



**Tipton Lakes Athletic Club**  
 4000 W Goeller Boulevard  
 Columbus, IN 47201

812.342.4495

**2011-2012**

*Winter Tennis Programs*  
**ADULT INSTRUCTIONAL**

**\*\*Winter#2 Jan. 2 – March 11 (10 wks)**

Note: Adult and Junior clinics do not meet on the following dates:  
 February 18-19 Junior Club Championships

**Central Indiana Tennis Women's League**

*Our Women's Travel Teams compete against other Indiana clubs from September – May. The teams' rating levels are 4.0 (B), 3.5 (C) and 3.0 (Q). They have scheduled practices and matches are about 1 per month during the day. If you are interested in playing on a team, contact Kendal at the club for more information.*

**ATTENTION ADULT PARTICIPANTS IN TLAC CLINICS**

We implemented a new membership and clinic rule that started in October 2008. All adult participants must have some type of TLAC membership to take clinics. Along with our regular memberships, we are offering a clinic participant only membership and there will no longer be non-member rates for participation in any of the Adult clinics.

This new membership is called **“Tennis Instructional Program Special” membership (TIPS membership)**. There will be a separate flyer out at the front desk explaining how this works in more detail but a few of the benefits are as follows:

1. No non-member clinic rates.
2. Year round TIPS membership for all clinic sessions.
3. Receive “FREE” court time passes.
4. Can reserve court play during all *non-prime* time weekly hours.
5. Members rate for league play and lessons.

**\*\*Be sure to look over the new TIPS membership flyer for all information and if any questions please let us help you. Thank you for your cooperation during this process.\*\***

## Adult Instructional Clinic / Drills

<u>Rating*</u>	<u>Clinic Group Day and Time</u>	<u>Cost: Member 10 wks</u>
2.5 – 4.0	Working Womens Drills Monday 5:30 – 7:00 pm	\$170
2.5 – 4.0	Intermed. Mens Drills Monday 7:00 – 8:30 pm	\$170
2.5 – 3.5	Early Morning Drills Tuesday 7:30 – 8:30 am	\$110
2.5 – 3.0	Drill, Hit, and Play Clinic Tuesday 8:30 – 10:00 am	\$160
2.0 -3.0	Senior Ladies Over 55 Tips4U Tuesday 12:00 – 1:00 pm	\$100
2.0 – 3.0	Drill, Hit, and Play Clinic Wednesday 10:00 – 11:30 am	\$160
2.5 – 4.0	Mixed Lunch Time Drills Wednesday 12:00 – 1:00 pm	\$110
2.0 – 3.0	Drill, Hit, and Play Clinic Thursday 9:00 – 10:30 am	\$160
2.5 – 3.0	Intermed. / Team 3.0 Combo Thursday 10:30 – 12:30 pm	\$180
1.5 – 3.0	Mixed Morning Tips4U & BM Friday 7:30 – 8:30 am	\$100
2.0 – 3.0	Morning Round-Robin Friday 9:00 – 10:00 am	\$110
2.0 – 3.0	SINGLES Drill / Play Monday 12:00 – 1:00 pm	\$110
2.5 – 3.5	SINGLES Drill / Play Tuesday 8:00 – 9:00 am	\$110
2.5 – 4.0	SINGLES Drill / Play Wednesday 1:00 – 2:00 pm	\$110
2.0 – 3.0	SINGLES Drill / Play Friday 12:00 – 1:00 pm	\$110

**\*\* FAST FEED CARDIO TENNIS \*\*** **\$110**

Program is designed for players with very little tennis experience up to advanced level. (NTRP 1.5 – 4.0) Emphasis is on movement, exercise, hitting a lot of tennis balls, and minimal tennis instruction. You will be doing drills and court conditioning that is more specific to tennis skills.

Monday 8:00 – 9:00 am  
Monday 11:00 – 12:00 pm  
Tuesday 10:00 – 11:00 am  
Saturday 7:00 – 8:00 am

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## Payment for Adult Tennis Clinics

**Payment for all instructional programs is due at the beginning of each new session.** Participants must register at the front desk or by phone & must pay the clinic fee for the entire session when signing up to hold their spot.

**If we have not received your clinic fees, paid in full, by the end of the session, you will be charged the higher weekly rate for clinic fees as well as a \$10 billing fee.**

Fees will not be adjusted for clinics unless the person is beginning the clinic late.

There are **NO refunds, credit due, or make-ups for clinic missed during a session**, except for medical injuries.

If there are any questions, or other arrangements need to be made, please contact Kendal Hammel, Director/Head Pro of tennis.

Group fees are based on court costs, the time of day a clinic takes place, and the number of pros, players, and courts required. Please note that TLAC pros have the right to alter or vary a group due to change of skill level, scheduling conflicts, and court allocations. In addition,

TLAC maintains the right to cancel any group due to low enrollment, adjust the time and/or level of a group as deemed necessary, and alter fees.

### The NTRP General Characteristics of Various Playing Levels of Tennis

- 1.0** These players are just starting to play tennis.
  - 1.5** These players have limited experience and are still working primarily on getting the ball into play.
  - 2.0** These players need on-court experience. They have obvious stroke weaknesses but are familiar with basic positions for singles and doubles play.
  - 2.5** These players are learning to edge where the ball is going although court coverage is weak. They can sustain a short rally of slow pace with other players of the same ability.
  - 3.0** These players are fairly consistent when hitting medium paced shots but are not comfortable with all strokes and lack execution when trying for directional control, depth, or power. The common doubles formation is one up, one back.
  - 3.5** These players have achieved improved stroke dependability with directional control on moderate shots but lack depth and variety. They exhibit aggressive net play, have improved court coverage, and are developing doubles teamwork.
  - 4.0** These players have dependable strokes, including directional control and depth on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. They occasionally force errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident.
  - 4.5** These players have begun to master the use of power and spin, have sound footwork, can control depth of shots, and are beginning to handle pace and vary the game plan according to opponents, but they tend to overhit on difficult shots. They can hit their first serves with power and accuracy and place the second serve. Aggressive doubles net play is common.
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## **TLAC Adult League Play**

**During the Winter sessions we will be offering “in club” USPTA league play for men and women. There will be doubles and singles flex leagues offered at different ability levels throughout the week. These groups will be for members and non-members to sign up and scheduled when TLAC has court time available.**

**There will be a separate flyer available with our league schedule and to register at the front desk. Please contact Kendal for more information.**

