

## Adult Clinics

### Beginners/Adv Beginners

Sundays 6:30-8:00pm

Tuesdays 6:30-8:00pm

Wednesday 7:30-9:00pm

Saturdays 9:00-10:30am

Cost: \$200/Su, \$250/Tu or We, \$225/Sa

Sign up in advance for session

Dates: Sundays 10/30-12/18

Tuesdays 10/18-12/20

Wednesday 10/19-12/21

Saturdays 10/22-12/17

## Adult Clinics

Sign up in advance week to week

Cost: \$30 nonmember/\$25 member

## Intermediates

Sundays 6:00-7:30pm Drills & Games

Tuesdays 12:30-2:00 pm Drills & Games

Tuesdays 6:30-8:00 pm Drills & Games

Wednesdays 1:00-2:30 pm Drills & Skills

Saturdays 9:00-10:30am

## Advanced HS/Adult Drills & Games

Thursdays 8:30-10:00pm

## Adult Round Robin

Sign up in advance week to week

Cost: \$12/member, \$15/nonmember

## Round Robin Doubles in Afternoon

Mondays 12:30-2:30pm

Tuesday 2:00-3:30pm

Thursdays 1:30-3:30pm

## Mission Statement

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

## MAKEUP POLICY

No makeups for any missed clinics.

## MEMBERSHIPS

\*Junior Membership: \$50

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

Adult Membership: \$195

Family Memberships: \$295

## Private Lessons

Private lessons available with Gary Gouse

Cost: \$80/hour 1 person,

\$90/hour 2 persons

## Assumption of Risk

West Shore Tennis Club and all WSTC staff are not responsible for any injuries players may suffer while engaged in tennis activities. Players voluntarily assume the risk that they may be exposed to or infected by COVID-19 while engaged in said tennis activities.

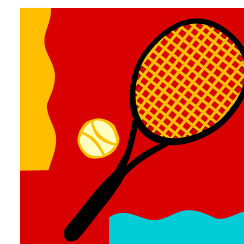


# 2022 LATE FALL Tennis Training Series



# West Shore Tennis Club

# Program Schedule



**WEST SHORE  
TENNIS CLUB**

150 Silver Spring Road, Mechanicsburg, PA 17050  
717-796-1770 wstctennis@comcast.net  
www.wstctennis.com



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



### Junior Clinics

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

**Tuesday 5:30-6:30 pm**

**Thursday 5:30-6:30 pm**

**Thursday 6:00-7:00 pm**

**Saturday 10:30-11:30 am**

**Cost: \$200/Tu, \$180/Th & Sa**

**Dates: Tuesdays 10/18-12/20**

**Thursdays 10/20-12/22 (no clinic 11/24)**

**Saturdays 10/22-12/17**

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) \*

**Sunday 9:00-10:00 am**

**Tuesday 4:30-5:30 pm**

**Thursday 4:30-5:30 pm**

**Saturday 11:30 am-12:30 pm**

**Cost: \$200/Tu, \$180/Sun, Th, Sa**

**Dates: Sundays 10/23-12/18**

**Tuesdays 10/18-12/20**

**Thursdays 10/20-12/22 (no clinic 11/24)**

**Saturdays 10/22-12/17**

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!!

#### Level III/IV (Ages 8-12) \*

**Wednesday 5:30-7:00 pm**

**Thursday 4:30-6:00 pm**

**Cost: \$250/We, \$225/Th**

**Dates: Wednesdays 10/19-12/21**

**Thursdays 10/20-12/22 (no clinic 11/24)**

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. Must have basic strokes. Will teach and work on topspin, slice, serve, court movement and point play strategies.

**\*Junior Membership Required**

### Junior Clinics

#### Level IV/V (Ages 10-13) \*

**Friday 4:30-6:00 pm**

**Cost: \$250/Friday**

**Dates: Fridays 10/21-12/23**

This clinic is the next step up from Level III/IV, will emphasize the importance of developing tennis skills, movement and strategies. Drill games are used to simulate game situations.

#### Level V/VI (Ages 10-13) \*

**Monday 5:30-7:00 pm**

**Cost: \$250/Monday**

**Dates: Mondays 10/17-12/19**

This clinic is the next step up from Level IV/V, 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.

#### Middle School High Performance \*

**Sunday 4:30-6:00 pm**

**Cost: \$270/Sunday**

**Dates: Sundays 10/23-12/18**

This clinic works on team match and tournament preparation. Players will work on footwork, conditioning, tactics and strategies, along with mental toughness. Clinic is for middle school advanced players with a hustle, hit, never quit attitude. *All players must be approved by coaching staff.*

#### Teen Beginners-Advanced Beginner (Middle/High School)\*

**Sunday 10:00-11:30 am**

**Saturday 1:00-2:30pm**

**Cost: \$225/Su or Sa**

**Dates: Sundays 10/23-12/18**

**Saturdays 10/22-12/17**

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

**\*Junior Membership Required**



### Junior Clinics

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

**Sunday 11:30am-1:00pm**

**Monday 7:30-9:00pm**

**Wednesday 4:00-5:30 pm**

**Saturday 11:30am-1 pm**

**Cost: \$250/Mo or We, \$225/Sa or Su**

**Dates: Sundays 10/23-12/18**

**Monday 10/17-12/19**

**Wednesdays 10/19-12/21**

**Saturday 10/22-12/17**

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.

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

**Sunday 1:00-2:30pm**

**Cost: \$225/Sunday**

**Dates: Sundays 10/23-12/18**

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

#### High Performance \*

**Monday 3:30-5:30 pm**

**Cost: \$400/10 weeks**

**Dates: Mondays 10/17-12/19**

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

#### Advanced HS/Adult

**Thursdays 8:30-10:00 pm**

**Cost: \$30 nonmember/\$25 member**

Sign up in advance week to week

Fast paced Drills & Skills!!!

**\*Junior Membership Required**

## WSTC 2022 Late Fall Training Clinic Registration

Amount Due: \_\_\_\_\_

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

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

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

**CLINIC: (Please check all that apply)** Jr. Membership \_\_\_\_\_ \*MEMBERSHIPS: Players 8 yrs + must have a junior club membership to participate in clinics

Level I/II: \_\_Tu530\_\_ \_\_Th530\_\_ \_\_Th6pm\_\_ \_\_Sat1030\_\_ Level II/III: \_\_Su9am\_\_ \_\_Tu430\_\_ \_\_Th430\_\_ \_\_Sat1130\_\_ Level III/IV (ES/MS) \_\_We530\_\_ \_\_Th430\_\_ Level IV/V \_\_Fr430\_\_

Level V/VI \_\_Mo530\_\_ **MSHP** \_\_Su430\_\_ **Teen Beg/AdvBeg** \_\_Su10am\_\_ \_\_Sat1pm\_\_ **Teen Int:** \_\_Su1130\_\_ \_\_Mo730\_\_ \_\_We4pm\_\_ \_\_Sat1130\_\_ **Teen Adv** \_\_Su1pm\_\_ **HP** \_\_Mo330\_\_

**Adult Beg/Adv Beg** \_\_Su630pm\_\_ \_\_Tu630pm\_\_ \_\_We730\_\_ \_\_Sat9am\_\_ \*. **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 and voluntarily assume the risk that we may be exposed to or infected by COVID-19 while engaged in said tennis activities. Furthermore, I hereby release the aforesaid from any and all liability for such injuries or sickness.

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

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