

2009 - 2010

TENNIS

ACTIVITY AND

INFORMATION

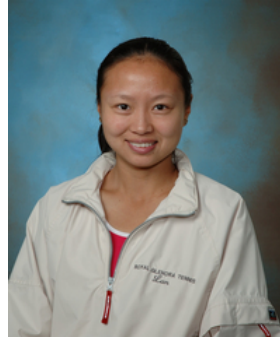
GUIDE

As of January 12, 2010

TENNIS



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Committee: Doug Rault – Chair, Darryl Anderson - Vice Chair, Geeta Sukhrani – Treasurer
Jeremy Thiessen, Wojtek Malinski, Rob MacEwan, Carmen Sych and Gil Carriere and Rick
Kalwajtys

Meetings every 3rd Thursday of the month

PRIVATE TENNIS LESSONS

Adult Private	\$46.00/hour
	\$28.00/half hour
Adult Semi Private (2-4)	\$56.00/hour
	\$34.00/half hour
Junior Private	\$38.00/hour
	\$28.00/half hour

Please add GST for those 15yrs +

Phone for an appointment:

Gary Fletcher	Head Professional	482-0395
Lan Yao	Assoc. Pro.	482-2371 VM 450
Ryan Schroffel	Assoc. Pro	482-2371 VM 451
Peter Skoda	Assoc. Pro	482-2371 VM 452

ADULT PROGRAMS

Men's 'Hackers' Program

A notable tradition at the Royal Glenora, this instructional and play program is a fabulous way to spend an evening, physically and socially.

For players rated 3.0 and above

Cost: \$149 per session plus GST, includes \$5.00 ball charge
12 week sessions

<u>Date</u>	<u>Time</u>	<u>Day of week</u>	<u>Code</u>
Jan 12	6:00 pm - 7:30 pm	Tuesday	TH3
April 6	6:00 pm - 7:30 pm	Tuesday	TH5
Jan 13	7:30 pm – 9:00 pm	Wednesday	TH4
April 7	7:30 pm – 9:00 pm	Wednesday	TH6

'AllStars' Ladies Program

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

Tuesday – novice / intermediate 2.0 – 3.0

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

Cost: \$149 per session plus GST, includes \$5.00 ball charge
12 week sessions (* pro-rated session 11 weeks)

<u>Date</u>	<u>Time</u>	<u>Day of Week</u>	<u>Code</u>
Jan 5	9:30 am – 11:00 am	Tuesdays	TA 3
April 6	9:30 am – 11:00 am	Tuesdays	TA 5
Jan 8	9:30 am – 11:00 am	Fridays (Advanced Drills)	TA 4
April 9	9:30 am – 11:00 am	Fridays (Advanced Drills)	TA 6

Stroke Improvement

A program for all beginner men and women tennis players. Bring some friends and have a guaranteed good learning experience.

Beginner Adults - for players rated 2.0-2.5

Cost: \$77.00 per session plus GST, includes \$5.00 ball charge
6 week sessions

<u>Date</u>	<u>Time</u>	<u>Day of Week</u>	<u>Code</u>
Jan 13	6:00 pm – 7:30pm	Wednesday	TSI 3
Feb 24	6:00 pm – 7:30pm	Wednesday	TSI 4
April 7	6:00 pm – 7:30pm	Wednesday	TSI 5

DRILL SESSIONS

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

Cost: \$77.00 per session plus GST, includes \$5.00 ball charge
6 week sessions

<u>Date</u>	<u>Time</u>	<u>Day of Week</u>	<u>Code</u>
Jan 14	8:00 pm – 9:30pm	Thursday	TD 3
Feb 25	8:00 pm – 9:30pm	Thursday	TD 4
Apr 8	8:00 pm – 9:30pm	Thursday	TD 5

MASTERS TRAINING

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

Cost: \$197.00 per session plus GST, includes \$5.00 ball charge
12 week sessions (* pro-rated session 10 weeks)

Date	Time	Day of week	Level	Code
Jan 12	7:30 pm – 9:30pm	Tuesday	Ladies 4.5	TWM 5
April 6	7:30 pm – 9:30pm	Tuesday	Ladies 4.5	TWM 9
Jan 13	6:00 – 8:00pm	Wednesday	Ladies 5.0	TWM 6
April 7	6:00 – 8:00pm	Wednesday	Ladies 5.0	TWM 10
*Jan 17	10:00 – 12 noon	Sunday	Men 4.5	TWM 7
April 11	10:00 – 12 noon	Sunday	Men 4.5	TWM 11
*Jan 17	12 noon – 2pm	Sunday	Ladies 4.0	TWM 8
April 11	12 noon – 2pm	Sunday	Ladies 4.0	TWM12

LEAGUES AND LADDERS

Our very popular doubles ladders are for everyone (adults). Don't miss out on what 150+ members play weekly.

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

MENS DOUBLES LADDER

For players rated 2.5-5.5

Group 1 plays from 6:00 pm - 7:30pm., Group 2 plays from 7:30 pm – 9:00 pm.

Group placement is based on level of play, with the top players playing in Group 1. Initial placement 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
Approx. 12 week sessions, sessions run quarterly.

Date	Time	Day of Week	Code
Oct 12	6:00 pm – 9:00 pm	Monday	TML 1
Jan 4	6:00 pm – 9:00 pm	Monday	TML 2
April 12	6:00 pm – 9:00 pm	Monday	TML 3

LADIES DOUBLES LADDER

For players rated 2.5-5.5

Initial placement 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

Date	Time	Day of Week	Code
Oct 14	1:00 pm - 3:00pm	Wednesday	TLL 1
Jan 6	1:00 pm - 3:00pm	Wednesday	TLL 3
April 7	1:00 pm - 3:00pm	Wednesday	TLL 5

Oct 15	6:00 pm – 9:00 pm	Thursday	TLL 2
Jan 7	6:00 pm – 9:00 pm	Thursday	TLL 4
April 8	6:00 pm – 9:00 pm	Thursday	TLL 6

BOX LEAGUES

Cost: No Charge (for members only) Box Leagues run September to June

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

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. Box leagues are posted outside the men's and ladies locker room entrances. You will have approx 7 weeks to complete your matches.

SUNDAY DROP IN

Adult Open Play 1 - 4pm on Courts 8-10 Begins Oct 18

Adults are invited to play on a drop in basis. **No booking required.** Come and play drop in!

JUNIOR PROGRAMS

(Progressive Tennis Jr. Development System)

Our Junior Fundamental Programs are for those juniors just starting out in our great game. We begin with **Vaults & Volleys** 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

VAULTS AND VOLLEYS

Tennis is from 1 – 1:45pm with gym to follow at 1:45 – 2:30pm. This is another of our most popular combo programs. Participants will learn the sports of gymnastics and tennis in a fun and safe environment and have an incredible time!

Ages: 4-5yrs
 Cost: \$90.00 per month

Date	Time	Day of Week	Code
Sept 14 – June 21	1:00 pm – 2:30 pm	Monday	GVV1
Sept 11 – June 25	10:30 pm – 12 pm	Friday	GVV2

MINI TENNIS Program

This is an exciting program using mini courts and appropriate sized equipment to get these kids rallying and playing our great game much sooner. This program is a guaranteed good time for the participants

Age: 5 – 7 years
 Cost: \$90 / 6 week session

Date	Time	Day of Week	Code
Jan 9	11:30 am – 1:00 pm	Saturday	TM3
Feb 27	11:30 am – 1:00 pm	Saturday	TM4
Apr 17	11:30 am – 1:00 pm	Saturday	TM5

JUNIOR DEVELOPMENTAL AND COMPETITIVE STREAMS

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

You will notice our classes are divided into 2 Streams: Developmental and Competitive. This enables us to enhance the juniors learning abilities and to optimize each athlete potential

Developmental Stream

- $\frac{3}{4}$ Court approx: 7 - 10 yrs
- Full Court approx: 11+ yrs

Competitive Stream

- $\frac{3}{4}$ Court approx 7 – 9 yrs
- Full Court Transition approx 9+ yrs
- Full Court approx 10+

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

Jr Developmental Stream

$\frac{3}{4}$ Court – Developmental

Cost: \$90.00 per 6 week session

Date	Time	Day of Week	Code
Jan 9	10:00 am – 11:30 am	Saturday	T3QD3
Feb 27	10:00 am – 11:30 am	Saturday	T3QD4
Apr 17	10:00 am – 11:30 am	Saturday	T3QD5

Full Court – Developmental

Cost: \$90.00 per 6 week session

Date	Time	Day of Week	Code
Sept 12	2:00 pm – 3:30 pm	Saturday	TFCD1 RGC
Oct 24	2:00 pm – 3:30 pm	Saturday	TFCD2
Jan 9	2:00 pm – 3:30 pm	Saturday	TFCD3
Feb 27	2:00 pm – 3:30 pm	Saturday	TFCD4
Apr 17	2:00 pm – 3:30 pm	Saturday	TFCD5

Jr Competitive Stream

$\frac{3}{4}$ Ct – Competitive

Cost: \$480.00 per 12 week session (24 classes)

Date	Time	Day of Week	Code
Jan 6	4:00 pm – 6:00 pm	Wednesday	T3QC2
	8:00 am – 10:00 am	Saturday	
Apr 7	4:00 pm – 6:00 pm	Wednesday	T3QC3
	8:00 am – 10:00 am	Saturday	

Full Ct – Competitive Transition

Cost: \$480 per 12 week session (24 classes)

Date	Time	Day of Week	Code
Jan 6	4:00 pm – 6:00 pm	Wednesday	TFCT2
	8:00 am – 10:00 am	Saturday	
Apr 7	4:00 pm – 6:00 pm	Wednesday	TFCT3
	8:00 am – 10:00 am	Saturday	

Full Ct – Competitive

Cost: \$720 / 12 week session (36 classes)

Date	Time	Day of Week	Code
Jan 5	4:00 pm – 6:00 pm	Tues, Thurs & Sun	TFC2
Apr 6	4:00 pm – 6:00 pm	Tues, Thurs & Sun	TFC3

JUNIOR PERFORMANCE COMPETITIVE STREAM

A comprehensive training program for, Ages: 10 – 18 yrs (by ability level)
Sept. 8 – July 4 (Jr. Outdoor Provincials)

High Performance HP (Group 1) Code: THP 1
Elite Performance EP (Group 2) Code: TEP 2

High Performance (1) - Revised

Monday	on court	4:00 – 6:00
Tuesday	on court	4:00 – 6:00
Tuesday	fitness	6:00 – 7:00
Thursday	on court	4:00 – 6:00
	fitness	6:00 – 7:00
Friday	on court	4:00 – 6:00
Sunday	match play	4:00 – 6:00

Elite Performance (2) - Revised

Tuesday	on court	4:00 – 6:00
Tuesday	fitness	6:00 – 7:00
Wednesday	on court	4:00 – 6:00
Thursday	on court	4:00 – 6:00
	fitness	6:00 – 7:00

* Elite Performance court time above may change depending upon registration

Our Junior Performance 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) 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

Sport Performance Trainer:
Linda Blade, PhD Kinesiology, ChPC

Description:

Fall 2009 Sport Performance Fitness Training for Tennis will involve a progressive development plan. Firstly, players will undergo training to enhance basic physical capabilities such as core strength, posterior chain exercises, cardio-vascular endurance, strength endurance, flexibility, and coordination. After that initial phase of general preparation, the players will undertake higher-order drills to hone tennis-specific fitness needs, including:

- Running speed and power through sprints and plyometrics
- Quick, explosive movements of the hips and feet in all four directions (forward, backward, left and right)
- Complex agility capacities requiring upper-body control while the feet are moving
- Speed endurance (the ability to sustain high-intensity activity)
- Strength-at-Range (adding strength at the far end of the range of motion)
- Dynamic strength in the upper body
- "Fluidity" of motion (the ability to change directions aggressively, but with smoothness, efficiency and elasticity)

Registrations for either competitive program must go through the coaching staff.

RGC TOURNAMENTS (2009 Club Championships)

MEN'S & WOMEN'S DOUBLES	OCTOBER 27 – NOV. 1, 2009
MIXED DOUBLES	DECEMBER 1 - 6, 2009
MEN'S & WOMEN'S SINGLES	JANUARY 5 – 10, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
7:00 AM								7:00 AM	
8:00 AM								8:00 AM	
9:00 AM						Jr Dev Stream T3Q (3/4 Court)		9:00 AM	
10:00 AM		Allstar Ladies			Allstar Ladies	Jr Dev Stream T3Q (3/4 Court)	WMG Trng TWM	10:00 AM	
11:00 AM				Allstar Ladies	GVV2 Vaults & Volleys (Tennis Portion)			11:00 AM	
12:00 PM						Jr Dev Stream TM (Mini)	WMG Trng TWM	12:00 PM	
1:00 PM	Vaults & Volleys GVV1 (1:00-1:45p Tennis portion)		Ladies Dbls Ladder					1:00 PM	
2:00 PM								Adult Open Play	2:00 PM
3:00 PM							Jr Dev Stream TFC (Full Court)	Courts 8-10	3:00 PM
4:00 PM	HP/Elite THP/TEP	Jr Dev Stream TFC (Full Court)	Jr Dev Stream TM (Mini)	Elite TEP	Jr Dev Stream TFC (Full Court)	HP THP	HP THP	4:00 PM	
5:00 PM		HP/Elite THP/TEP						HP/Elite THP/TEP	5:00 PM
6:00 PM	Mens Dbls Ladder	Mens Hackers	Stroke Imprv	WMG Trng TWM2	Ladies Dbls Ladder			6:00 PM	
7:00 PM									
8:00 PM			WMG Trng TBA	Mens Hackers		Drills (to 9:30 pm)	Friday Mixed Social		8:00 PM