



JUNIOR TENNIS REGISTRATION FORM FALL 2010



Please indicate with a circle the clinic and time you feel is best for your child. If you don't know where your child would best fit please contact **Hefin Roberts**.

The Fall session will run 9/7 thru 11/24. Clinic fees are based on \$29 per hr. You may sign up for multiple clinics space permitting. **Once you are signed up, you are committed to the end of the session. Refunds granted only in cases of injury.**

PLEASE SEE BACK OF REGISTRATION FORM FOR COMPLETE DESCRIPTIONS OF CLINICS

STROKE PRODUCTION 1

Monday 4:30-5:30 Age 7-10 11 weeks \$319
Wednesday 4:30-5:30 Age 7-10 12 weeks \$348

STROKE PRODUCTION 2

Tuesday 4:30 -5:30 Age 7-10 12 weeks \$348
Thursday 4:30 -5:30 Age 7-10 11 weeks \$319

STROKE PRODUCTION 1 + 2

Wednesday 5:30-6:30 Age 11-15 12 weeks \$348
Friday 3:30 - 4:30 Age 11-15 11 weeks \$319

ADVANCED DRILL

Monday 5:30 - 7:00pm Age 9 - 13 11 weeks \$479

ADVANCED DRILL

Friday 4:30 - 6:00pm Age 9 - 13 11 weeks \$479

BOSSE TEAM (TRAVEL TEAM & ROUND ROBIN)

Saturday 2:00 - 4:00
(Match Times May Vary) Age 9 -13 11 weeks \$638

HIGH SCHOOL WORKOUT

Thursday 5:30 - 7:00 Age 14 + up 11 weeks \$479

PREFERRED PAYMENT METHOD PLEASE CHECK ONE

Check

House Charge

Credit Card

Name: _____

Boy/Girl _____ Date of Birth _____ Age _____

Address: _____ Town: _____ Zip: _____

Home Phone: _____ Parent Email _____

Emergency Contact Number & Relationship _____

I recognize the risk of injury in any exercise program and my child is participating upon the express agreement and understanding that I am hereby waiving and releasing Bosse Sports from any and all claims, costs, liabilities and injuries incurred while on these premises.

Signature of Parent or Guardian _____ Date _____

Stroke Production 1 Ages 7 -10

Stroke Production 1 is for students who can hit fed balls from the baseline while demonstrating basic grip and stroke technique. These clinics will involve mostly basket feeding drills with the main focus on basic stroke and grip development.

In these sessions students will work on the following

Technical

1. Introduction of semi western grip on forehand
2. Introduction of a grip change on bottom hand of a 2 handed backhand
3. Straight back swing on both sides
4. "Stop" sign volleys and basic throwing action on serve.

Athletic Development /Movement

1. Ready moves (getting prepared to move to ball)
2. Recovery Moves (Moving back into position after contact)
3. Overall basic movement skills

Stroke Production 2 Ages 7 - 10

Stroke Production 2 is for students who have graduated to rallying from the baseline while demonstrating proper form. More advanced stroke and grip development will play a major role in the clinic content. Children in this clinic will also begin to learn how to keep score and begin playing points.

In these sessions students will work on the following:

Technical

1. Introducing a loop or "c" on the forehand
2. Introducing continental grip on volleys
3. Introducing continental grip on serve
4. Rallying and point play from the baseline.

Athletic Development

1. Ready moves and a drop step (preparation and balance before moving to ball)
2. Basic contact moves (Hitting shot on balance) and recovery moves
3. Overall more advanced movement skills

Bosse Team and Advanced Drill

Bosse Team and Advanced Drill are for the students who can now consistently serve, rally and play points. These children should also demonstrate a basic understanding of tactics and strategy during point play. These sessions will have a mixture of high intensity basket and live ball drills as well as match play. Bosse Team will occasionally have matches against neighboring clubs which will be held both home and away. Critique and analysis will also be given during and after the match play section of the clinic/match.

In these sessions students will work on the following:

Technical / Tactics

1. Fundamentals of rallying consistently from the baseline
2. Learning how to move opponent
3. Understanding of exploiting opponents' weakness during a match

Athletic Development/Movement

1. Advanced movement skills and technique while doing up tempo drills and match play.

High School Work Out

The high school work out is an alternative for those students seeking a more social element of tennis but still wish to improve their game and at the same time benefit from high intensity drills. These students should have correct strokes and grips on both forehand and backhand and should also be able to rally consistently from the baseline as well as play points