

# Middlesex Club Tennis Program Summer Season 2008

## Professional Staff

**Director of Tennis**

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## TENNIS PAVILION

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## Tennis Committee

Tennis Chairs

Megan Brown

Alison Feeley

Fairfield County Women's Representative:

Cara Ganser

Junior Committee:

TBD

# ADULT PROGRAMS

## Women's Programs

### 1- Spring Camp

These camps are a good way to help everyone have a smooth transition to outdoor tennis. Every member is encouraged to participate regardless of ability and experience. We will focus on the latest doubles tactics, court positioning, team work, stroke development, and mental/fitness stamina. Each session will be two hours long, in which an hour and a half will be intense drilling and a half hour of match play. These camps are also a good way to try out for ladies teams.

#### Dates:

May: 5\*, 6\*, 7\*, 8\*, 9\*, 12, 13, 14, 15

\* Camp will be held indoors at Kings Highway Tennis Club on these dates to aid in the reconstruction of our "new" courts.

#### Times:

<b>A team:</b>	8:30-10:30 a.m.
<b>B &amp; A team:</b>	10:30-12:30 p.m.
<b>C&amp; B team</b>	12:30-2:30 p.m.

#### Cost:

Only \$32/time if you sign up for more than 5 days of camp

If you sign up for 5 days or less you pay \$35/time.

## Women's Programs

### 2- Team Competition

This program is ten-week long starting May 16 and ending July 25. It is designed for players who want to be part of a team that competes in the Fairfield County League. Each team will have a weekly practice for 1½ hour plus a ½ hour pre match warm up. The pros will be available at the end of each home match to provide match analysis.

This year, Middlesex Tennis Committee has decided to have three teams competing in the Fairfield County League, instead of four teams as it was done in the past. Therefore, there will be some merging among all three teams. If you are not sure at this point where you might fit in best, or where you think you could contribute the most in representing Middlesex, please seek Faycal's professional advice. [For players familiar with USTA rankings, A team is approximately 4.0, B team is approximately 3.5, and C team is approximately 3.0.]

#### Team Practices:

Team	Practice	Matches
A-Team	Mon 9 am – 10:30 am	Tues 9:15 am
B-Team	Wed 9 am – 10:30 am	Thurs 9:15 am
C-Team	Tues 9 am – 10:30 am	Wed 9:15 am

#### Friday league:

This is for players who would like to have a chance to play in a competitive league other than the Fairfield County League. Matches will be held on Fridays at 10:30. For more information contact the league coordinator- Kara Gregory at [karamark@optonline.net](mailto:karamark@optonline.net).

#### Pre-match warm-ups with pro staff:

Home matches: 8:30-9:00 am

Away matches: 8:15-8:45 am

#### Cost for ladies teams:

Team tennis includes 10 practices and minimum of three matches. **Cost: \$ 150**

## Women's Programs

### 3- Ladies Team Supplemental Clinics

In addition to team practices, ladies on the team can choose to form their own groups of six or eight depending on requests and player availability. These clinics are a great way to enhance your doubles tactics, court positioning, shot selection, and stamina in a small setting apart from team practices. There will be **two sessions**, and each session will consist of **five clinics** starting May 19<sup>th</sup>. Call the pro shop to reserve your day and time.

#### Suggested days and times: Form your own group

C- Team	Mondays 10:30
B-Team	Fridays 9:30
A-Team	Wednesdays 10:30

<b>Cost:</b>	3:1 student/ratio	1h clinic -\$ 125 / 5 wk. session
		1½ h clinic -\$ 150/ 5 wk session
	4:1 student/ratio	1h clinic -\$ 120 / 5 wk session
		1½ h clinic -\$ 140/ 5 wk session

### 4- Early Birds Clinic

**Day: TBD**

**Time: 7-8 am**

This clinic is for early morning people who want to start the day with a happy mood. It will be intense for an hour from start to finish. Pick a day that is convenient for your weekly schedule. Bring your buddy with you.

**Cost:**                    **\$85 / 4 week session**                    or                    **\$23 / time**

### 5- Cardio Tennis

**Wed/Fri**

**Time: 8-9 am**

This is a great alternative to an hour at the gym. It is an intense, yet challenging, hour of running and hitting for players who want to build stamina and get in great tennis shape for the summer. There will be music on court to keep you moving. Players are encouraged to bring their music.

**Cost:**                    **\$85 / 4 week session**                    or                    **\$23 / time**

**6- Theme of the Week****Fridays****Time: 10:30 am-12 pm**

There will be a different theme every week such as specialty shots, deuce court tactics, ad court tactics, mental routines, poaching, and more. Sign up on a weekly basis for your favorite theme.

**Cost:           \$34 / time**

**7- New to Tennis****Tues. and Thurs.****Time: 10:30 am -12 pm**

This program is designed for ladies who are new to the sport. On court drills will feature stroke production in the first two weeks of the session and then we will move on to doubles court positioning, strategy, shot selection and team communication. This program will start Tuesday May 20 and end on Thursday June 19.

**Cost:           \$ 60/ week**

**8- Three and a Pro**

Want to keep your doubles game sharp, fun, and at a high level of competition? Have your fourth person be the pro! You will play with the pro and there will be discussions about strategy, playing the score appropriately, court positioning, and shot selection. Let us know your convenient day and time and a pro will be there.

**Cost:           \$ 25/person for 1hr. or \$ 30/person for 1 ½ hrs (min. of 3 players)**

## Men's Programs

### 1- Men's Team Tennis

This program is designed for players who have interest in participating in any of the Middlesex Men's teams, and competing in the Fairfield County League. The league runs for ten weeks starting May 16<sup>th</sup> and ending July 25<sup>th</sup>. For more information about joining teams contact the team captain or stop by the pro shop. There is no formal team practice, but members of the team are encouraged to organize clinics with the help of their team captain. Matches will be on Wednesday nights at 6:00. Matches for the 50+ league will be held on Thursday nights at 6:00.

### 2- Men's Clinic

**Saturdays**

**Time: 8:30 am-10:00 am**

This is for players who want to enhance their doubles tactics, and use effective doubles strategies, shot selection, court positioning, and playing the score appropriately. It will be an intense hour of drilling and a half hour of doubles play. This is a great way to start competing on a team.

**Cost: \$30 / time**

### 3- Cardio Tennis

**Saturdays**

**Time: 8-9 am**

This is a great alternative to an hour at the gym. It is an intense yet challenging hour of running and hitting for players who want to build stamina and get in a great tennis shape for the summer. There will be music on court to keep you moving. Players are encouraged to bring their music.

**Cost: \$85 / 4 week session or \$23 / time**

### 4- Three and a Pro

**Sat/Sun**

**Time: TBD**

Want to keep your doubles game sharp, fun, and at a high level of competition? Have your fourth person be the pro! You will play with the pro and there will be discussions about strategy, playing the score appropriately, court positioning, and shot selection. Let us know your convenient day and time and a pro will be there.

**Cost: \$ 25/person for 1hr. or \$ 30/person for 1 ½ hrs (min. of 3 players)**

## Men's Programs

### 4- Saturday Morning Madness

Saturday

Time: 9-12pm

This is an organized round robin full of tennis, fun, and lots of competition. The pros will organize and play in if needed. We will keep track of scores and the winning individuals at the end of the season will get a prize.

**Free of charge**

### 5- Monday Clinic

Mondays

Time: 6:30- 8 pm

Want to learn to play and train like the pros? Join our Monday night clinic for a great work out, learn new tactics, strokes, and get fit in a fun, fast paced clinic. Clinics start Monday May 12<sup>th</sup>.

**Cost: \$ 33 / time**

### 6- Men's PRO-AM

Don't miss this day! Each member will team up with one of the area's best tennis pros (former college players, or touring pros), from other clubs to compete in a round robin style. This fun filled event will start with breakfast and warm-up at 8:30 followed with matches from 9:15am until 1:00 pm Lunch at 1:15 followed by semis and finals at 1:45 pm.

**Cost: TBD**

# JUNIOR PROGRAMS

This year's programs will focus on learning, fun, and development for all juniors from age 4 to 17. Juniors will be separated into age and ability to ensure proper development and challenge. There will be awards and prizes for exceptional improvement, work ethic, sportsmanship, and each team's most valuable player. Middlesex will also host a few junior social events such as: Junior Olympics, Junior member guest, and Parent-child tournament.

## 1-Junior Spring Clinics

These clinics will serve as a preparation ground for summer team tennis. We will go over all aspects of team play and fun learning games, point play, and challenging drills to get all juniors ready for summer tennis. Come when you can.

6 week session		May 12 <sup>th</sup> – June 20 <sup>th</sup>	
Age	Days	Time	Cost
4-6	M/W	3:30-4:15 p.m	\$130
	T/Th	3:30-4:15 p.m	\$130
7-14	M/W	4-5 or 5-6p.m	\$160
	T/Th	4-5 or 5-6 pm	\$160

Can't make the entire session? Let us know when you can make it, and we'll pro-rate the cost.

<b>Advanced Junior Program</b>	<b>W/F</b>	<b>Time: 4:30-6pm</b>
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Your child will need to be referred by a pro to participate in this program.

**Cost: \$180 / 6 wk session (May 12<sup>th</sup>-June 20<sup>th</sup>)**

## 2-Junior Summer Clinics

Session 1: June 23<sup>rd</sup> – July 11<sup>th</sup>

Session 2: July 14<sup>th</sup> – August 1<sup>st</sup>

Session 3: August 4<sup>th</sup> - August 22<sup>nd</sup>

Age	Days	Time	Cost
4-6	M/W/F	11-11:45 am	\$100
7-14	M/W	4-5 or 5-6p.m	\$120
	T/Th	4-5 or 5-6 pm	\$120

## Advanced Junior Program

M/W/F

Time: 4:30-6pm

Your child will need to be referred by a pro to participate in this program.

**Cost: \$180 / session**

## USTA Quick Start Tennis

Thursdays

Time: 3:30 – 5:00pm

This program is for juniors who are not quite ready to play on a full court. With modified court sizes and a slower ball, your kids will learn to play in a very short period of time. There's even an opportunity to be on a team.

**Thursdays**

**Time 3:30-5:00 pm**

**Cost: \$18 / time**

## 3-Junior Challenge Ladder

The pro staff will be organizing ladder challenge competition at the start of the season. There will be challenge matches every week in order to determine positions for 17 and under, 14 and under, 12 and under, and 10 and under. You

may challenge anyone on the ladder at the start of the season, and then you can only challenge two spots up every week. In the event a junior wants to challenge his or her fellow teammates, he or she must let a member of the staff know prior to play. Failure to show up for a challenge match will result in a forfeit. Each member of the ladder may only be challenged one time per week unless he or she participates in multiple age categories. All challenge matches must be set up one day in advance to insure court availability. There will be awards given to first, second, and third place at the completion of the ladder competition. If you have any questions about the ladder please stop by the pro shop.

#### **4-JUNIOR TENNIS TEAMS**

**Any child 9 or over is welcome and encouraged to join the Middlesex Tennis Team!**

**Practice:** Monday, Tuesday, Wednesday, Friday

12:00 – 1:00          10 and under

1:00 – 2:00          12 and under

2:00 – 3:00          17 and under

We will have team practice for 10 weeks starting June 23<sup>rd</sup> and ending August 8<sup>th</sup>. Practice will be Monday through Friday except Thursdays which will be reserved for league matches. Student to pro ratio will be no more than 5:1. There will a shoot out on the first day of team practice from 12-1 pm to start the season with some fun activities, including target practice, beat the pro, king/queen of the court and more. Everyone is encouraged to attend.

#### **League matches:**

Middlesex junior tennis teams will be participating in both the Fairfield County League on Thursdays and the Future Stars League on Wednesdays. There will be three categories: 17 and under, 14 and under, 10 and under (must be 9 to be on the team). Team selection will be based on the junior ladder and availability. You must be able to serve and keep score in order to be eligible to play a match.

Proper tennis attire is required for all matches: White collared shirt (for boys) and proper tennis shoes.

### **Junior of the week:**

Each week the pros will select a boy and a girl junior of the week based on effort, attitude, sportsmanship, team spirit, and overall a good student. The pro staff will then take a picture of them and post it on the junior board.

### **Junior Team Tennis Program cost: \$ 150 and it includes:**

- End of the season trophies
- Team T-shirt
- 4 one hour clinics a week for seven weeks

## **Private Lesson Rate Schedule**

	1hr.Private	1hr. Semi-Private	½ hr.Private
Director of Tennis	\$65	\$35 each	\$45
Assistant Professionals	\$60	\$32 each	\$40
Family Plan	\$550 for 10 hour lessons		

# SPECIAL EVENTS - ADULTS

## Men's Social Schedule

**Saturday Round Robin** / May 17<sup>th</sup>, 31<sup>st</sup>; June 7<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> ; July 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>; August 2<sup>nd</sup>, 9<sup>th</sup>

### **Memorial Day Scramble** / Saturday May 24th

Come out and join your fellow members in a day full of fun, tennis, and social. There will be round robin mixed doubles organized by the pros.

### **Family Fun Day** / Sunday May 25th

From 9-1:30 pm the entire family is invited to join Middlesex Pros for fun on the court. There will be family tennis activities and games, followed by a round robin of mixed doubles. This is a great chance to kick back, relax and watch the pros finish with a pro exhibition while enjoying lunch with your family.

### **Parent Child Tournament** / Sunday June 29th

This is an exciting event to be part of! Tournament draws will be done based on the child's age. Barbeque will be afterwards.

### **Men's Pro-Am** / July 6<sup>th</sup>

Don't miss this day! Each member will team up with one of the area's best tennis pros (former college players, or touring pros), from other clubs to compete in a round robin style. This fun filled event will start with breakfast and warm-up at 8:30 followed with matches from 9-15 a.m. until 1 p.m. Lunch at 1:15 followed by semis and finals at 1:45 p.m.

### **Men's Member Guest** / Saturday July 19<sup>th</sup>

### **Friday Night Socials** / 6-8 p.m. / May 30<sup>th</sup> / June 27<sup>th</sup> / July 25<sup>th</sup>

This event of mixed doubles is an opportunity to come out and join other members for an evening of great tennis and social fun. Guests are welcome to join. For more information, contact Faycal.

## Ladies' Social Schedule

### **Ladies Season Opener / Friday May 16<sup>th</sup>**

Friday May 16<sup>th</sup>. Join the pros for a morning of great tennis, fun round robin, meet and greet your Middlesex pro staff.

### **Memorial Day Scramble / Saturday May 24<sup>th</sup>**

Come out and join your fellow members in a day full of fun, tennis, and social. There will be round robin mixed doubles organized by the pros.

### **Family Fun Day / Sunday May 25<sup>th</sup>**

From 9-1:30 pm the entire family is invited to join Middlesex Pros for fun on the court. There will be family tennis activities and games, followed by a round robin of mixed doubles. This is a great chance to kick back, relax and watch the pros finish with a pro exhibition while enjoying lunch with your family.

### **Ladies Member Guest / TBD**

### **Ladies Pro-Am / June 14<sup>th</sup>**

Don't miss this day! Each member will team up with one of the area's best tennis pros (former college players, or touring pros), from other clubs to compete in a round robin style. This fun filled event will start with breakfast and warm-up at 8:30 followed with matches from 9-15 a.m. until 1 p.m. Lunch at 1:15 followed by semis and finals at 1:45 p.m.

### **Parent Child Tournament / Sunday June 29<sup>th</sup>**

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### **Friday Night Socials / 6-8 pm May 30<sup>th</sup>, June 27<sup>th</sup>, July 25<sup>th</sup>**

This event of mixed doubles is an opportunity to come out and join other members for an evening of great tennis and social fun. Guests are welcome to join. For more information, contact Faycal.

## 2008 Middlesex Junior Event Calendar

May 12 <sup>th</sup>	Mon	Junior Spring Camp begins
June 23 <sup>rd</sup>	Mon	Junior Team Practice begins
June 23 <sup>rd</sup>	Mon	Summer Clinics begin/1 <sup>st</sup> session
June 29 <sup>th</sup>	Sun	Parent Child Tourney
June 30 <sup>th</sup>	Mon	Junior Ladder begins
July 14 <sup>th</sup>	Mon	Summer Clinics begin/2 <sup>nd</sup> session
July 16 <sup>th</sup>	Wed	Junior Member Guest
August 4 <sup>th</sup>	Mon	Summer Clinics begin/3 <sup>rd</sup> session
August 4 <sup>th</sup> - 8 <sup>th</sup>	M-F	Junior Club Championships 12-3 p.m
August 4 <sup>th</sup>	Mon	Junior Olympics 12-3 p.m.
August 8 <sup>th</sup>	Fri	Junior Award Ceremony

## 2008 Middlesex Adult Event Calendar

May 5, 6, 7, 8, 9	M, T, W, Th, F	Ladies Spring Camp
May 10 <sup>th</sup>	Sat	Men's Round Robin
May 12, 13, 14, 15	M, T, W, Th,	Ladies Spring Camp
May 16 <sup>th</sup>	Fri	Ladies Season Opener
May 17 <sup>th</sup>	Sat	Men's Round Robin
May 24 <sup>th</sup>	Sat	Memorial Day Scramble
May 25 <sup>th</sup>	Sun	Family Fun Day
May 30 <sup>th</sup>	Fri	Friday Night Socials
May 31 <sup>st</sup>	Sat	Men's Round Robin
June 6 <sup>th</sup>	Fri	Ladies Member Guest- (tentative)
June 8 <sup>th</sup>	Sun	Club Championships Start
June 14 <sup>th</sup>	Sat	Ladies Pro-Am
June 27 <sup>th</sup>	Fri	Friday Night Socials
June 28 <sup>th</sup>	Sat	Men's Round Robin
June 29 <sup>th</sup>	Sun	Parent Child Tourney
July 4 <sup>th</sup>	Fri	Davis Cup
July 5 <sup>th</sup>	Sat	Men's Round Robin
July 6 <sup>th</sup>	Sun	Men's Pro-Am
July 12 <sup>th</sup>	Sat	Men's Round Robin
July 19 <sup>th</sup>	Sat	Men's Member Guest
July 25 <sup>th</sup>	Fri	Friday Night Socials
July 26 <sup>th</sup>	Sat	Men's Round Robin
August 2 <sup>nd</sup>	Sat	Men's Round Robin

August 3 <sup>rd</sup>	Sun	Mixed Member Guest
August 9 <sup>th</sup>	Sat	Men's Round Robin
August 31 <sup>st</sup>	Sun	Labor Day Mixed Doubles Tournament
September 3 <sup>rd</sup> , 4 <sup>th</sup>	Sat, Sun	Club Championship finals <ul style="list-style-type: none"><li>• Men's doubles</li><li>• Ladies doubles</li><li>• Mixed doubles</li></ul>