

## Adult Clinics

### Beginners/Adv. Beginners

Sundays 6:30-8:00 pm

Wednesdays 7:30—9:00 pm

Cost: \$200/Su, \$225/We

Dates: Sundays 3/12-5/7, no clinic 4/9

Wednesdays 3/8-5/3

### Adv. Beginners/Low Intermediates

Tuesdays 6:30-8:00 pm

Saturdays 9:00-10:30 am

Cost: \$225/Tu or Sa

Dates: Tuesdays 3/7-5/2

Saturdays 3/11-5/6

### Intermediates

Sign up in advance week to week

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

Sundays 6:00-7:30 pm

Tuesdays 12:30-2:00 pm

Tuesdays 6:30-8:00 pm

Wednesdays 1:00-2:30 pm

Saturdays 9:00-10:30 am

### Advanced High School/Adult Clinic

Sign up in advance week to week

Thursdays 8:30-10 pm

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

### Round Robin Doubles in Afternoon

Sign up in advance week to week

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

Mondays 12:30-2:30 pm

Tuesdays 2:00-3:30 pm

Thursdays 1:30-3:30 pm



## Mission Statement

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

### MAKE UP POLICY:

NO makeups for any missed clinics

## MEMBERSHIPS

Junior (8-18 yrs old) Membership: \$50

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

College Membership: \$85

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.

**WEST SHORE  
TENNIS CLUB**

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

# 2023 Spring 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 pm**

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

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

**Cost: \$180/9wks**

**Dates: Tuesdays 3/7-5/2**

**Thursday 3/9-5/4**

**Saturdays 3/11-5/6**

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

**Saturday 12:00-1:00pm**

**Cost: \$180/Tu, Th or Sa, \$160/Su**

**Dates: Sunday 3/12-5/7 (no clinic 4/9)**

**Tuesdays 3/7-5/2**

**Thursdays 3/9-5/4**

**Saturdays 3/11-5/6**

This 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)\***

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

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

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

**Cost: \$200/Su, \$225/Tu, We, Th**

**Dates: Sundays 3/12-5/7 (no clinic 4/9)**

**Wednesdays 3/8-5/3**

**Thursday 3/9-5/4**

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

**\* Junior Membership required**

**See back page for our Makeup Policy**

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

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

**Cost: \$225/9 wks**

**Dates: Fridays 3/10-5/5**

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 Intermediates (Ages 8-12) \***

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

**Cost: \$225/9 weeks**

**Dates: Mondays 3/6-5/1**

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: \$240/8 weeks**

**Dates: Sunday 3/12-5/7 (no clinic 4/9)**

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.*

**\* Junior Membership required**

**See back page for our Makeup Policy**



### **Teen Beginner/Adv. Beginner (Ages 11+)\***

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

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

**Cost: \$200/Su, \$225/Sa**

**Dates: Sunday 3/12-5/7 (no clinic 4/9)**

**Saturdays 3/11-5/6**

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

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

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

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

**Saturday 10:30 am-noon**

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

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

**Dates: Sundays 3/12-5/7 (no clinic 4/9)**

**Wednesdays 3/8-5/3**

**Saturdays 3/11-5/6**

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. Intermediate (Middle/High School) \***

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

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

**Cost: \$200/Su, \$225/Mo**

**Dates: Sundays 3/12-5/7 (no clinic 4/9)**

**Mondays 3/6-5/1**

This clinic is for the 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

**\* Junior Membership required**

**See back page for our Makeup Policy**



# WSTC 2023 Spring 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** \_\_Tu5:30 \_\_Th6pm \_\_Sa10:30 **Level II/III** \_\_Su 9-10am \_\_Tu4:30 \_\_Th4:30 \_\_Sa11:30 \_\_Sa12pm **Level III/IV** \_\_Su10am \_\_We5:30 \_\_Th4:30 **Level IV/V** \_\_Fr4:30

**Level V/VI** \_\_Mo5:30 **MSHP** \_\_Su4:30 **Teen Beg** \_\_Sun10am \_\_Sa1pm **Teen Int** \_\_Su11:30 \_\_We4pm \_\_Sa10:30 \_\_Sa11:30 **Teen Adv** \_\_Su1pm \_\_Mo 4pm

**Adult Beg/Adv Beg** \_\_Su 6:30 \_\_We7:30 **Adult Adv Beg/Low Int** \_\_Tu6:30 \_\_Sa9am

**\*JUNIOR MEMBERSHIPS:** Players must have a junior club membership to participate in clinics. Membership applications are at the front desk. Junior: \$50

*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: \_\_\_\_\_*

# WSTC 2023 Spring Training Clinic Registration

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

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

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

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

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# WSTC 2023 Spring Training Clinic Registration

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

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

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

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

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