

## Adult Clinics

**Starting September 7th**

### **Beginners/Adv Beginners**

**Saturdays 10:30-11:30am**

**Cost: \$90/6 weeks**

**Sign up in advance for session**

**Dates: Saturdays 9/7-10/12**

### **Intermediate Drills & Skills**

**Saturdays 9-10:30 am (drop in)**

**Cost: \$25/nonmember, \$22/member**

**Starting September 9th**

### **Round Robin Doubles in Afternoon**

**Mondays 12:30-2:30 pm**

**Tuesday 2:00-3:30 pm**

**Thursdays 1:30-3:30 pm**

**Cost: \$10/member, \$12/nonmember**

**Sign up in advance week to week**

**Starting September 10th**

### **Women's Intermediate**

**Tuesdays 12:30-2 pm**

**Cost: \$25 nonmember/\$22 member**

**Sign up in advance week to week**

### **Intermediate- Advanced**

**Tuesdays 6:30-8 pm (drop in)**

**Cost: \$25/nonmember; \$22/member**

**Starting September 11th**

### **Advanced Beginner**

**Wednesdays 1-2:30 pm**

**Cost: \$25/nonmember, \$22/member**

**Sign up in advance week to week**

### **Adv. Beginner-Intermediate NEW**

**Wednesdays 7-8:30pm**

**Cost: \$25/nonmember, \$22/member**

**Sign up in advance week to week**

## Mission Statement

Our pros are dedicated to building a strong foundation biomechanically, strategically and mentally for future on-court success!

## MAKEUP POLICY

ONE (and only ONE) makeup per session will be allowed if:

1. You notify us 24 HOURS in advance by email of absence.
2. There is room in another session of the missed clinic or similar clinic.
3. The make up is done in the current session.

**Sorry, NO exceptions!**

## MEMBERSHIPS

### **Junior Membership: \$50**

Players 8 years or older must have a junior club membership to participate in clinics.

### **Adult Single Membership: \$180**

### **Family Membership: \$280**

## Private Lessons

Private lessons available with Gary Gouse

**Cost: \$75/hr. 1 person, \$40/hr. 2 person**



150 Silver Spring Road, Mechanicsburg, PA 17050

717-796-1770 wstctennis@comcast.net

[www.wstctennis.com](http://www.wstctennis.com)

## 2019 FALL Tennis Training Series



# West Shore Tennis Club Program Schedule



[www.wstctennis.com](http://www.wstctennis.com)

### **Level I/II (Ages 5-7)**

**Tuesday 5:30-6:30 p.m.**

**Thursday 5:30-6:30 p.m.**

**Saturday 10:30-11:30 a.m.**

**Saturdays 12:30-1:30 p.m.**

**Cost: \$90/6 weeks, \$165/2 days,  
\$240/3 days**

**Dates: Tuesdays 9/3-10/8**

**Thursdays 9/5-10/10**

**Saturdays 9/7-10/12**

This clinic will help develop the young player's general motor and athletic skills. The main focus is on coordination, training, movement skills, and having fun!!

### **Level II/III (Ages 8—10) \***

**Tuesday 4:30-5:30 p.m.**

**Thursday 4:30-5:30 p.m.**

**Saturday 11:30 a.m.—12:30 p.m.**

**Saturdays 1:30-2:30 p.m.**

**Cost: \$90/6 weeks, \$165/2 days,  
\$240/3 days**

**Dates: Tuesdays 9/3-10/8**

**Thursdays 9/5-10/10**

**Saturdays 9/7-10/12**

This clinic will focus on coordination, balance and motor skill development. Players will learn how to initiate a rally, how to move and judge the ball as well as improve racquet control skills, all while having fun!!

### **“The Next Level” IV (Ages 8+)\***

**Monday 5:30-7 p.m.**

**Cost \$125/5 weeks**

**Dates: 9/9-10/7**

This clinic is for players who are ready to move up from Level II/III. They will start to focus on playing points by playing drill games and point play simulation feeds. More focus on serve, all while having fun.

- **Junior Membership Required**

- **See back page for our Makeup Policy**

### **Intermediates (Elementary & Middle School)\***

**Wednesday 5:30-7:00 p.m.**

**Friday 4:30-6:00 p.m.**

**Cost: \$150/6 weeks; \$275/2 days**

**Dates: Wednesdays 9/4-10/9**

**Fridays 9/6-10/11**

This clinic will emphasize the importance of developing tennis skills, movement and strategies needed to play the game, as well as the serve. Drill games are used to simulate game situations.

### **Teen Beginner Adv Beginner (Middle/High School)\***

**Saturday 11:30 a.m.- 1 p.m.**

**Cost: \$150/6 weeks**

**Dates: Saturdays 9/7-10/12**

This clinic is for teens to learn technique and build confidence, hitting and playing tennis all in a comfortable and fun setting!!

### **Teen Intermediate (Middle/High School)\***

**Sunday 1:00-2:30 p.m.**

**Wednesday 4:00-5:30 p.m.**

**Saturday 1:00-2:30 p.m.**

**Cost: \$150/6 weeks, \$275/2 days,  
\$400/3 days**

**Dates: Sundays 9/8-10/13**

**Wednesdays 9/4-10/9**

**Saturdays 9/7-10/12**

This clinic will focus players to work on fundamentals of strokes mechanics and court movements, play drill games and play situations. Instruction will focus on movement training, using the ball machine, live hitting and play. Players will learn high percentage play sequences.

- **Junior Membership Required**

- **See back page for our Makeup Policy**



### **Under 12 Advanced/Adv. Intern. \***

**Monday 5:30-7pm**

**Cost: \$125/5 weeks**

**Dates: Mondays 9/9-10/7**

This clinic is for the U12 advanced and advanced intermediate player motivated to hustle while working on their tennis skills. Must have basic strokes (topspin). Will teach and work on specialty shots, court movement and point play strategies

### **Teen Advanced/Adv. Intern. \***

**Sunday 11:30 am—1 pm**

**Cost: \$150/6 weeks**

**Dates: Sundays 9/8-10/13**

This clinic is for the young teen advanced and advanced intermediate player motivated to hustle while hitting and working on improving tennis skills, shot selection, court movement and point play strategies.

### **High Performance\***

**Monday 3:30-5:30 p.m.**

**Cost \$200/5 weeks**

**Dates: 9/9-10/7**

This clinic works on high school team match and tournament preparation. Players will work on footwork, conditioning, tactics and strategies, along with mental toughness. All players must be approved by Gary Gouse.

- **Junior Membership Required**

- **See back page for our Makeup policy**



# WSTC 2019 Fall Training Clinic Registration

Email: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Amount Due: \_\_\_\_\_ (Checks payable to WSTC)

**CLINIC: (Please check all that apply) Jr. Membership** \_\_\_\_\_

**Level I/II:** \_\_\_\_ Tues \_\_\_\_ Thurs \_\_\_\_ Sat1030 \_\_\_\_ Sat 1230 **Level II/III:** \_\_\_\_ Tues \_\_\_\_ Thurs \_\_\_\_ Sat1130 \_\_\_\_ Sat130 **"Next Level" IV** \_\_\_\_ Mon **Intern**(EL/MS) \_\_\_\_ Weds \_\_\_\_ Fri

**Teen Beg/Adv Beg** \_\_\_\_ Sat **Teen Intern :** \_\_\_\_ Sun \_\_\_\_ Weds \_\_\_\_ Sat **U12 Adv** \_\_\_\_ Mon **Teen Adv** \_\_\_\_ Sun **High Perf** \_\_\_\_ Mon **Adult Beg/Adv Beg** \_\_\_\_ Sat

**\*MEMBERSHIPS:** Players 8 yrs + must have a junior club membership to participate in clinics. Please Note: No refunds given after the first week or for missed clinics.

I give consent for my child, \_\_\_\_\_, to participate in all clinic activities at the West Shore Tennis Club. I will inform WSTC of any pertinent medical conditions \_\_\_\_\_. I agree that the West Shore Tennis Club and all WSTC staff are not responsible for any injuries suffered by my child while engaged in clinic/camp activities. Furthermore, I hereby release the aforesaid from any and all liability for such injuries.

Adult/Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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Email: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Amount Due: \_\_\_\_\_ (Checks payable to WSTC)

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**Level I/II:** \_\_\_\_ Tues \_\_\_\_ Thurs \_\_\_\_ Sat1030 \_\_\_\_ Sat 1230 **Level II/III:** \_\_\_\_ Tues \_\_\_\_ Thurs \_\_\_\_ Sat1130 \_\_\_\_ Sat130 **"Next Level" IV** \_\_\_\_ Mon **Intern**(EL/MS) \_\_\_\_ Weds \_\_\_\_ Fri

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Address: \_\_\_\_\_

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