



# 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](http://www.aplustennisva.net) one hour prior to the start of class or call 703-250-1299.

## Class Schedule 2021-2022

**Start Date:** September 7, 2021

**End Date:** June 6, 2022

### Member Pricing (35 Week session) - 1.5 hours

### Non-Member Pricing (35 Week session) - 1.5 hours

1 class per week	35 classes	\$1540
2 classes per week	70 classes	\$3010
3 classes per week	105 classes	\$4200

1 class per week	35 classes	\$1715
2 classes per week	70 classes	\$3290
3 classes per week	105 classes	\$4725

### \*INVITATIONAL / SELECT\*

### Member Pricing (35 Week session) - 1.5 hours

1 class per week	35 classes	\$1925
2 classes per week	70 classes	\$3763
3 classes per week	105 classes	\$5250

### \*INVITATIONAL / SELECT\*

### Non-Member Pricing (35 Week session) - 1.5 hours

1 class per week	35 classes	\$2144
2 classes per week	70 classes	\$4113
3 classes per week	105 classes	\$5906

**\*Holidays / Breaks:** No classes Sept. 6 | Nov. 23 – Nov. 28 | Dec. 20 - Jan. 2 | April 4 - April 9 | April 17 | May 30

## Junior Program Policies

**A Plus Tennis Junior Program** consists of 35 weeks of tennis instruction beginning September 7th 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 email notification to [aplus@aplustennisva.net](mailto:aplus@aplustennisva.net). We will gladly prorate tuition from the time of notification.

**Makeups:** 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](mailto:aplus@aplustennisva.net) so that we can look for a makeup opportunity. 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. 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](mailto: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.

#### **Invitational / Invitational Select**

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

# CLASS OFFERINGS

## RED BALL (5-8 YEAR OLDS)

<b>FUNDAMENTAL RED</b>			<b>RALLY RED</b>		
SATURDAY	10:30-12PM	_____	SATURDAY	10:30-12PM	_____

## ORANGE BALL (8-10 YEAR OLDS)

<b>FUNDAMENTAL ORANGE</b>			<b>COMP. ORANGE I</b>			<b>COMP. ORANGE II</b>		
SATURDAY	12-1:30PM	_____	SATURDAY	1:30-3PM	_____	THURSDAY	5:30-7PM	_____
SUNDAY	12-1:30PM	_____	SUNDAY	1:30-3PM	_____	SATURDAY	3-4:30PM	_____
						SUNDAY	3-4:30PM	_____

## GREEN DOT (10-12 YEAR OLDS)

<b>FUNDAMENTAL GREEN</b>			<b>COMP. GREEN I</b>			<b>COMP. GREEN II</b>		
SATURDAY	12-1:30PM	_____	SATURDAY	1:30-3PM	_____	TUESDAY	5:30-7PM	_____
SUNDAY	12-1:30PM	_____	SUNDAY	1:30-3PM	_____	SATURDAY	3-4:30PM	_____
						SUNDAY	3-4:30PM	_____

## 13 & Up | DIRECTOR APPROVAL

<b>TOURNAMENT</b>			<b>COMP. YELLOW II</b>			<b>COMP. YELLOW I</b>		
MONDAY	4-5:30PM	_____	MONDAY	7-8:30PM	_____	MONDAY	7-8:30PM	_____
MONDAY	5:30-7PM	_____	SATURDAY	4:30-6PM	_____	FRIDAY	7-8:30PM	_____
TUESDAY	4-5:30PM	_____	SUNDAY	4:30-6PM	_____	SATURDAY	1:30-3PM	_____
TUESDAY	5:30-7PM	_____				SUNDAY	1:30-3PM	_____
WEDNESDAY	4-5:30PM	_____	<b>CHALLENGER</b>					
WEDNESDAY	5:30-7PM	_____	TUESDAY	5:30-7PM	_____	<b>FUNDAMENTAL YELLOW</b>		
THURSDAY	4-5:30PM	_____	THURSDAY	5:30-7PM	_____	FRIDAY	7-8:30PM	_____
THURSDAY	5:30-7PM	_____	SATURDAY	12-1:30PM	_____	SUNDAY	12-1:30PM	_____
FRIDAY	4-5:30PM	_____	SUNDAY	10:30-12PM	_____			
FRIDAY	5:30-7PM	_____						
SATURDAY	12-1:30PM	_____						

## INVITATIONAL / INVITE SELECT | DIRECTOR APPROVAL

<b>INVITATIONAL</b>			<b>SELECT</b>		
MONDAY	5:30-7PM	_____	MONDAY	4-5:30PM	_____
TUESDAY	5:30-7PM	_____	TUESDAY	4-5:30PM	_____
WEDNESDAY	5:30-7PM	_____	WEDNESDAY	4-5:30PM	_____
THURSDAY	5:30-7PM	_____	THURSDAY	4-5:30PM	_____
FRIDAY	5:30-7PM	_____	FRIDAY	4-5:30PM	_____

**\*Any clinic that is not a Fundamental clinic requires Director Approval\***

# A PLUS TENNIS CLIENT REGISTRATION

## PLAYER INFORMATION

STUDENT'S NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

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

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

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

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

## 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. There will be no refunds for missed clinics. **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](mailto: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. Please note that BRSC is closed on New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.

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

Signature \_\_\_\_\_