

## *Fall/Winter 2010-2011*

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### **Featuring**

- Programs
- Lesson and Training Information
- And more Tennis!

## Tennis Committee

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**Committee:** Doug Rault – Chair, Geeta Sukhrani – Treasurer, Carmen Sych, Gil Carriere and Rick Kalwajtys, Garth van Herwaarden, Jen Cherneski (Board Rep.)

**Meetings every 3<sup>rd</sup> Thursday of the month**

## Tennis Professionals

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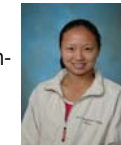
### Gary Fletcher, Head Professional

Our Head Pro has had the privilege of teaching members at the Royal Glenora Club for over 20 years. A native of Australia, Gary consistently ensures the game is played well and played for fun.



### Lan Yao

Lan came to us right off the WTA Player circuit and has become an integral part of the Tennis section. Lan teaches all levels and all ages to play better and play consistent.



### Ryan Schroffel

Ryan practically grew up at the Club and is now a teaching professional. He still plays actively and was named coach of the Provincial U-12 Tennis Team. Ryan has a passion for the game and grooming elite junior players to play at the highest level.



### Peter Skoda

Peter has been with the Club for over 7 years and has gained a following thanks to his success in teaching. He also plays on the local circuit and is highly ranked with Tennis Alberta.



### Lane Richard

Lane is a long time member who is the newest member of the professional team and plays on the University of Alberta Golden Bear Tennis Team.

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**Phone for an appointment:**

<b>Gary Fletcher Head Professional:</b>	<b>482-0395</b>
<b>Lan Yao, Assoc. Professional:</b>	<b>482-2371 VM 450</b>
<b>Ryan Schroffel Assoc. Professional:</b>	<b>482-2371 VM 451</b>
<b>Peter Skoda Assoc. Professional:</b>	<b>482-2371 VM 452</b>
<b>Lane Richard Assoc. Professional:</b>	<b>482-2371 VM 451</b>

**(E-mail any of the above at “firstname.lastname” at royalglenora.com**

**\*Please add GST for those 15 years and older.**

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## JUNIOR PROGRAMS

### JUNIOR RECREATIONAL AND COMPETITIVE STREAMS

(Progressive Tennis Jr. Development System at the Royal Glenora)

You will notice our classes are divided into 2 Streams: Recreational and Competitive. This enables us to enhance the juniors learning abilities and to optimize each athlete potential. Players registering for the competitive stream must be confirmed by the professionals.

#### Recreational Stream

- |                            |                   |
|----------------------------|-------------------|
| Vaults & Volley's          | approx 3 – 6 yrs  |
| • Mini Tennis              | approx: 5 - 8 yrs |
| • Progressive Fundamentals | approx: 8 + yrs   |

#### Competitive Stream

- |                          |                  |
|--------------------------|------------------|
| • $\frac{3}{4}$ Court    | approx 7 – 9 yrs |
| • U 12 Provincial Champs | approx 9+ yrs    |
| • High Performance       |                  |

Our Junior Fundamental Programs are for those juniors just starting out in our great game. We begin with Vaults & Volley's and progress to Mini tennis. We work on developing the necessary skills such as eye hand coordination, various movement techniques, throwing, catching and ball control skills. Ages are used as guidelines only

**Please don't forget to have the children dressed appropriately, including clothing and shoes. Please check for cancellation dates.**

*Vaults and Volleys  
Combo Camp*

This is one of our most popular combo programs for the kids. It is our introduction to tennis at a fun early age. Participants will learn the sports of gymnastics and tennis in a fun and safe environment and have an incredible time! Participants must register under the gymnastics section.

**Ages:** Monday 4-6yrs, Friday 3-5yrs

**Cost:** \$90.00 per month

Date	Time	Day of Week	Code
Sept 13-June 20	1:00-2:30pm	Monday	GVV1
Sept 10-June 24	10:30-12:00pm	Friday	GVV2

**MINI TENNIS: Recreational Stream**

This is an exciting program using mini courts and appropriate sized equipment to get these kids rallying and playing our great game much sooner.

Age: 5 – 8 years  
 Cost: \$113 / 6 week session

<u>Date</u>	<u>Time</u>	<u>Day of Week</u>	<u>Code</u>
Sept 11	12 noon – 1:30 pm	Saturday	TM1
Oct 23	12 noon – 1:30 pm	Saturday	TM3
Jan 8	12 noon – 1:30 pm	Saturday	TM5
Feb 26	12 noon – 1:30 pm	Saturday	TM7
Apr 30	12 noon – 1:30 pm	Saturday	TM9
Sept 9	2:30 pm – 4:00 pm	Thursday	TM2
Oct 21	2:30 pm – 4:00 pm	Thursday	TM4
Jan 6	2:30 pm – 4:00 pm	Thursday	TM6
Feb 17	2:30 pm – 4:00 pm	Thursday	TM8
Apr 21	2:30 pm – 4:00 pm	Thursday	TM10

**PROGRESSIVE FUNDAMENTALS: Recreational Stream**

Age: 8+ yrs  
 Cost: \$113 / 6 week session

<u>Date</u>	<u>Time</u>	<u>Day of Week</u>	<u>Code</u>
Sept 11	12 noon – 1:30 pm	Saturday	TF1
Oct 23	12 noon – 1:30 pm	Saturday	TF3
Jan 8	12 noon – 1:30 pm	Saturday	TF5
Feb 26	12 noon – 1:30 pm	Saturday	TF7
Apr 30	12 noon – 1:30 pm	Saturday	TF9
Sept 9	2:30 pm – 4:00 pm	Thursday	TF2
Oct 21	2:30 pm – 4:00 pm	Thursday	TF4
Jan 6	2:30 pm – 4:00 pm	Thursday	TF6
Feb 17	2:30 pm – 4:00 pm	Thursday	TF8
Apr 21	2:30 pm – 4:00 pm	Thursday	TF10

**3/4 COURT COMPETITIVE: Competitive Stream**

Players must attend both days

Cost: \$ 701 per 15 week session Sept 8 to Dec 15  
 \$ 581 per 12 week session Jan 5 – March 26  
 \$ 509 per 11 week session April 6 – June 22

<u>Date</u>	<u>Time</u>	<u>Day of Week</u>	<u>Code</u>
Sept 8	4:00 pm – 6:00 pm	Wednesday	T3QC1
	10:00 am – 12 noon	Saturday	
Jan 5	4:00 pm – 6:00 pm	Wednesday	T3QC2
	10:00 am – 12 noon	Saturday	
Apr 6	4:00 pm – 6:00 pm	Wednesday	T3QC3
	10:00 am – 12 noon	Saturday	

**U12 PROVINCIAL CHAMPS: Competitive Stream**

Players must attend each day: The U12 Provincial Champs group meet together each Wed. and Sat.  
The group will also will be divided into two additional training groups.

Group A trains on Tues. 4-6pm

Group B trains Thurs. 4-6pm

Fitness training TBA

Cost: \$ 1,061 per 15 week session Sept 8 to Dec 15  
\$ 869 per 12 week session Jan 5 - March 26  
\$ 773 per 11 week session April 6 - June 22

<u>DATE</u>	<u>TIME</u>	<u>DAY OF WEEK</u>	<u>CODE</u>
Sept 8	4:00 pm - 6:00 pm	Wednesday	TU121
	8:00 am - 10:00 am	Saturday	
Jan 5	4:00 pm - 6:00 pm	Wednesday	TU122
	8:00 am - 10:00 am	Saturday	
Apr 6	4:00 pm - 6:00 pm	Wednesday	TU123
	8:00 am - 10:00 am	Saturday	

**JUNIOR PERFORMANCE COMPETITIVE STREAM**

A comprehensive training program for, Ages: 10 - 18 yrs (by ability level)

Sept. 7 - End of June (Jr. Outdoor Provincials)

Registrations for these Competitive programs must go through the professionals.

\*Fitness Times TBA

High Performance HP Code: THP 1

Men's Elite Training MET Code: TME1

**HIGH PERFORMANCE (1)**

MONDAY	ON COURT	4:00 - 6:00 PM
Tuesday	on court	4:00 - 6:00
Thursday	on court	4:00 - 6:00
Friday	on court	4:00 - 6:00

**JUNIOR / MEN'S ELITE TRAINING**

Tuesday	on court	6:00 - 8:00 pm
Thursday	on court	6:00 - 8:00

Our High Performance and Elite Competitive Stream programs are designed solely for our elite tennis athletes and those aspiring to be. This program focuses on all aspects of competitive performance training at the provincial and national levels. Interested participants can call the tennis office: (Gary) 482-0395 or (Lan/Ryan/Lane) 482-0381. Registrations are accepted based on ability level. Players must be suitable to meet the demands of a competitive training program and continue to meet these demands over the course of the year. Coaches: Ryan Schroffel, Lan Yao, Gary Fletcher and Lane Richard

**SPORT PERFORMANCE FOR TENNIS (Fitness) TBA**

## ADULT PROGRAMMING

### Men's 'Hackers' Program

A notable tradition at the Royal Glenora, this evening instructional and play program is a fabulous way to spend an evening, physically and socially. Don't let the term "Hacker" fool you.

For players rated 3.0 and above

Cost: \$149 per session plus GST, includes \$5 ball charge  
12 week sessions, (\* 10 weeks pro rated)

DATE	TIME	DAY	CODE
Sept 7	6:00 pm - 7:30 pm	Tuesday	TH1
Jan 4	6:00 pm - 7:30 pm	Tuesday	TH3
April 5 *	6:00 pm - 7:30 pm	Tuesday	TH5
Sept 8	7:30 pm - 9:00 pm	Wednesday	TH2
Jan 5	7:30 pm - 9:00 pm	Wednesday	TH4
April 6 *	7:30 pm - 9:00 pm	Wednesday	TH6

### 'AllStars' Ladies Program

An institution at the Royal Glenora Club for fifteen years, this daytime instruction and play format will give you a great workout while executing drills and strategy.

Tuesday - intermediate 3.0

Thursday - beg / novice 1.0 - 2.5

Friday - (Advanced drills) 3.5+ (Fri. class registration must be approved by the professionals)

Cost: \$149 per session plus GST, includes \$5 ball charge  
\* \$ 101 per session plus GST, includes \$5 ball charge  
length of Spring Sessions TBA (pro rated)

DATE	TIME	DAY	CODE
Sept 7	9:30 am - 11:00 am	Tuesday	TA 1
Jan 4	9:30 am - 11:00 am	Tuesday	TA 4
April 5	9:30 am - 11:00 am	Tuesday	TA 7
Sept 9 *	10:00 am - 11:00am	Thursday	TA 2
Jan 6 *	10:00 am - 11:00 am	Thursday	TA 5
April 7 *	10:00 am - 11:00 am	Thursday	TA 8
Sept 10	9:30 am - 11:00 am	Friday (Advanced Drills)	TA 3
Jan 7	9:30 am - 11:00 am	Friday (Advanced Drills)	TA 6
April 8	9:30 am - 11:00 am	Friday (Advanced Drills)	TA 9

**Stroke Improvement**

An evening program for both men and women with some playing experience. Sign up with some friends and have a guaranteed good learning experience.

Adults - rated 2.0-2.5

Cost: \$149 per session plus GST, includes \$5 ball charge  
12 week sessions (\* 10 weeks pro rated)

<b>DATE</b>	<b>TIME</b>	<b>DAY</b>	<b>CODE</b>
Sept 8	6:00 pm – 7:30 pm	Wednesday	TSI 1
Jan 5	6:00 pm – 7:30 pm	Wednesday	TSI 2
April 6 *	6:00 pm – 7:30 pm	Wednesday	TSI 3

**Stroke Development**

An evening program for all beginner to novice men and women who want to learn this great game.

Adults – rated 1.0 - 2.0

Cost: \$77 per session plus GST, includes \$5 ball charge  
6 week sessions

<b>DATE</b>	<b>TIME</b>	<b>DAY</b>	<b>CODE</b>
Sept 9	6:00 pm – 7:30 pm	Thursday	TSD 1
Oct 21	6:00 pm – 7:30 pm	Thursday	TSD 2
Jan 6	6:00 pm – 7:30 pm	Thursday	TSD 3
Feb 24	6:00 pm – 7:30 pm	Thursday	TSD 4

**Drills & Skills**

A specialized training and drill program for those rated 3.5 and above (intermediate/ advanced).

Cost: \$149 per session plus GST, includes \$5 ball charge  
12 week sessions (\* 10 weeks pro rated)

<b>DATE</b>	<b>TIME</b>	<b>DAY</b>	<b>CODE</b>
Sept 9	7:30 pm – 9:00 pm	Thursday	TD 1
Jan 6	7:30 pm – 9:00 pm	Thursday	TD 2
Apr 7 *	7:30 pm – 9:00 pm	Thursday	TD 3

**Masters Training**

High Performance Adult - intense tennis training and strategy sessions for players 30 years and over, and rated 4.0 and above. It's always training time! (Registration is to be approved by the professionals )

Cost: \$197 per session plus GST, includes \$5 ball charge  
12 week sessions

DATE	TIME	DAY	LEVEL	CODE
Sept 7	7:30 pm – 9:30 pm	Tuesday	Ladies 4.5	TWM 1
Jan 4	7:30 pm – 9:30 pm	Tuesday	Ladies 4.5	TWM 5
April 5	7:30 pm – 9:30 pm	Tuesday	Ladies 4.5	TWM 9
Sept 8	6:00 – 8:00 pm	Wednesday	Ladies 5.0	TWM 2
Jan 5	6:00 – 8:00 pm	Wednesday	Ladies 5.0	TWM 6
April 6	6:00 – 8:00 pm	Wednesday	Ladies 5.0	TWM 10
Sept 12	10:00 – 12 noon	Sunday	Men 4.5	TWM 3
Jan 9	10:00 – 12 noon	Sunday	Men 4.5	TWM 7
April 9	10:00 – 12 noon	Sunday	Men 4.5	TWM 11
Sept 12	12:00 – 2 pm	Sunday	Ladies 4.0	TWM 4
Jan 9	12:00 – 2 pm	Sunday	Ladies 4.0	TWM 8
April 9	12:00 – 2 pm	Sunday	Ladies 4.0	TWM 12

**Men's Elite Training**

High Performance Men's Elite Training that is combined with our Elite Juniors. Men must be 5.5+. Players interested please contact Ryan Schroffel.

Cost: \$24 per day plus GST

DATE	TIME	DAY	LEVEL	CODE
Sept 7	6:00 pm – 8:00 pm	Tuesday	Level 5.5 +	TME1
Sept 9	6:00 pm – 8:00 pm	Thursday	Level 5.5 +	TME1

## LEAGUES AND LADDERS

Our very popular doubles ladders are for everyone\*. Don't miss out on what 150+ members play weekly. \*Juniors may only participate if recommended by the professionals.

Doubles ladders: You do not have to register with a partner. We look after that, based on attendance. The professionals will place you according to the ladder rules. Register and enjoy!

**All ladder participants please make yourselves familiar with the NEW ladder rules posted on the notice board.**

### Men's Doubles Ladder

For players rated 2.5-5.5

Group 1 plays from 6:00 pm - 7:45pm., Group 2 plays from 7:45 pm - 9:30 pm.  
Group placement is based on level of play, with the top players playing in Group 1. Initial placement according to the ladder rules by the professionals. There will be some cancellations due to holidays or club events. Please check clip boards/notice boards for updates.

Cost: \$25.00 per session plus GST  
Sessions run quarterly.

DATE	TIME	DAY	CODE
Sept 6	6:00 pm - 9:30 pm	Monday	TML 1
Jan 3	6:00 pm - 9:30 pm	Monday	TML 2
April 4	6:00 pm - 9:30 pm	Monday	TML 3

### Ladies Doubles Ladder

For players rated 2.5-5.5

Initial placement according to the ladder rules by the professionals. There will be some cancellations due to holidays or club events. Please check clip boards/notice boards for updates

Cost: \$25.00 per session plus GST  
Sessions run quarterly

DATE	TIME	DAY	CODE
Sept 8	1:00 pm - 3:00pm	Wednesday	TLL 1
Jan 5	1:00 pm - 3:00pm	Wednesday	TLL 3
April 6	1:00 pm - 3:00pm	Wednesday	TLL 5
Sept 9	6:00 pm - 8:00 pm	Thursday	TLL 2
Jan 6	6:00 pm - 8:00 pm	Thursday	TLL 4
April 7	6:00 pm - 8:00 pm	Thursday	TLL 6

### **Box Leagues**

Cost: No Charge (for members only)

Call the Tennis Professionals (482-0395) to register for box leagues:

- Mixed Men's and Ladies Singles Box League
- Ladies Doubles Box League
- Men's Doubles Box League (if sufficient interest)

Box Leagues run October to May.

You will arrange your mutually agreeable time and book your court (using your member booking procedures). This allows you to play different members of the same ability level, and is a great way to meet others in the club and get a competitive game. You will have approx 7 weeks to complete your matches.

### **Sunday Drop-In**

Adult Open Play                      1 - 4pm Sundays on Courts 8-10

Adults are invited to play on a drop in basis and play with other members. **No booking required.** Come sign in and play drop in, mix up and enjoy! Drop in guidelines are posted on the notice board next to court # 8. Some Sundays may be cancelled, check the open play sign in board for notices.

