

Lyle Schaefer Winter Junior Tennis Program

NEW... Winter Junior Tennis Program (SUNDAY.... “not ready for prime time”-early bird juniors)

Where? Keva Indoor Sports Center, Middleton, 8312 Forsythia Street (across from municipal airport)

Cost? \$100.00 per 5 week session; \$200.00 per 10 week session

When? Session #1 (5 weeks) Nov. 15th to Dec 13th, 2009
Session #2 (10 weeks) Jan 10th to March 14th, 2010
SUNDAYS..... 7am to 8:30am.. Boys J.V./Girls Varsity
..... 8:30am to 10am... Boys Varsity

Ages? 13 to 18

Levels: J.V Boys/Varsity Girls at 7am..... Varsity Boys at 8:30am

What? This will be an intensive 90 minute quality instructive program. A typical menu for the day’s program would be high performance drills to promote speed and explosive movements to the ball and recovery. Then plan on some work to improve the small muscles that control the racket for better precision and placement. We wrap up the early workout with points and game play situations.

Registration? This program will be directed by Lyle Schaefer with the help of an associate instructor. To register complete form below or go to www.madisontennis.com. Send check payable to: Lyle Schaefer with registration form to 5025 Tomahawk Trail Madison, WI 53705. For more information call Lyle Schaefer at (608) 220-7533.

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SUNDAY Junior Program Registration Form (please print)

NAME _____

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____

GRADE IN SCHOOL _____

SCHOOL _____

Check times below:

7am Program (J.V. Boys/Varsity Girls)..... session#1_____ session#2_____

8:30am Program (Varsity Boys) session#1_____ session#2_____

