

TENNIS PROGRAM: A SUMMARY

*****Pre-Season Notice to All Tennis Participants!*****

All Newfield Club Members participating in Pre-Season Tennis are reminded of two important club rules. Members are to enter the club on Redbird Road and exit the club on Barrian Road. Please drive slowly and do not try to exit on Redbird Road. PreSeason Tennis Participants must enter the club through the gate on the tennis courts. Members who do not comply with these club rules will be relieved of Pre-Season Tennis participation privileges.

→ New QuickStart/Progressive Academy for our developing juniors - read on for more info!

VIDEO LESSONS *NEW* (\$30/DVD)

Now available for the first time to Newfield members! Along with private lesson, video analysis will be offered for several of your typical strokes during the lesson. It will be approximately 5-10 minutes in length, and will focus on selected shots and edited to show key structural elements in your stroke, and include audio voice over to help explain and correct the proper, desired technique. To coordinate, simply set up a time and date convenient to both member and staff!

WOMEN'S PROGRAMS

MINI-CAMPS (5/9-5/13 9:00-10:30/10:30-12:00) \$30.00/CLASS)

Need some time to prepare for the outdoor season? Or just want to get outdoors, period? These camps will cater to all levels of play, and will provide attention to stroke mechanics, doubles positioning and strategy. There will also be an emphasis on point construction in live ball drills and match play. Please contact Keith for available times and days @ (203) 254-0440 until April 29th, and also via email tennispro@newfieldclub.org.

LADIES TEAM TENNIS (\$280.00 Season)

This is for the players who are ready and willing to put their skills (and luck!) onto the field of competition, and get involved in a more structured team atmosphere. Newfield comprises two teams that compete in the FCWTL, (A and B) and each team

meets for weekly 1.5 hour practices with matches at the end of the week, including a .5 hour supervised pre-match warm-up. **Top eight players available each week will play: Please note match play is not guaranteed. A club fee exists for anyone who participates in a FCWTL match.** (Please feel free to discuss your expectations and goals with Keith.) At the match's conclusion, a pro will be available to offer feedback and comments regarding the match.

→Please contact Keith if interested, but unable, to be present during these days and times. All interested in securing a spot on the team must sign-up before the first practice. Evaluations are on May 12th - please check with Keith for other arrangements if unable to attend.

LADIES C/FRIENDLY'S TEAM PRACTICE (WED. 9:30-11:00AM 280.00 Season)

This program is designed for those players who are ready to commit enough of their game to start pursuing match play, in a challenging, but social atmosphere. Doubles tactics and strategy will be covered, as well as footwork and proper stroke mechanics to further improve their game in a match-play environment. Match play will be offered once a week for some fun, intra-squad competition. Critique and post-match analysis conducted like the FCWTL team practice counterpart. ☺

STROKE OF THE WEEK (WED. 11:00am -12:00pm) \$22.00/CLASS)

Having a hard time hitting that passing shot down-the-line? Can't seem to hit the angle with your volley? Come check out our clinics designed to the finer specifics of the game! Different strokes covered each week, all levels welcomed! A three player minimum is required - 24 hrs notice please. Contact Keith for more details.

BACK TO BASICS (TUES. 11:00am-12:00pm) \$22.00/CLASS) **NEW TIME**

This clinic is designed for the person looking to just start tennis or those who are looking to just start fresh again. Each week a different stroke will be discussed and implemented in a variety of drills. Basic positioning, footwork and strategy will also be covered.

WORKING WOMEN CLINIC (TUES. 6:30-8:00pm \$30.00/CLASS)

For those looking for a clinic when the career can get in the way! This clinic will address all aspects of the game - from developing strokes, movement on the tennis court, and strategy during point play.

CARDIO (SAT. 9:00am-10:00am \$22.00/CLASS) **NEW**

This highly intensive class will meet Saturday mornings and will give you an opportunity to burn a lot of calories on the tennis court while having fun. The clinic is specifically designed to blend a stamina building cardio-vascular workout with the joy of tennis. Women and men of all skill levels are encouraged to drop in. ☺

WOMENS' ROUND ROBIN (MON. 10:00-11:30am & 6:30-8pm NO CHARGE)

On Monday mornings and evenings, the courts will be open for a round robin for all those looking for a game. This is a nice way to meet other members and make friends! And, of course, hit some tennis balls in the process!

CREATE YOUR OWN CLINIC! (4:1 \$22/ 3:1 \$28 per hour)

Do you want to play on Sundays? Would you like to form an evening group with your friends? Please remember that you can make your own clinic! You set the days and time that fit your schedule, choose your friends/players and find a pro and we will gladly accommodate your needs!

MEN'S PROGRAMS

MEN'S WEEKEND WARRIOR DROP IN (SUN 9-10:30 \$30.00/CLASS)

This weekly program is as intense as it is casual. It consists of some strokes, some sweat, and some skills. High aerobic-style drills with some match play at the end!

CARDIO (SAT. 9:00am-10:00am \$22.00/CLASS) **NEW**

This highly intensive class will meet Saturday mornings and will give you an opportunity to burn a lot of calories on the tennis court while having fun. The clinic is specifically designed to blend a stamina building cardio-vascular workout with the joy of tennis. Men and women of all skill levels are encouraged to drop in. ☺

MEN'S ROUND ROBIN (MON. 6:00-7:30 NO CHARGE)

On Monday evenings, our courts will be open for a round robin for any of those looking for a game. This is a great way to familiarize yourself with the staff and fellow members in a fun, social atmosphere.

→MEN'S TEAM TENNIS

For anyone interested in participating in either Newfield's A and B teams in the Fairfield County League, please contact Lindsay Rosenberg. Matches are held Wednesday nights at 6:00pm.

Also, Newfield also has a 'Masters Team' (50+) to be held Thursdays at 6:00, please contact Rick Mattice if interested in joining.! Please note there is a fee involved for each of the men's team to be discussed with you by the team captain.

MATCH TIMES: WED. 6:00PM/TH. 6:00PM (Masters)

CREATE YOUR OWN CLINIC! (4:1 \$22/ 3:1 \$28 per hour)

Do you want to play on Sundays? Would you like to form an evening group with your friends? Please remember that you can make your own clinic! You set the days and time that fit your schedule, choose your friends/players and find a pro and we will gladly accommodate your needs!

JUNIOR PROGRAMS

Evaluations and placements will be made after the first day of class for all junior programs. Students are placed based on their age, ability, and eagerness to learn.

PRE- SEASON and POST-SEASON CLINICS (M/W OR T/TH)

These clinics allow your children to get the opportunity to get a head start on their game before the summer session begins, and before the indoor season starts! All levels and ages meet twice a week, with Friday being used as a rain date. Check with Keith for details, if needed.

**** Junior Team pre-season practices and added Academy times!**

QUICKSTART ACADEMY (M/W 12:00-1:00 & F 3:30-4:30) *NEW FORMAT*

This new, expanded Quickstart program is designed to give 6-7 year old children a more interactive approach in learning the game of tennis. Within the first hour of stepping onto the court, they are actually playing the game, rallying with one another, moving around and having fun! Scaling the game down to their size will make the learning process easier and a lot more fun! ☺

→ Quickstart Academy Match Play (Fridays 3:30-4:30) *NEW TIME*

JDP PROGRESSIVE ACADEMY (M/T/W 2:00-3:00 & TH 3:30-4:30) *NEW*

This new program (formerly Quickstart II) is the next transition for all our 8-9 year old tennis participants. It continues to build upon the Quickstart philosophy and introduces more stroke work and tactical skill while still providing a fun, interactive environment. This program also includes a matchplay component, similar to its Quickstart predecessor.

→ **Progressive Academy Match Play (Thursdays 3:30-4:30) *NEW***

JUNIOR DEVELOPMENT PROGRAM (AGES 13+ M/T/W 12:00-1:00 & F 12:00-1:30)
(AGES 10-12 M/T/W 1:00-2:00 & F 12:00-1:30)

This 8-week program now features a maximum 4:1 ratio! This will allow for a more rewarding experience for the student, and give them a better atmosphere in which to learn and practice their skills. As always, only a one-week commitment is needed! Please reserve your spot to avoid being left out!! Spaces could become limited!

→ **VARSITY TEAM TENNIS (M/T/W 3:00-4:30)**

Newfield will again be competing in the FCJTL this summer. For those interested in joining our inter-club team, please note that we will be having **tryouts** on **May 12th**. If you are not available on that date, please speak to Keith to arrange another time in which to be evaluated. **Match days** will be on **Thursdays** between the hours of **12-4pm**, with the boys and girls teams at opposite venues. As such, chaperones will be needed, and appreciated, for all away matches. Please check the bulletin board for match play schedules once made available.

→ **JUNIOR VARSITY TEAM TENNIS (M/T/W 4:30-6:00)**

This program is an extension of the junior team practice, and shares the same level of commitment, dedication, and attitude as its brethren. It offers a chance for our promising junior players to develop and train their match play skills in possible FCJTL competition, as well as inter-club scrimmages. Program meets three times a week - Spaces are limited!

→ Tryouts are on May 12th at 3:30-4:30pm for Varsity and 4:30-5:30pm for Junior Varsity! If you are not available on that date, please speak to Keith to arrange another time in which to be evaluated. All players seeking to participate in Fairfield County League matches, attending practice with the junior team is mandatory. Please note match play is not guaranteed!

'FUTURE STARS' PROGRAM (M/T/W 11:30-12:00, TH/FR 3:30-4:00 OR 4:00-4:30)

Choose from one of three different time slots for this program which is designed to offer all our 4-5 **year-olds** wishing to play tennis for the first time and develop their skills while having fun! **Please check program for details!**

AFTER-CAMP JUNIOR CLINICS (TH/FR 4:30-5:30)

In order to provide some flexibility within our program to fit every type of schedule possible, we offer a chance for our Progressive (ages 8-9) and Academu III (ages 10-12) players to participate on the courts if they can't make it to the afternoon program. ***Players wishing to participate for both days have first priority at sign-ups!**

**WEEKEND ACADEMY (FUTURE STARS 4-5 10-10:30)
(QUICK START 6-7 & PROGRESSIVE 8-9 10:30-11:30)
(ACADEMY III AGES 10+ 11:30-12:30)**

This clinic offers a weekend version of our programs for juniors of all ages who are unable to join us during the week.

POST-SEASON JUNIOR DAY CAMP (MON-FRI 9-12 or 9-3)

This two-week long program is not for the faint of heart! This is tailored for the junior who just can't get enough tennis and who wants to really improve their game through a variety of drills and games covering every stroke and skill! Just be sure to bring some lunch and plenty to drink! (Half days are allowed, but only during the morning session)

***Junior preferred to be in Academy III or higher, comfortable with serving and keeping score. Any questions please contact the Director of Tennis for additional information.**