

# SUMMER 2020



\* Our building is closed with the exception of rain backup until July 6th. Temporarily register for classes as first time attendees, by emailing us at wilkinson@grracquet.com. All groups are held at \*Northview High School. Messages left on our business line (616) 363-7769 will be returned daily.

## Junior Tennis Program Summer - June 22nd - August 22nd

*"Competition is essential for the young athlete. Rising to meet challenges while dealing with setbacks fosters character growth in determination and self-reliance. Teamed with a open mindset our athletes are equipped with skills that will last them a lifetime."*

**\*\*Drop-ins are available only if space permits. Participation requires registration through the service desk, by phone, or online.**

**Payment is due at the time of attendance.** Times and pricing are subject to change. Participants must maintain a method of payment on file.

\*Groups are held at Northview High School tennis courts. 4451 Hunsberger Ave NE, Grand Rapids Racquet and Fitness Club will be utilized in the event of rain.



### Middle School

Age 10-14

Proper stroke development in a fast paced format. Participants gain confidence through challenging progressions as fundamentals are built. Sportsmanship is stressed as players are introduced to match play.

### Junior Varsity

Age 14-18

Technical and tactical skills are addressed. Development of proper swing paths provides players with the ability to achieve a high school varsity level. Students will be advanced as their stroke mastery improves.

### Varsity / Tournament

Age 13-18

For varsity players who want more. Our coaches are accomplished in assisting athletes in making significant improvement, Special attention given to fundamentals, footwork and advanced game theory. Work ethic and dedication is rewarded. Outstanding competitors will obtain Tournament X opportunities and privileges!

### Junior X (Junior Tournament Excellence)

Age 8-13

Select younger players who are pursuing tennis as dedicated lifestyle. Emphasis on competitive situations and stroke development. Participants must be involved in district and sectional tournament play. \*Player pre-approval is required. UTR guideline for acceptance is: 2.5 for 11 and under, 3.5 for 12 & over.

### Tournament X (Tournament Excellence)

Age 11-18

Our signature group! Players holding or in pursuit of Sectional / National rankings. Class is designed for very elite tournament players headed to college tennis or beyond... Participants must augment training with an individual program of physical conditioning. **\*All participants must be pre-approved by the Director of Player Development and meet UTR requirements:**

#### \* Tournament X UTR Requirements

18 & Below: Boys 7+ Girls 6+

16 & Below: B6+ G5.5+

13 & Below: Boys 5+ Girls 5+

### Group Schedule

Class	Location	Day	Time	Member Week	Guest Week	*Individual Class Member	Individual Class non-Member
Middle School	NV High	Mon-Thur.	9:00-11:00	\$120.00	\$136.00	\$36.00	\$38.00
Junior Varsity	NV High	Mon. & Wed.	1:30- 4:00	\$90.00	\$90.00	\$47.50	\$50.00
Varsity/ Tournament	NV High	Mon. & Wed.	1:30- 4:00	\$90.00	\$90.00	\$47.50	\$50.00
*Junior X	NV High	Mon.- Thur.	1:30-4:00	\$180.00	\$180.00	\$47.50	\$50.00
*Tournament X	NV High	Mon.- Thur.	1:30-4:00	\$180.00	\$180.00	\$47.50	\$50.00

**\*Placement in X groups must be approved by:** Director of Player Development Mike Flowers (616) 363-7769 Flowers@grracquet.com



### Session Dates:

June 22-25th

June 29-July 2nd

July 6-9th

July 13-16th

July 20-23rd

July 27-30th

Aug 3-6th

Aug 10-14th

Aug 17-21st

Like us on Facebook



www.grracquet.com



GR Racquet+ Fitness · 4940 Plainfield Ave NE · Grand Rapids, MI 49525 · (616) 363-7769