

Summer Tennis Program

At Oakhurst Tennis Courts
2008

Overview:

-This summer we will be running an 8-week tennis program for residents of Oakhurst between the ages of 10 and 18 interested in improving their tennis play. Classes will focus on tennis skills and strategies that are commonly utilized at this age level. There will be two sessions available for both boys and girls splitting the participants into ability levels. Drills for both sessions will be run by Waubonsie Valley Asst. Coach Jim Nielsen, who will prepare participants for the high expectations required at the high school level and beyond.

Equipment:

-Participants will be responsible for bringing their own equipment including: proper apparel, tennis racket, court shoes and jump rope. Tennis balls will be supplied by the program.

Sessions:

-Dates: (June 8 – Aug 1)

-Fees for either session must be turned in on or before the date of our first session.

-Each session is limited to 16 players, so early registration is recommended.

-All sessions will meet 4 days a week, Monday-Thursday, weather permitting.

-There will be no weather related make-up dates unless specified.

-The possibility exists, that every week on Friday there will be matches against other community programs for the advanced participants.

-Players will be chosen based on the coach's discretion and the amount of players available to play from the other community.

Beginner Level: (7:50 am – 9:50 am)

-This session is designed for the beginner player who has little to no tennis experience at the competitive level. The class will focus on basic tennis skills, consistency, footwork, strategy and conditioning needed to improve and play at a competitive level. Players that surpass these standards may be moved up to the intermediate section to further develop their skills.

Intermediate & Advanced Level: (10:00 am – 12:00 pm)

-This session is designed for the intermediate and advanced player who has at least some experience playing tennis. The class will focus mainly on improving their abilities as well as consistency, footwork, advanced strategies and conditioning needed to play at the competitive level.