

# Academy Tennis

## Ages 10+



### Academy Elite

*This program is only offered in the Fall & Winter.*

Monday 7:00-9:00

Thursday 7:00-9:00

Saturday 1:30-3:00

### Academy Select

Monday 5:00-7:00

Thursday 5:30-7:00

Saturday 1:30-3:00

### 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

Saturday 11:00-12:00

### Academy 3

Wednesday 3:30-5:00

Friday 3:30-5:00

Saturday 11:00-12:00

## WINTER 23-24'

December 4 - March 17

No Class: Dec. 23 - Jan. 1 & Feb. 17 - Feb. 23

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

### 1 hr. Class

12 Week Session

\$444 Mem. • \$516 Non-Mem.

13 Week Session

\$481 Mem. • \$559 Non-Mem.

### 1.5 hr. Class

12 Week Session

\$665 Mem. • \$774 Non-Mem.

13 Week Session

\$722 Mem. • \$839 Non-Mem.

### 2 hr. Class

12 Week Session

\$888 Mem. • \$1032 Non-Mem.

13 Week Session

\$962 Mem. • \$1118 Non-Mem.

\*Pricing is for one clinic day per week for a whole session.

\*Sat., Sun. & Mon. = 12 wks. • \*Tues., Wed., Thur. & Fri. = 13 wks.

### 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 program is for our intermediate level junior players. We work on developing and improving, strokes, strategy and match play.

- 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

#### ACADEMY 3

This group is for our committed younger yellow ball players. Beginning level of the Academy.

- Learn and improve tennis fundamentals
- 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?

Go to [bit.ly/kcmjuniortennis](https://bit.ly/kcmjuniortennis) & fill out the form, the coordinator will be in touch to determine your child's program placement. Once we have determined your child's placement (based on age for Jr. Development programs & an eval for Academy level applicants) the coordinator will then add permissions to your child's profile to allow you to register for programs.

### COACH'S APPROVAL REQUIRED/COMPLIMENTARY EVALUATION

- Academy Level Programs Require the Coach's Approval.
- Please fill out the form at [bit.ly/kcmjuniortennis](https://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 and day(s) you want to register for and 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)

### POLICIES

- 10% of the cost of the program will apply to a non-refundable deposit.
- Within 72 hours of the program's start date all fees are nonrefundable unless due to injury accompanied by a doctor's note.

Session	Program Dates	Program Does Not Meet:	Registration Opens @ 5am
Winter 23-24'	12/4 - 3/17	12/23 - 1/1 & 2/17 - 2/23	11/3 Mem. 11/10 NM.
Spring 24'	3/18 - 6/16	3/31 & 4/13 - 4/19 & 5/25 - 5/27	2/3 Mem. 2/10 NM.
Summer 24'	tbd.	tbd.	2/3 Mem. 2/10 NM.
Fall 24'	tbd.	tbd.	7/29 Mem. 8/5 NM.