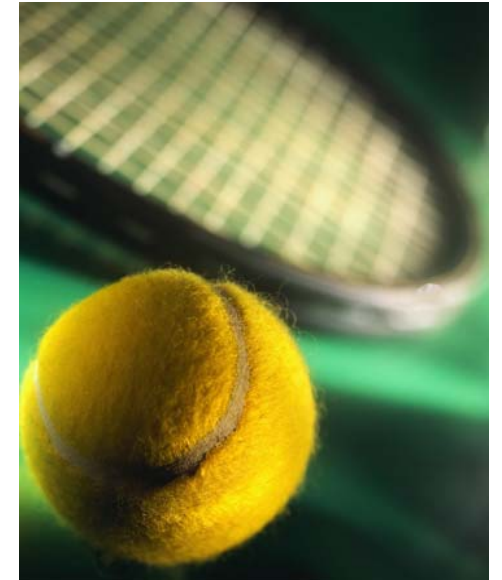
(A) _____ +(B) _____ +(C) _____ +(D) _____ +(E) _____ +(F) _____ = Total Deposit \$ _____

Payment method: CHECK _____ CASH _____ MASTER CARD _____ VISA _____

Credit Card # _____ Expiration date _____

Parent's Name (print) _____ Signature _____

Junior Team player's USTA number _____



**FAIRFAX
RACQUET
CLUB**

**JUNIOR
TENNIS
PROGRAM**

SEPT. 13 - JUNE 19

2010-2011

FAIRFAX RACQUET CLUB
9860 FAIRFAX BLVD (Lee Highway)
FAIRFAX, VA 22030-1798

703 273-9276

www.fairfaxracquetclub.com

FAIRFAX RACQUET CLUB JUNIOR TENNIS

Fairfax Racquet Club's Junior Program offers classes for beginner to nationally ranked players ages 4-18. A variety of classes are offered everyday so that juniors can easily find a class that fits their schedule and level and they can enroll in multiple classes if desired.

Description of Classes

“Quick Start” A proven teaching method designed to introduce advanced technique to young children up to 10 years old. This approach utilizes modified equipment, including smaller court dimensions, lower nets and slower bouncing balls.

Skills Development Classes

Beginner: Students at this level are still in the introduction phase of tennis. The emphasis at this level is on developing a good foundation of basic footwork and proper stroke mechanics.

Intermediate: Players who have general knowledge of grips and strokes but are still struggling to hit the ball. The goal at this level is to learn to rally and develop match play habits and knowledge.

Advanced Intermediate: Players at this level have better knowledge of strokes but still need work on consistency and hitting for direction. The goal at this level is to learn to play “Real Tennis” through drills that will develop footwork, strategy and consistency at full court.

Team Practice Classes

Intermediate: A player at this level has shown more consistent strokes and knows basic doubles. This class will work on building confidence in strokes, hitting for direction and shot selection.

Team Practice Classes (continued)

Advanced: This player has good basic tennis skills and tactics in singles and doubles and has competed in competitive play. The goal of this class is to develop the ability to finish points through strategic and front court play.

High School Classes

Junior Varsity: Beginners or Intermediate players not yet playing in the top six on their team. The focus of this class is a combination of stroke development, basic doubles and match play habits and knowledge.

Varsity: Players at this level should be in or projected to be in the top six on their Varsity team. The emphasis of this class is match play, strokes, strategic and mental skills in both singles and doubles.

Tournament Classes

Challenger: Ranked players who regularly compete in USTA tournaments. Juniors must be approved by Vinh Do to enroll in Challenger classes.

Championship: Highly ranked Mid-Atlantic and nationally ranked juniors. Juniors must be approved by Vinh Do to enroll in Championship classes.

Class Schedule 2010-2011

September 13-June 19

There will be no classes:
Nov. 22-28 (Tues.-Sun.),
Dec. 20-Jan. 2 (Mon.-Sun.),
April 18-24 (Mon.-Sun.)
and Mon., May 30.

Lesson Program Director:
Tom Leonard (tennisfrc@aol.com)
Junior Program Director:
Vinh Do (tenniscentral@gmail.com)
Fitness Director:
Katy Nordenbrook (katynor@aol.com)

2010-11 Fall/Winter/Spring Junior Application

Please check the Tennis Classes you wish to enroll in on the front and back of this application and fill out the information below. Return the entire application to FRC. The first payment for each class is required with this application. If you are enrolling for more than one class, please indicate the total due at the bottom of the next page. The remaining balance for each class will be due in three equal payments on Oct. 31st, Dec. 31st, and Feb. 28th. Juniors will receive a free t-shirt.

Please put a check mark next to each class which you are enrolling. List of classes continue on reverse .

Skills Development Classes: \$1,050 (For 8th grade and younger), One hour classes \$705

<input type="checkbox"/> Monday	3:30-4:30	“QuickStart” Ages 5-8	<input type="checkbox"/> Friday	4:30-6:00	“QuickStart” to Int.
<input type="checkbox"/> Monday	3:30-4:30	Beg. to Int. Ages 8-12	<input type="checkbox"/> Saturday	11:00-12:00	“QuickStart” Ages 5-8
<input type="checkbox"/> Monday	4:30-6:00	“QuickStart” to Int.	<input type="checkbox"/> Saturday	12:00-1:00	“QuickStart” Ages 5-8
<input type="checkbox"/> Tuesday	1:00-2:00	“QuickStart” Ages 4-5	<input type="checkbox"/> Saturday	1:00-2:00	“QuickStart” Ages 5-8
<input type="checkbox"/> Tuesday	4:30-6:00	“QuickStart” to Int.	<input type="checkbox"/> Saturday	11:00-12:30	Beginner to Int.
<input type="checkbox"/> Wednesday	4:30-6:00	“QuickStart” to Int.	<input type="checkbox"/> Saturday	12:30-2:00	Intermediate– Adv Int.
<input type="checkbox"/> Thursday	4:30-6:00	Beginner to Adv Int.	<input type="checkbox"/> Saturday	2:00-3:30	Beginner to Int.
<input type="checkbox"/> Friday	1:00-2:00	“QuickStart” Ages 4-5	<input type="checkbox"/> Sunday	4:00-5:30	“QuickStart” to Int.

\$270 deposit for each tennis class: Number of Tennis classes _____ X \$270 = _____(A)

FRC’s USTA Junior Tennis Teams

FRC Pros will prepare players to play in the USTA Junior League for those Intermediate to Advanced Intermediate Juniors interested in playing competitive matches on Friday nights, Saturdays and/or Sundays. Each team will consist of six players. The team practice price includes the USTA league fee, which includes match fees, balls, and t-shirt and is \$1,360 for 36 weeks. Players enrolling at this level are expected to participate on an FRC USTA Junior Team and also must be members of the USTA. USTA junior membership is \$19/year. Join the USTA at usta.com.

Enroll in the following Team Practice(s): \$1,360 for 1st class, \$1,050 for each additional class

<input type="checkbox"/> Monday	4:30-6:00	12 & under adv.	<input type="checkbox"/> Friday	4:30-6:00	12 & 14 under adv.
<input type="checkbox"/> Wednesday	4:30-6:00	14 & under adv.	<input type="checkbox"/> Saturday	11:00-12:30	12 & 14 & under adv
<input type="checkbox"/> Thursday	4:30-6:00	12 & 14 & under int.	<input type="checkbox"/> Saturday	2:30-4:00	12 & 14 & under int.

\$340 deposit for each tennis class: Number of Tennis classes _____ X \$340 = _____(B)

General Information

Enrollment is for the entire 36 week program (or the total number of weeks remaining at time of enrollment). Missed days may be made up in classes at the same level. There can be no refunds for classes missed. If you must drop a class for any reason, you will receive a refund only if a paid replacement is found. If you have questions about any of these classes or you wish to enroll by phone then you can call Member Services at 703-273-9276.