

COQUITLAM TENNIS CLUB junior tennis program 2010

www.ctcjuniorprogram.blogspot.com/



Learn Tennis.
Play Tennis.
For Life.
Come join
us for our
2010 season.

Welcome to our brand new outdoor season of junior tennis and the excitement of what lies ahead in the coming months. With the Winter Olympics Games behind us, inspirations must be running at an all time high. Dreams do come true. And it has to start somewhere. Set a goal and see it get accomplished. Step by step, see your ultimate dream happens. | Once again we have expanded our junior program. For this season we have added new group levels for Kids Tennis, and the High Performance. And we are delighted to introduce our brand new Play Tennis. This play session will complement the lesson groups perfectly during the summer holidays. | Our expanded range of group lessons, activities and competitions provide something for everyone. For those starting off, let us introduce you to the world of tennis. A physically active game and a lifetime sport. For the competitively minded juniors, come and choose the excitement or the inspiration or both. Elevate your game. For the very young, let the magic of tennis happens here. Enjoy the lessons and discover the fun. For the older juniors, tap into your sense of adventure. Discover tennis, re-discover your tennis. Renew your perspective. Be transformed and feel the difference this year. Find out why (re-) discovering tennis is only half the experience. | Come visit us at the Town Centre tennis courts. If tennis is your game we invite you to experience our outdoor junior program this season and invoke memories that will last a lifetime.

Adrian Tan, CTC Junior Program Director

WEBSITE: www.ctcjuniorprogram.blogspot.com/

EMAIL: ctcjuniorprogram@telus.net (preferred and best option)

TELEPHONE: **604.944.1138** (call only on weekday evenings, or anytime weekends)

KIDS TENNIS 1 3-5 years old \$50 per child

1 hour per lesson • Total 5 hours - 5 weeks • 6:1 ratio

• **SESSION A:** April 3 - May 1

(A) Saturday 12 pm - 1 pm, 1 pm - 2 pm

• **SESSION B:** May 22 - June 19

• **SESSION C:** July 3 - July 31

• **SESSION D:** August 14 - September 11

(B/C/D) Saturday 9 am - 10 am, 10 am - 11 am

• Introduce juniors to the game of tennis in a fun and enjoyable atmosphere. Emphasis is on eye-ball coordination. Basic strokes - forehand and backhand groundstrokes will be covered.

KIDS TENNIS 2 6-9 years old \$55 per child

1 hour per lesson • Total 5 hours - 5 weeks • 6:1 ratio

• **SESSION A:** April 3 - May 1

(A) Saturday 12 pm - 1 pm, 1 pm - 2 pm

• **SESSION B:** May 22 - June 19

• **SESSION C:** July 3 - July 31

• **SESSION D:** August 14 - September 11

(B/C/D) Saturday 9 am - 10 am, 10 am - 11 am

• Introduce juniors to the game of tennis in a fun and enjoyable atmosphere. Emphasis is on eye-ball coordination. Basic strokes - forehand and backhand groundstrokes will be covered.

**NEW
ADD
PLAY TENNIS
\$39.00**

NEW KIDS TENNIS 3 6-9 years old \$55 per child

1 hour per lesson • Total 5 hours - 5 weeks • 6:1 ratio

• **SESSION A:** April 3 - May 1

(A) Saturday 1 pm - 2 pm

• **SESSION B:** May 22 - June 19

• **SESSION C:** July 3 - July 31

• **SESSION D:** August 14 - September 11

(B/C/D) Saturday 10 am - 11 am

• This is an extension to Kids Tennis 2 for juniors who are ready to take their tennis to the next level. Emphasis is on sustaining longer rallies over the net. Forehand and backhand groundstrokes techniques will still be covered. Volley and serve will be introduced.

**NEW
ADD
PLAY TENNIS
\$39.00**

2010 JUNIORS' CLUB EVENTS

Friday, May 21 - Monday, May 24

• **COQUITLAM JUNIOR SPRING CHALLENGER TOURNAMENT** @ CTC

Friday, June 4 - Sunday, June 6

• **SEA TO SKY JUNIOR CHALLENGER [ROAD TRIP]** @ WHISTLER

Monday, July 5 - Friday, July 9

• **BC JUNIOR HARDCOURT - CHALLENGER (HOSTED BY TENNIS BC)** @ CTC

Mid July

• **CLUB CLOSED JUNIOR DOUBLES TOURNAMENT**

Wednesday, August 4 - Sunday, August 8

• **JUNIOR GRASS COURT CHAMPIONSHIP [ROAD TRIP]** @ DUNCAN

Early August

• **CLUB CLOSED JUNIOR SINGLES TOURNAMENT**

Saturday, August 21 - Tuesday, August 24

• **COQUITLAM JUNIOR OPEN TOURNAMENT - CHAMPS** @ CTC

Tuesday, August 24 - Friday, August 27

• **COQUITLAM JUNIOR OPEN TOURNAMENT - CHALLENGER** @ CTC

Friday, September 17 - Sunday, September 19

• **RICHARD SCHMOK CHALLENGER [ROAD TRIP]** @ KAMLOOPS

Saturday, September 25

• **CTC JUNIOR AWARDS PRESENTATION**

*Check out www.ctcjuniorprogram.blogspot.com/ for more information.

BEGINNER 10-18 years old \$169 per child

1.5 hours per lesson • Total 22.5 hours - 15 weeks • 6:1 ratio

May 29 - September 11

Saturday 11 am - 12:30 pm

No Lesson on: August 21

• This level is for juniors starting off in tennis or who need the basic strokes instructions. Emphasis is on the fundamentals such forehand, backhand groundstrokes, volleys, and serves. Rules, scoring as well as basic positions and procedures for singles and doubles will be discussed.

**NEW
ADD
PLAY TENNIS
\$59.00**

NOVICE 10-18 years old \$169 per child

1.5 hours per lesson • Total 22.5 hours - 15 weeks • 6:1 ratio

May 29 - September 11

Saturday 12:30 pm - 2 pm

No Lesson on: August 21

• This is a step up from the beginner level, and for those who had at least a full season of basic tennis instructions and playtime. Juniors will be grouped according to their level of ability. Further emphasis is on the fundamentals such forehand, backhand groundstrokes, volleys, serves and short rallies. Rules, scoring as well as basic positions and procedures for singles and doubles will be discussed.

**NEW
ADD
PLAY TENNIS
\$59.00**

INTERMEDIATE 10-18 years old \$179 per child

1.5 hours per lesson • Total 22.5 hours - 15 weeks • 6:1 ratio

May 29 - September 11

Saturday 12:30 pm - 2 pm

No Lesson on: August 21

• Juniors will be grouped according to their level of ability.

• At the lower level, juniors will be expected to keep the ball in play in a slower paced rally on a consistent basis. Areas cover include strokes dependability, court coverage, placement of groundstrokes, control of shot making with some power. Positioning and scoring in singles and doubles play will be discussed. Competition is encouraged at the BC Rookie tournament level.

• The higher intermediate level will emphasize strokes dependability, direction and depth of shots, variety of shots including lobs, overheads, placement of first and second serves, approached shots and volleys. Juniors will be expected to move towards a faster and stronger paced rally on a consistent basis and will also include power, spins, footwork and net play. Strategy in singles and doubles play will be discussed. Competition is highly encouraged at the BC Challenger tournament level.

**NEW
ADD
PLAY TENNIS
\$59.00**

COACHES AND INSTRUCTORS

Carla Byers • KIDS TENNIS | JUNIOR TENNIS

Dan Camozzi • JUNIOR TENNIS | TENNIS CAMP

Stephan Chang • HIGH PERFORMANCE

Connie Chen • KIDS TENNIS

Cassie Krieger • KIDS TENNIS | TENNIS CAMP

Terry Lowe • JUNIOR TENNIS | HIGH PERFORMANCE | TENNIS CAMP

Hasti Maloufi • KIDS TENNIS

Grant Mcrae • HIGH PERFORMANCE

Adrian Tan • JUNIOR TENNIS | HIGH PERFORMANCE

Eraz Teh • KIDS TENNIS | JUNIOR TENNIS

NEW HP 1 SPRING TRAINING 8-11 years old \$89 per child

2 hours per lesson • Total 12 hours - 6 weeks • 4:1 ratio

April 3 - May 8

Saturday 12 pm - 2 pm

• This high performance training has been designed to prepare younger juniors for entry into tournament match play including the upcoming Coquitlam Junior Spring Challenger tournament. Juniors will be competing in the under 10 and under 12 age categories during the May long weekend. Drills, practice matches and physical fitness will be emphasize. See also the High Performance 1 for details. [Limited to 4 juniors - Early Bird and Sibling discounts do not apply to Spring Training]

HP 3 & 4 SPRING TRAINING 12-18 years old \$89 per child

2 hours per lesson • Total 12 hours - 6 weeks • 4:1 ratio

April 3 - May 8

Saturday 2 pm - 4 pm

• This advanced training has been designed to prepare juniors for the upcoming Coquitlam Junior Spring Challenger tournament during the May long weekend. Drills, practice matches and physical fitness will be emphasize. See also High Performance 3 and High Performance 4 below for details. [Limited to 16 juniors - Early Bird and Sibling discounts do not apply to Spring Training]

TENNIS CAMPS 6-18 years old \$95 per child

Beginners, Novices, Low & High Intermediate • 6:1 ratio

Monday to Thursday, 9 am to 12 pm • Total 12 hours

- **SESSION A:** July 12 - 15
- **SESSION B:** July 19 - 22
- **SESSION C:** July 26 - 29
- **SESSION D:** August 16 - 19

NEW PLAY TENNIS

• This Play Tennis sessions are an extension of the lesson groups, and will give junior players a chance to put what they have learned to practice. Organized play in singles and doubles. Rules of the game will be put into play.

KIDS TENNIS 2 & 3 [Limited to 16 juniors] \$39 per child

1 hour per lesson • Total 8 hours - 8 weeks

July 1 - September 2

Thursday 4 pm - 5 pm

No Lessons on: July 8, and August 26

BEGINNER & NOVICE [Limited to 16 juniors] \$59 per child

2 hours per lesson • Total 16 hours - 8 weeks

July 1 - September 2

Thursday 2 pm - 4 pm

No Lessons on: July 8, and August 26

INTERMEDIATE [Limited to 8 juniors] \$59 per child

2 hours per lesson • Total 16 hours - 8 weeks

June 29 - August 31

Tuesday 1 pm - 3 pm

No Lessons on: July 6, and August 24

HIGH PERFORMANCE 1, 3 & 4

2 hours per lesson • Total 16 hours - 8 weeks

Already included in the lesson package (see lesson groups)

NEW HIGH PERFORMANCE 1 8-11 years old \$249 per child

2 hours per lesson • Total 44 hours - 14 weeks • 4:1 ratio

May 29 - September 11: **Saturday 2 pm - 4 pm**

AND June 29 - August 31: **Tuesday 1 pm - 3 pm**

No Lessons on: July 6, August 7, 21 and 24

• This High Performance group combine lessons and Play Tennis during summer holidays. For juniors who wants move into competitive play, this level 1 offers an entry level approach into tournament match play. Juniors will continue to work on the various strokes fundamental, techniques and footwork. Focus is on getting to the consistency and dependability of shot making. Also covered: first and second serves, net play, singles and doubles match strategies, physical fitness, match preparation. Juniors will be prepared for at least six tournaments during the season. Competition includes Rookie and Challenger level tournament. [Limited to 4 juniors.]

HIGH PERFORMANCE 3 12-18 years old \$249 per child

2 hours per lesson • Total 44 hours - 14 weeks • 4:1 ratio

May 29 - September 11: **Saturday 2 pm - 4 pm**

AND June 29 - August 31: **Tuesday 1 pm - 3 pm**

No Lessons on: July 5, August 7, 21 and 24

• This High Performance group combine lessons and Play Tennis during the summer holidays. For the intermediate level competitively minded juniors, this level 3 offers a higher level of competition and tennis instructions. Juniors will continue to work on the various strokes fundamental, techniques and footwork. Focus is on getting to the consistency and dependability of shot making, and the direction and depth of ball placement. Also covered: slice, lobs, overheads, approached shots, placement of first and second serves, net play, singles and doubles match strategies, physical fitness, match preparation and the mental aspects of the game. Juniors will be prepared for at least six Challenger tournaments during the season. [Limited to 8 juniors.]

HIGH PERFORMANCE 4 12-18 years old \$249 per child

2 hours per lesson • Total 44 hours - 14 weeks • 4:1 ratio

May 29 - September 11: **Saturday 4 pm - 6 pm**

AND June 29 - August 31: **Tuesday 3 pm - 5 pm**

No Lessons on: July 5, August 7, 21 and 24

• This higher advanced level offers juniors a high level of competition and tennis instructions. Focus is still on the consistency and dependability of shot making. Emphasis is also on the quality of strokes, techniques and footwork. Also covered: overheads, lobs, slice, approached shots, depthplacement of first and second serves, net play, singles and doubles match strategies, physical fitness, match preparation and the mental aspects of the game. Juniors will be prepared for at least six tournaments during the season at the Challenger and Champs level. [Limited to 12 juniors.]

BAD WEATHER • Lessons affected will be rescheduled after the end of the season. However, rescheduled lessons will be made up until October 2, 2010. Lessons affected by wet weather will be updated on our junior program website at least an hour before the lesson starts.

REFUND • Prorated refunds only for the first 2 weeks. No refund after the 2nd week of lessons.

REGISTRATION • Groups are filled on a first-come-first-served basis.

DISCOUNTS • Early Bird and Sibling discounts can be apply towards registration fees. See registration page.

COQUITLAM TENNIS CLUB JUNIOR PROGRAM 2010 REGISTRATION

M F

NAME _____ DATE OF BIRTH _____

ADDRESS _____ CITY _____ POSTAL CODE _____

TELEPHONE (HOME) _____ (CELL) _____ EMAIL ADDRESS* _____

**All communication regarding lessons will be made by email. PLEASE PRINT CLEARLY. Other updates including rainouts will be listed on our website.*

KIDS TENNIS 1 3-5 YEARS OLD • 1 HOUR \$50 PER CHILD

- Session A1 • Saturday, April 3 (12 pm)
- Session A2 • Saturday, April 3 (1 pm)
- Session B1 • Saturday, May 22 (9 am)
- Session B2 • Saturday, May 22 (10 am)
- Session C1 • Saturday, July 3 (9 am)
- Session C2 • Saturday, July 3 (10 am)
- Session D1 • Saturday, August 14 (9 am)
- Session D2 • Saturday, August 14 (10 am)

KIDS TENNIS 2 6-9 YEARS OLD • 1 HOUR \$55 PER CHILD

- Session A1 • Saturday, April 3 (12 pm)
- Session A2 • Saturday, April 3 (1 pm)
- Session B1 • Saturday, May 22 (9 am)
- Session B2 • Saturday, May 22 (10 am)
- Session C1 • Saturday, July 3 (9 am)
- Session C2 • Saturday, July 3 (10 am)
- Session D1 • Saturday, August 14 (9 am)
- Session D2 • Saturday, August 14 (10 am)

KIDS TENNIS 3 6-9 YEARS OLD • 1 HOUR \$55 PER CHILD

- Session A • Saturday, April 3 (1 pm)
- Session B • Saturday, May 22 (10 am)
- Session C • Saturday, July 3 (10 am)
- Session D • Saturday, August 14 (10 am)

BEGINNER 10-18 YEARS OLD • 1-1/2 HOURS \$169 PER CHILD

- Session A • Saturday, May 29 (11 am)

NOVICE 10-18 YEARS OLD • 1-1/2 HOURS \$169 PER CHILD

- Session A • Saturday, May 29 (12:30 pm)

INTERMEDIATE 10-18 YEARS OLD • 1-1/2 HOURS \$179 PER CHILD

- Session A • Saturday, May 29 (12:30 pm)

SPRING TRAINING* 2 HOURS \$89 PER CHILD

- High Performance 1 • Saturday, April 3 (12 pm)
- High Performance 3 & 4 • Saturday, April 3 (2 pm)

HIGH PERFORMANCE 2 HOURS \$249 PER CHILD

- High Performance 1 • Saturday, May 29 (2 pm)
- High Performance 3 • Saturday, May 29 (2 pm)
- High Performance 4 • Saturday, May 29 (4 pm)

PLAY TENNIS 6-9 YEARS OLD • 1 HOUR \$39 PER CHILD

- Kids Tennis 2 & 3 • Thursday, July 1 (4 pm)

PLAY TENNIS 10-18 YEARS OLD • 2 HOURS \$59 PER CHILD

- Beginner/Novice • Thursday, July 1 (2 pm)
- Intermediate • Tuesday, June 29 (1 pm)

TENNIS CAMPS 6-18 YEARS OLD • 12 HOURS \$95 PER CHILD

- Beginner/Novice Low Intermediate High Intermediate
- Session A • Monday to Thursday, July 12-15
- Session B • Monday to Thursday, July 19-22
- Session C • Monday to Thursday, July 26-29
- Session D • Monday to Thursday, August 16-19

Amount: _____

Less Early Bird Discount: _____

Less Sibling Discount: _____

Total: Cash Cheque _____

*Payment in cheque or cash only.
Make cheque payable to Coquitlam Tennis Club.*

*Mail registration form to: **CTC Junior Program,
c/o #307-1199 Westwood Street, Coquitlam, BC V3B 7P6***

EARLY BIRD DISCOUNT

Kid Tennis • \$5.00 off • Register no later than 4 weeks before the start
• For Kid Tennis session A, register no later than March 20th

Beginner to High Performance • \$10.00 off • Register by May 1, 2010

Play Tennis • \$5.00 off • Register by June 1, 2010

Tennis Camps • \$10.00 off • Register no later than 4 weeks before the start

SIBLING DISCOUNT

When 2 or more siblings are registered in our program.

Kid Tennis • Tennis Camp • Receive **\$5.00 off for each child**

Beginner to High Performance • Receive **\$10.00 off for each child**

***EARLY BIRD AND SIBLING DISCOUNTS DO NOT APPLY TO SPRING TRAINING**

received by _____ date _____