

Adult Tennis

Beginners/Adv Beginners Clinic

Sundays 6:30-8:00pm

Tuesdays 6:30-8:00pm

Wednesdays 7:30-9:00pm

Saturdays 9-10:30am

Cost: \$225/9 weeks

Dates: Sunday 1/8-3/5

Tuesday 1/3-2/28

Wednesday 1/4-3/1

Saturday 1/7-3/4

Sign up in advance week to week

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

Intermediates

Sundays 6-7:30pm Drills & Games

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

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

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

Saturdays 9:00-10:30am Drills & Skills

Advanced High School/Adults

Thursdays 8:30-10:00pm

Round Robin Doubles in Afternoon

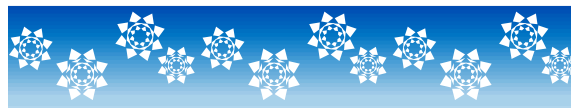
Sign Up in Advance Week to Week

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

Mondays 12:30-2:30pm

Tuesdays 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 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/hr. 1 person,

\$90/hr. 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.

Please check website for closings or cancellations due to weather

2023 WINTER Tennis Training Series

West Shore Tennis Club

Program Schedule



**WEST SHORE
TENNIS CLUB**

www.wstctennis.com

Junior Clinics

Level I/II (Ages 5-7)

Tuesday 5:30-6:30 pm

Thursday 6:00-7:00 pm

Saturday 10:30-11:30 am

Cost: \$180/9 wks

Dates: Tuesdays 1/3-2/28

Thursdays 1/5-3/2

Saturdays 1/7-3/4

This beginner clinic will develop the young player's general motor and athletic skills, with a focus 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 11:30-12:30 pm

Saturday 12:00pm-1pm

Cost: \$180/9 wks

Dates: Sundays 1/8-3/5

Tuesdays 1/3-2/28

Thursdays 1/5-3/2

Saturdays 1/7-3/4

This beginner clinic will focus on coordination, balance and motor skill development. Players will learn how to initiate a rally, as well as racquet control skills that will be the foundation of their tennis development.

Level III/IV (Ages 8-12) *

Wednesday 5:30-7:00 pm

Thursday 4:30-6:00 pm

Cost: \$225/9 weeks

Dates: Wednesdays 1/4-3/1

Thursdays 1/5-3/2

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*

No makeups for missed clinics

Level IV/V Intermediates (Ages 10-13)*

Friday 4:30-6:00 pm

Cost: \$225/9 weeks

Dates: Fridays 1/6-3/3

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

Level V/VI Intermediates+ (Ages 10-13) *

Monday 5:30-7:00 pm

Cost: \$225/9 weeks

Dates: Mondays 1/2-2/27

This clinic is the next step up from Level IV/V, and will emphasize the importance of developing tennis skills and strategy needed to play the game, as well as learning to serve and return serve consistently. Drill games are used to simulate game situations.

Middle School High Performance*

Sunday 4:30-6:00 pm

Cost: \$270/9 weeks

Dates: Sundays 1/8-3/5

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/Adv Beginners (Ages 11+)*

Sunday 10:00-11:30 am

Saturday 1:00-2:30 pm

Cost: \$225/9 weeks

Dates: Sundays 1/8-3/5

Saturdays 1/7-3/4

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

**junior membership required*

No makeups for missed clinics

Teen Intermediates (Middle/High School)*

Sunday 11:30am-1:00 pm

Monday 7:30-9:00 pm

Wednesday 4:00-5:30 pm

Saturday 10:30-12:00 pm

Saturday 11:30am-1:00 pm

Cost: \$225/9 weeks

Dates: Sundays 1/8-3/5

Mondays 1/2-2/27

Wednesdays 1/4-3/1

Saturdays 1/7-3/4

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/Adv. Intermediates (Middle/High School)*

Sunday 1-2:30pm

Cost: \$225/9 weeks

Dates: Sundays 1/8-3/5

This clinic is for the teen advanced, 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 pm

Cost: \$360/9 weeks

Dates: Mondays 1/2-2/27

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 coaching staff.*

Advanced High School/Adult*

Thursday 8:30-10:00 pm

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

Sign up in advance week to week

Fast paced Drills & Skills!!!

**junior membership required*

WSTC 2023 Winter Training Clinic Registration

Amount Due: _____

Name: _____ Age: _____

Address: _____

Email: _____ Cell: _____

CLINIC: (Please check all that apply) **Jr Membership** __ \$50

Level I/II __Tu530 __Th6pm __Sa1030 **Level II/III** __Su9am __Tu430 __Th430 __Sa1130 __Sa12pm **Level IV** __We530 __Th430 **Level V** __Fr430 **Level VI** __Mo530

MSHP __Su430 **Teen Beg** __Sun10am __Sa1pm **Teen Int** __Su1130 __Mo730 __We4pm __Sa1030 __Sa1130 **Teen Adv** __Su1pm **HP** __Mo **Adult** __Su630 __Tu630 __We730 __Sa9am

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

I give consent for melny 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 melny 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: _____

WSTC 2023 Winter Training Clinic Registration

Amount Due: _____

Name: _____ Age: _____

Address: _____

Email: _____ Cell: _____

CLINIC: (Please check all that apply) **Jr Membership** __ \$50

Level I/II __Tu530 __Th6pm __Sa1030 **Level II/III** __Su9am __Tu430 __Th430 __Sa1130 __Sa12pm **Level IV** __We530 __Th430 **Level V** __Fr430 **Level VI** __Mo530

MSHP __Su430 **Teen Beg** __Sun10am __Sa1pm **Teen Int** __Su1130 __Mo730 __We4pm __Sa1030 __Sa1130 **Teen Adv** __Su1pm **HP** __Mo **Adult** __Su630 __Tu630 __We730 __Sa9am

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

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Adult/Parent Signature: _____ Date: _____

WSTC 2023 Winter Training Clinic Registration

Amount Due: _____

Name: _____ Age: _____

Address: _____

Email: _____ Cell: _____

CLINIC: (Please check all that apply) **Jr Membership** __ \$50

Level I/II __Tu530 __Th6pm __Sa1030 **Level II/III** __Su9am __Tu430 __Th430 __Sa1130 __Sa12pm **Level IV** __We530 __Th430 **Level V** __Fr430 **Level VI** __Mo530

MSHP __Su430 **Teen Beg** __Sun10am __Sa1pm **Teen Int** __Su1130 __Mo730 __We4pm __Sa1030 __Sa1130 **Teen Adv** __Su1pm **HP** __Mo **Adult** __Su630 __Tu630 __We730 __Sa9am

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Adult/Parent Signature: _____ Date: _____