



# A Plus Tennis

## Junior Training Program

at the

### Burke Racquet and Swim Club

**A Plus Tennis Junior Program** offers comprehensive tennis instruction for every age group from a player's first strokes to collegiate level. Our program is focused on three specific areas; skills acquisition, skills development and skill application. Players graduate to a higher level based on their progress, ability and commitment.

Classes will be held indoors at Burke Racquet & Swim Club (BRSC). In the event of questionable weather conditions, please check our website at [www.aplustennisva.net](http://www.aplustennisva.net) one hour prior to the start of class.

### Class Schedule 2018-2019

Fall Session (11 wks.)	September 4 - November 19, 2018 (no classes Nov. 20 - Nov. 23, 2018)
Winter Session (11 wks.)	November 26 - February 23, 2019 (no classes Dec. 24 - Jan. 4, 2019)
Spring Session (7 wks)	February 25 - April 13, 2019 (no classes April 14 - April 21, 2019)
Pre-Summer Session (8 wks)	April 22 - June 15, 2019

### Pricing for Fall Session

The cost of each class is \$440.00 for 11 weeks of instruction.

The 2.5 Hour tournament class with fitness is \$540.

Individual students enrolled in 3 or more classes are eligible for a 10% discount.

Non-members of BRSC will be assessed a \$50.00/\$75.00 (individual/family) registration fee per session

### Junior Program Policies

**A Plus Tennis Junior Program** consists of 37 weeks of tennis instruction beginning in September and ending in June. Membership or registration fee is required for participation. We offer open enrollment for new students with prorated tuition from the time of enrollment on a space available basis..

If tuition is not paid in full at the time of registration, it will be billed to the student's club account in installments. If the student is enrolled for less than the number of Session weeks, the prorated tuition will be charged. *Students are not allowed to participate in class without prior registration.*

Students are permitted to make up missed classes in other days at the level currently enrolled with the Head Instructor's permission. Make up classes has to be completed before each session is completed. We do not offer refunds for missed tennis classes.

Please note that students are supervised only while on court during class and are not supervised off court, before or after the class.

If you have questions or wish to enroll by phone please contact us at 703-868-3275 or [aplus@aplustennisva.net](mailto:aplus@aplustennisva.net).

or



## CLASS DESCRIPTION

### EARLY DEVELOPMENT CLASSES

#### **FUNDamental Red**

Using the United States Tennis Association approved protocol, this class is designed for the 8 years and under age group, utilizing a 36' court and low compression balls. The goal of the class is to introduce and develop tennis related athletic skills and proper tennis groundstrokes with an emphasis on having fun.

#### **FUNDamental Red II**

In this class, students will also learn to start and maintain rallies with groundstrokes. Emphasis on technique, motor development, stroke production and between shots. Students will learn our Moving, Adjusting, Positioning (MAP) system in order to prepare to play tennis at a higher level.

#### **FUNDamental Orange**

Typically for the new 10 and under tennis player. Using a 60' court, students to learn the foundation of basic stroke development. The class emphasizes and breaks down all commonly-used strokes. Instructors will regularly review grips, footwork and strokes. Students will learn tennis related athletic skills and proper tennis groundstrokes with an emphasis on having fun.

#### **FUNDamental Green**

Designed to accommodate less experienced 12 and under age group. Similar to the other FUNDamental classes, students will learn tennis related athletic skills and proper tennis groundstrokes with an emphasis on having fun on a full size tennis court. There is a high emphasis on using our Moving, Adjusting, Positioning (MAP) system in order to properly develop athletic rallying skills on a full size court.

#### **FUNDamental Yellow**

Students older than 12 learning how to play tennis, will fit nicely in this class. Using regular balls on a full-size court, the goal of this entry level class is speeding up the learning process.

### COMPETITIVE DEVELOPMENT CLASSES

"Competition" is the emphasis for this level. This level stresses offensive and defensive situational drills during a match. Instructors will work with students on development of technical, mental and strategic skills used in match play. It is recommended that students participate in match play classes at their level.

#### **Competitive Orange**

Students under 10 that are competing in USTA tournament play are eligible for this class. Students in this class are required to participate in Junior Team Tennis.

#### **Competitive Green**

Students under 12 that are competing in USTA tournament play and Junior Team Tennis are eligible to participate in this class.

#### **High School Prep**

Designed for the student with experience looking to tryout for varsity high school tennis. Emphasis will focus on technical development along with strategic application. Students are required to play Junior Team Tennis and/or USTA tournament play.

### TOURNAMENT CLASSES

#### **CHALLENGER**

Students participating in USTA tournament competition are required to try out for this program. Players will refine their tactical skills and build their specific game style. Instructors will conduct variety of drills to enhance players' individual style. Participation in the fitness program is required and included in the tuition for this class.

#### **CHAMPIONSHIP**

Tryout is required for this class. Class is reserved for ranked players in USTA competitive tournament play. Emphasis is on the individual student and maximizing their abilities. Players practice their unique skills and compete against each other on a regular basis. Participation in the fitness program is required and included in the tuition for this class.

*\*Our policy regarding High School players intending to play for their school team requires notification to Member Services; we will gladly prorate tuition from the time of notification.*



### DAILY CLASS SCHEDULE

#### **MONDAY**

TOURNAMENT 4-6:30 \_\_\_\_\_  
 COMPETITIVE ORANGE 5:30-7:00 \_\_\_\_\_  
 COMPETITIVE GREEN 5:30-7:00 \_\_\_\_\_  
 HIGH SCHOOL PREP 5:30-7:00 \_\_\_\_\_  
 TOURNAMENT 5:30-7:00 \_\_\_\_\_

#### **TUESDAY**

TOURNAMENT 4-6:30 \_\_\_\_\_  
 HIGH SCHOOL PREP 4-5:30 \_\_\_\_\_  
 FUNDAMENTAL ORANGE 5:30-7:00 \_\_\_\_\_  
 FUNDAMENTAL GREEN 5:30-7:00 \_\_\_\_\_  
 COMPETITIVE GREEN 5:30-7:00 \_\_\_\_\_  
 TOURNAMENT 5:30-7:00 \_\_\_\_\_

#### **WEDNESDAY**

TOURNAMENT 4-6:30 \_\_\_\_\_  
 FUNDAMENTAL RED 5:30-7:00 \_\_\_\_\_  
 RALLY RED 5:30-7:00 \_\_\_\_\_  
 COMPETITIVE GREEN 5:30-7:00 \_\_\_\_\_  
 HIGH SCHOOL PREP 5:30-7:00 \_\_\_\_\_  
 TOURNAMENT 5:30-7:00 \_\_\_\_\_

#### **THURSDAY**

TOURNAMENT 4-6:30 \_\_\_\_\_  
 HIGH SCHOOL PREP 4-5:30 \_\_\_\_\_  
 FUNDAMENTAL ORANGE 5:30-7:00 \_\_\_\_\_  
 FUNDAMENTAL GREEN 5:30-7:00 \_\_\_\_\_  
 COMPETITIVE GREEN 5:30-7:00 \_\_\_\_\_  
 TOURNAMENT 5:30-7:00 \_\_\_\_\_

#### **FRIDAY**

TOURNAMENT 4-6:30 \_\_\_\_\_  
 FUNDAMENTAL RED 5:30-7:00 \_\_\_\_\_  
 RALLY RED 5:30-7:00 \_\_\_\_\_  
 COMPETITIVE ORANGE 5:30-7:00 \_\_\_\_\_  
 COMPETITIVE GREEN 5:30-7:00 \_\_\_\_\_  
 TOURNAMENT 5:30-7:00 \_\_\_\_\_

#### **SATURDAY**

TOURNAMENT 12-1:30 \_\_\_\_\_  
 FUNDAMENTAL RED 12-1:30 \_\_\_\_\_  
 RALLY RED 12-1:30 \_\_\_\_\_  
 COMPETITIVE ORANGE 1:30-3:00 \_\_\_\_\_  
 COMPETITIVE GREEN 1:30-3:00 \_\_\_\_\_  
 FUNDAMENTAL ORANGE 3-4:30 \_\_\_\_\_  
 FUNDAMENTAL GREEN 3-4:30 \_\_\_\_\_  
 FUNDAMENTAL YELLOW 3-4:30 \_\_\_\_\_  
 TOURNAMENT 4:30-6:00 \_\_\_\_\_  
 HIGH SCHOOL PREP 4:30-6:00 \_\_\_\_\_

#### **SUNDAY**

TOURNAMENT 1-2:30 \_\_\_\_\_  
 FUNDAMENTAL RED 1-2:30 \_\_\_\_\_  
 RALLY RED 1-2:30 \_\_\_\_\_  
 COMPETITIVE ORANGE 2:30-4:00 \_\_\_\_\_  
 COMPETITIVE GREEN 2:30-4:00 \_\_\_\_\_  
 FUNDAMENTAL ORANGE 4-5:30 \_\_\_\_\_  
 FUNDAMENTAL GREEN 4-5:30 \_\_\_\_\_  
 FUNDAMENTAL YELLOW 4-5:30 \_\_\_\_\_  
 TOURNAMENT 5:30-7:00 \_\_\_\_\_  
 HIGH SCHOOL PREP 5:30-7:00 \_\_\_\_\_



## **A PLUS TENNIS CLIENT REGISTRATION**

STUDENT'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

STUDENT'S CELL: \_\_\_\_\_ PARENT'S CELL: \_\_\_\_\_

PARENT'S EMAIL: \_\_\_\_\_

### EMERGENCY CONTACT INFO

NAME: \_\_\_\_\_ PHONE NUMBER(S): \_\_\_\_\_

SIGNATURE OF PARENT / GUARDIAN: \_\_\_\_\_

HEALTH INSURANCE COMPANY: \_\_\_\_\_

POLICY #: \_\_\_\_\_

### **Payment Information**

Total owed \$ \_\_\_\_\_ Total amount enclosed \$ \_\_\_\_\_

Payment method: CHECK \_\_\_\_\_ CASH \_\_\_\_\_ INVOICE \_\_\_\_\_

Credit card payments and bank transfers can be made through invoice to your email upon receipt of application.

As a condition of the enrollment of a student in A Plus Tennis LLC (APT) Junior Lesson Program & Camps, the respective parent, parents and/or legal guardian of the student does hereby, on behalf of such student, assume the risk inherent in the participation of such activities and has disclosed any and all inherent handicaps or disabilities that such student may have. The respective parent, parents, and/or legal guardian does hereby acknowledge that APT shall not be liable for any damages arising from personal injuries or damages sustained by their student in, on, or about the premises of APT or George Mason University. The respective parent, parents, and/or legal guardian assumes full responsibility for any injuries or damages that might arise from the participation by the respective student and does hereby and forever release and discharge APT, owners, employees, and agents from any and all claims, demands, damages, rights or causes of action, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from or arising out the student's use and participation in the activities of the APT Junior Lesson Program & Camps.

Parent/Legal Guardians name (print) \_\_\_\_\_

Signature \_\_\_\_\_