

Lyle Schaefer Winter Junior Tennis Program

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

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

Cost? \$4.00/hr, \$50 per 5 week session, \$100 per 10 week session

When? Session #1 (5 weeks) Nov. 11th to Dec 16th, 2008 (no class Nov 27th)
Session #2 (10 weeks) Jan 6th to March 12, 2009
Tuesday's and Thursday's..... 6am to 7:15am

Ages? 13 to 18; coed

Level? J.V to varsity high school level

What? This will be an intensive 75 minute quality instructive program at a minimum cost. If you can get out of bed 2 days a week for a 6 a.m. tennis work-out... and if you're up to the challenge of an artificial grass surface... this could be a good fit for you. Hundreds of local juniors (many with state and sectional rankings) have played on this surface and genuinely appreciated its training value. 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. Then the plan is to wrap up the early workout with points and game play situations.

Registration? This program will be directed by Lyle Schaefer with the help of several associate instructors. 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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Program Registration Form (please print)

NAME _____

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____

GRADE IN SCHOOL _____

SCHOOL _____

