



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, practice / development and competitive 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 one hour prior to the start of class or call 703-250-1299.

Class Schedule 2020-2021

Start Date: August 24, 2020

End Date: June 6, 2021

Member Pricing (37 Week session) - 1.5 hours		
1 class per week	37 classes	\$1,560
2 classes per week	74 classes	\$3,000
3 classes per week	111 classes	\$4,200

Member Pricing (37 Week session) - 2.5 hours (Tournament w/ Fitness)		
1 class per week	37 classes	\$2000
2 classes per week	74 classes	\$3800
3 classes per week	111 classes	\$5400

Non-Member Pricing (37 Week session) - 1.5 hours		
1 class per week	37 classes	\$1,760
2 classes per week	74 classes	\$3,310
3 classes per week	111 classes	\$4,400

Non-Member Pricing (37 Week session) - 2.5 hours (Tournament w/ Fitness)		
1 class per week	37 classes	\$2,200
2 classes per week	74 classes	\$4,200
3 classes per week	111 classes	\$5,900

***Holidays / Breaks:** No classes Sept. 7 | Nov. 24 – Nov. 29, 2020 | Dec. 21 - Jan. 3 | March 29th - April 4

Junior Program Policies

A Plus Tennis Junior Program consists of 37 weeks of tennis instruction beginning August 24th and ending June 7th. First installment is due upon application and is 1/3 of overall bill. The remaining balance will be charged in two installments billed to the student's A Plus Tennis club account on December 1st and March 1st. In the case of withdrawal, a fee of \$200 will be assessed unless space can be filled. We offer open enrollment for new students with prorated tuition from the time of enrollment on a space available basis.

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.

Makeups: Students are permitted to make up missed classes in other days at the level currently enrolled with prior approval and as long as they are currently enrolled in programming. Makeups can only be used for junior programming clinics. We will do our best to accommodate makeup requests but we cannot guarantee them. We do not offer refunds for missed tennis classes. If you know of a date that your child will not be able to attend class, please email aplus@aplustennisva.net so that we can look for a makeup opportunity. 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, please contact us at 703-250-1299 or aplus@aplustennisva.net.



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.

Rally Red

In this class, students will also learn to start and maintain rallies with groundstrokes. Emphasis on technique, motor development, stroke production and movement 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 to quickly develop rally skills using our MAP system.

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 I

Typically for 10 & Under players that has exhibited the ability to rally. Due to the matchplay focus, serve reliability and court coverage are greatly emphasized.

Competitive Orange II

Students under 10 that are regularly competing in USTA tournament play are eligible for this class.

Competitive Green I

Typically for 12 & under players that are able to rally and serve consistently. The emphasis is point production in both singles and doubles.

Competitive Green II

Students under 12 that are regularly competing in USTA tournament play.

Competitive Yellow

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 encouraged to play USTA sanctioned tournaments.

TOURNAMENT CLASSES

Challenger Program

Players will refine their tactical skills and build their specific game style. Instructors will conduct variety of drills to enhance players' individual style.

Tournament

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.

Invitational

Students must be invited by the Director of Tennis or the Director of Junior High Performance based on the players' UTR.



DAILY CLASS SCHEDULE

MONDAY

TOURNAMENT 4-6:30 _____
COMPETITIVE GREEN II 5:30-7:00 _____
CHALLENGER 5:30-7:00 _____
TOURNAMENT 5:30-7:00 _____
FUNDAMENTAL GREEN 7:00-8:30 _____
COMPETITIVE YELLOW I 7:00-8:30 _____

TUESDAY

TOURNAMENT 4-6:30 _____
COMPETITIVE YELLOW II 4:00-5:30 _____
FUNDAMENTAL RED 5:30-7:00 _____
RALLY RED 5:30-7:00 _____
COMPETITIVE ORANGE I 5:30-7:00 _____
COMPETITIVE GREEN I 5:30-7:00 _____
CHALLENGER 5:30-7:00 _____

WEDNESDAY

TOURNAMENT 4-6:30 _____
COMPETITIVE ORANGE II 5:30-7:00 _____
COMPETITIVE GREEN II 5:30-7:00 _____
CHALLENGER 5:30-7:00 _____

THURSDAY

TOURNAMENT 4-6:30 _____
COMPETITIVE YELLOW II 4:00-5:30 _____
FUNDAMENTAL RED 5:30-7:00 _____
RALLY RED 5:30-7:00 _____
COMPETITIVE ORANGE I 5:30-7:00 _____
COMPETITIVE GREEN I 5:30-7:00 _____
CHALLENGER 5:30-7:00 _____

FRIDAY

TOURNAMENT 4-6:30 _____
COMPETITIVE ORANGE II 5:30-7:00 _____
CHALLENGER 5:30-7:00 _____
TOURNAMENT 5:30-7:00 _____
COMPETITIVE YELLOW I 7:00-8:30 _____
FUNDAMENTAL YELLOW 7:00-8:30 _____

SATURDAY

COMPETITIVE GREEN I 10:30-12PM _____
TOURNAMENT 12-1:30 _____
FUNDAMENTAL RED 12-1:30 _____
RALLY RED 12-1:30 _____
FUNDAMENTAL GREEN 1:30-3:00 _____
COMPETITIVE ORANGE I 1:30-3:00 _____
COMPETITIVE ORANGE II 1:30-3:00 _____
FUNDAMENTAL ORANGE 3-4:30 _____
COMPETITIVE ORANGE I 3-4:30 _____
COMPETITIVE GREEN II 3-4:30 _____
FUNDAMENTAL YELLOW 3-4:30 _____
CHALLENGER 3-4:30 _____
COMPETITIVE YELLOW I 4:30-6:00 _____
COMPETITIVE YELLOW II 4:30-6:00 _____
TOURNAMENT 4:30-6:00 _____

SUNDAY

COMPETITIVE ORANGE I 10:30-12PM _____
COMPETITIVE GREEN I 10:30-12PM _____
FUNDAMENTAL ORANGE 12:00-1:30 _____
COMPETITIVE YELLOW 12:00-1:30 _____
TOURNAMENT 12:00-1:30 _____
FUNDAMENTAL RED 1:30-3:00 _____
RALLY RED 1:30-3:00 _____
COMPETITIVE ORANGE I 1:30-3:00 _____
COMPETITIVE ORANGE II 1:30-3:00 _____
CHALLENGER 1:30-3:00 _____
FUNDAMENTAL ORANGE 3:00-4:30 _____
FUNDAMENTAL YELLOW 3:00-4:30 _____
COMPETITIVE ORANGE II 3:00-4:30 _____
COMPETITIVE GREEN II 3:00-4:30 _____
COMPETITIVE YELLOW I 4:30-6:00 _____
TOURNAMENT 4:30-6:00 _____

The final decision for class placement will be made by the Tennis Director



A PLUS TENNIS CLIENT REGISTRATION

PLAYER INFORMATION

STUDENT'S NAME: _____ DATE OF BIRTH: _____

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 \$ _____

First installment is due upon application and is 1/3 of overall bill. The remaining balance will be charged in two installments billed to the student's A Plus Tennis club account on December 1 and March 1st. In the case of withdrawal, a fee of \$200 will be assessed unless space can be filled.

Payment method: CHECK _____ CASH _____ CC ON FILE _____

Credit card payments will be taken through our online portal. Please email aplus@aplustennisva.net for access.

As a condition of the enrollment in A Plus Tennis LLC (APT) Lesson Program & Camps, the player does hereby assume the risk inherent in the participation of such activities and has disclosed any and all inherent handicaps or disabilities that player may have. Although APT & BRSC are taking the appropriate precautions to combat COVID-19 or other viruses it is up to the individual players to help safeguard themselves and the people with which they play. The player does hereby acknowledge that APT and BRSC shall not be liable for any damages arising from personal injuries or damages sustained by the player in, on, or about the premises of BRSC, APT or George Mason University. The respective player assumes full responsibility for any injuries or damages that might arise from the participation by the player 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 player's use and participation in the activities of the APT Lesson Program & Camps.

Parent/Legal Guardians name (print) _____

Signature _____