

JUNIOR TENNIS APPLICATION

HIGH PERFORMANCE: TOURNAMENT TRAINING PROGRAM

Name: _____

D.O.B.: _____ Age: _____

M F

Email Address: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Emergency Contact: _____

Relationship: _____

Phone: _____

Clinic (day & time): _____

Please check clinic option and payment on back of application.

For more information contact:

*Eric Westcott, Director of High Performance at
eswsgw@yahoo.com.*

Payment Enclosed: \$ _____

Plus Junior Membership (\$175) = \$ _____

Full Year Commitment

CC # _____ Exp. Date: _____

Installments (credit card required) 7/1/09; 11/9/09; 2/22/10

Full Amount by Credit Card

Full Amount by Check or Cash

Session by Session

CC # _____ Exp. Date: _____

Credit Card Check or Cash

Makeup classes available if space permits. Please see Jamey, Eric or Phil.

I recognize the risk of injury in any exercise program and my child is participating upon the express agreement and understanding that I am hereby waiving and releasing the above clubs from any and all claims, costs, liabilities and injuries while on these premises.

Parent/Guardian: _____

Date: _____

The Longfellow Club
Healthy Mind Body Planet
The Longfellow Club
524 Boston Post Rd.
Wayland, MA 01778



HIGH PERFORMANCE TOURNAMENT TRAINING PROGRAM

WAYLAND INDOOR SEASON 2009 - 2010



penn[®]

HEAD[®]

The Longfellow Club
524 Boston Post Rd.
Wayland, MA 01778
508.358.7355
www.longfellowclubs.com

GENERAL INFORMATION

The Longfellow Club offers a comprehensive and progressive junior program for children interested in learning the great game of tennis. Our professionals are certified instructors who delight in sharing their knowledge with children of all ages. Our clinics are divided by age and skill level and we also offer opportunities for match play, mini tournaments, and sanctioned tournament training.

The Longfellow Club now follows the **USTA's QuickStart** program for developing junior players using modified courts (size specific) and balls (low compression). The benefit of this system is that it gets players to play the game quickly!

Clinics will begin Wednesday, September 9, 2009 and run through Sunday, June 20, 2010. Enrollment is open to all current players until Wednesday, July 1, 2009. After July 1, 2009 enrollment will be open on a first come, first served basis. Payment is due upon registration. Please remember that a junior's membership (\$175) must be up to date to join a clinic.

HIGH PERFORMANCE

The High Performance program is designed for the serious tournament player. Players in the High Performance program must play a required number of USTA tournaments each session and are expected to be working privately with a personal coach. The program offers highly focused drills, fitness, mental toughness training, nutrition and supervised match play. The program is divided into 5 groups.

The **Champions** group for our youngest players, ages 8 - 11, is designed to provide players with the skills necessary to compete in USTA tournaments.

The High Performance **Junior Tournament Training (JRTTP)** group is for players who are currently playing in the USTA tournaments, ages 10 - 13.

The High Performance **Tournament Training (TTP)** group is for our older players who are currently playing USTA tournaments and are 13 years and older. Only younger players with a USTA ranking of 20 or above in the 12 & unders will be allowed to join the Tournament Training Program.

Included In The Program

- Specialty courses: nutrition; fitness; strength training; sports psychology
- Match play
- Junior fitness membership

2009 - 2010 SESSION DATES

FALL SESSION I

MONDAY

9/14, 9/21, 9/28*, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/7 *Yom Kippur-deduct if holiday for you

TUESDAY

9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8

WEDNESDAY

9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, 12/9

THURSDAY

9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10

FRIDAY

9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11

SATURDAY

9/12, 9/19*, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5, 12/12 *Rosh Hashanah-deduct if holiday for you

SUNDAY

9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 12/6, 12/13

WINTER SESSION II BEGINS WEEK OF 12/14

SPRING SESSION III BEGINS WEEK OF 3/29

PAYMENT OPTIONS

✓ Full Year Commitment.

By committing to the full year you receive two main benefits: a reduced price and priority enrollment. If you select this option and withdraw from the program, you will be assessed a 10% fee and we will not refund your money unless we can fill your spot. High School players may select this payment option and withdraw from the third session with no penalty. Two payment options are available with a full year commitment.

• **Installment plan** (you must provide a credit card that we will store on file and you will be charged in 3 installments, on 7/1/2009, 11/9/2009, 2/22/2010.)

• **Full Amount in Advance** (pay the full amount for the year by cash, check or credit card.)

✓ Pay by Session.

Payment is due at registration. Only a limited number of spots will be held for this payment option. If you elect to pay by sessions, you will be charged an increased price (reflected on the price page of this application) and must let us know by the above payment due dates whether or not your child will continue. If you do not let us know by that date, we will charge you for that session and will not refund your money unless we can fill your spot.

Note: The vast majority of our students continue for the full year. The new full year payment option was very successful this year and we are continuing it for 2009-2010 with a few minor changes that are indicated above. If you are a high school player and you make your varsity or junior varsity team, a full season will be considered only the fall and winter. If you would like to continue to work on your game in the spring we welcome you to do that and many do.

DAYS/TIMES/COSTS (installment plan price / session by session plan price)

HIGH PERFORMANCE

Monday 3:30 - 5:00 (Champions)
I \$490 / \$540 II \$490 / \$540 III \$375 / \$415 Year \$1355

Monday 4:00 - 6:30 (TTP)
I \$1170 / \$1290 II \$1170 / \$1290 III \$900 / \$990 Year \$3240

Tuesday 4:30 - 7:00 (TTP)
I \$1170 / \$1290 II \$1170 / \$1290 III \$990 / \$1090 Year \$3330

Wednesday 4:00 - 6:00 (JRTTP)
I \$940 / \$1035 II \$940 / \$1035 III \$795 / \$875 Year \$2675

Wednesday 4:00 - 6:30 (TTP)
I \$1170 / \$1290 II \$1170 / \$1290 III \$990 / \$1090 Year \$3330

Thursday 4:30 - 7:00 (TTP)
I \$1170 / \$1290 II \$1080 / \$1190 III \$990 / \$1090 Year \$3240

Friday 3:30 - 5:00 (Champions)
I \$490 / \$540 II \$450 / \$495 III \$415 / \$460 Year \$1355

Friday 4:00 - 5:30 (JRTTP)
I \$705 / \$775 II \$650 / \$715 III \$595 / \$655 Year \$1950

Saturday 9:00 - 11:00 (TTP)
I \$940 / \$1035 II \$940 / \$1035 III \$795 / \$875 Year \$2675

Sunday 2:00 - 4:00 (TTP)
I \$940 / \$1035 II \$940 / \$1035 III \$720 / \$795 Year \$2600

Sunday 4:00 - 6:00 (TTP)
I \$940 / \$1035 II \$940 / \$1035 III \$720 / \$795 Year \$2600