Academy Tennis

Ages 10+

***Coach's Approval required. See back for details.**

Academy Elite

This program is only offered in the Fall & Winter.

Monday 6:30-8:00
Thursday 7:00-8:30
Saturday 1:30-3:00

Academy Select

Monday 5:00-6:30
Thursday 5:30-7:00
Saturday 1:30-3:00 *NEW TIME*

Academy 1

Monday 3:30-5:00
Wednesday 5:00-6:30
Saturday 12:00-1:30

Academy 2

Wednesday 3:30-5:00
Friday 3:30-5:00
Sunday 2:00-3:00 *NEW TIME*

FALL 2026

Sept. 8 - Nov. 24

1 hr. Class
11 Week Session
$440 Mem. • $539 Non-Mem.

1.5 hr. Class
11 Week Session
$660 Mem. • $808 Non-Mem.

12 Week Session
$720 Mem. • $882 Non-Mem.

Pricing is for one clinic day per week for the Session.
11 Weeks = Mon, Wed, Thu, Fri, Sat, Sun • 12 Weeks = Tues

KINGSBURY CLUB
MEDFIELD

jillianc@kingsburyclub.com | kingsburyclubmedfield.com | | 2 Ice House Road, Medfield, MA 02052 | 508.359.7800

ACADEMY TENNIS

Our Academy level programs encompass intermediate to advanced players ages 10-18 who have a strong work ethic, and a goal of participating in tournaments. Players will learn proper grips, strokes, scoring, point construction, foot work, positioning, & match play. All players should have a positive attitude & desire to learn. The sessions aim to strengthen a player both mentally and physically by continually testing a player's will. Many of the Academy's challenges take players out of their comfort zones, with each session providing an opportunity to adapt & improve, ultimately enabling players to realize their personal best. This level of sacrifice & effort will have a positive impact on the player's future in competitive tennis & life.

ACADEMY ELITE & ACADEMY SELECT

Stroke Development & Tactics

- Developing Weapons for your game style
- Exploiting Weaknesses
- Tactical Patterns
- Dynamic balanced drill sessions
- Situational Games

Mental Toughness & Rituals

- Resiliency to Adversity
- Leadership
- Poise in Tough Situations
- Making Sacrifices
- Mental & Moral Conditioning

Player Development

- Competitive Greatness
- Engagement with Coaches
- Reliability and Responsibility
- Self Control
- Confidence & Initiative

Tennis Fitness Components

- On-court conditioning
- Dynamic warm-up
- Movement quality
- Structural balance
- Injury prevention

ACADEMY 1

Players willing to put in the hard work and effort, at this point in the tennis development process we expect that the player's focus, self discipline, & pride in performance is unwavering. Our coaches will lay the groundwork for players to improve their games physically, tactically, technically, & mentally.

- Heavy stroke development
- Developing spins
- Learning singles & doubles patterns
- Consistency and placement
- Developing a slice backhand
- Selecting and building your game style
- Low, mid, and put away high volley
- Return of serve tactics and styles
- Mental toughness and rituals

ACADEMY 2

This group is for our committed younger yellow ball players. Beginning level of the Academy.This program is for our intermediate level junior players. We work on developing and improving, strokes, strategy and match play.

- Learn & Improve fundamentals, develop confidence
- Work on consistency and spins
- Appropriate stroke selection
- Develop first and second serves
- Point play with a purpose
- Footwork and positioning
- Build confidence and decision making through cooperative & competitive point play
- Develop serves, volleys & overheads
- Develop point play, Learn game strategy

NEW TO THE PROGRAM? BEEN AWAY FOR A WHILE? QUESTIONS ABOUT YOUR PLACEMENT? NOT SURE WHERE TO START?

1. Visit bit.ly/kcmjuniortennis & fill out the form.
2. The coordinator will reach out to help determine your child's program placement based on either age for Jr. Development programs or through an evaluation for Academy Level players.
3. The coordinator will add permissions to your child's profile so you are able to register. Contact jillianc@kingsburyclub.com for more info.

COACH'S APPROVAL REQUIRED/COMPLIMENTARY EVALUATION

- Academy Level Programs Require the Coach's Approval.
- Please fill out the form at bit.ly/kcmjuniortennis to schedule a complimentary 5-10 minute evaluation for proper program placement.
- Available only for Academy level applicants and adults.

HOW TO REGISTER FOR A PROGRAM STEP BY STEP IN THE APP

★Specific permissions are required on your child's profile to allow you to register them. These permissions can only be added/confirmed by emailing the coordinator once your child's program placement has been determined.
★Tip: It is helpful to know which program & day(s) you want to register for & also confirm you are able to sign in before the registration opening day.

- SIGN IN. If you need to change the participant being registered (i.e. switch to your child's profile), tap PROFILE at the bottom of the screen, tap the arrow next to your name and select the appropriate name.
- Tap EXPLORE at the bottom > Tap PROGRAM > Tap CATEGORY
- Scroll to TENNIS > Tap SHOW PROGRAMS. Choose your Class Day/Time.
- Tap SIGN UP & Choose Payment (Credit Card or House Charge)
- You should receive a confirmation email to the email listed on the player's profile. If you don't please confirm with the Coordinator.

POLICIES (TENNIS PROGRAMS)

- 10% non-refundable deposit at the time of registration.
- Within 72 hours of the session start date all fees are non-refundable unless due to injury accompanied by a doctor's note.
- House account credits for missed classes accompanied by a doctor's note provided within a week of the absence, no make up classes.
- We do not offer waitlists, in the event of an opening we will email out.
- Members: To honor member pricing & registration participation the player must remain an active member throughout the session.

PROGRAM SESSION DATES & REGISTRATION DATES

Session	Program Dates	Program Does Not Meet:	Registration Opens @ 5am
Fall 26' *NEW START DATE*	9/8 - 11/24	n/a	7/27 Mem. 8/3 NM
Winter 26-27'	11/30-3/14	12/21 - 1/3 & 2/13 - 2/19	10/26 Mem. 11/2 NM
Spring 27'	3/15 - 6/13	3/28 , 4/17 - 4/23 & 5/29 - 5/31	2/8 Mem. 2/15 NM
Summer 27'	See Program Specific Flyer.	See Program Specific Flyer.	2/8 Mem. 2/15 NM