



KEW ADULT CLINICS 2019 SEASON

INTRODUCTION

Kew Adult Clinics follow a player development pathway that caters to all levels, from 1.0 to 4.0.

LEARN: 60-minute instructional clinics to advance technical and tactical skills

PRACTICE: 60-minute dynamic clinics combining practice and play with high repetition

PLAY: Opportunity to test yourself and use what you have learned and practiced in a match-setting

Clinics run 4-6 weeks in length and start at the beginning of May 2019!

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TO REGISTER GO TO:

www.tennisclubsoft.com/kewgardens

TO LEARN MORE CONTACT US:

headpro@kewgardenstennis.ca
(647) 700-8306



ADULT PATHWAY

LEARN

Instructional Clinics to Advance Technical and Tactical Skills



PRACTICE

Practice Clinics Combine Practice and Play with High Repetition



PLAY

Clinics to Play and Compete



FOR MIXED LEVELS

LEARN CLINICS

SHOT OF THE DAY CLINIC (2.5+)

This clinic will focus on a different stroke each week.

2019 Shot of the Day Drop In Clinics TBA

If interested in this type of clinic please email headpro@kewgardenstennis.ca

PRACTICE CLINICS

CARDIO TENNIS CLINIC (All Levels)

A high energy fitness clinic that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very social and fun class for players of all ability.

Cost: \$100 (plus HST) – 4 Classes

SESSION 1: Sundays 9:00-10:00 AM – May 5, 12, 26, June 2 (DAY OFF May 19 - RAIN DATE June 9)

SESSION 2: Sundays 9:00-10:00 AM – June 16, 23, July 7, 14 (DAY OFF June 30 - RAIN DATE July 21)

SESSION 3: Sundays 9:00-10:00 AM – July 28, August 4, 11, 18 (RAIN DATE August 25)

FOR PLAYERS NEW TO THE GAME

LEARN CLINICS

BEGINNER CLINIC (Level 1.0-1.5)

This introductory clinic is for adult tennis players who want to learn the basic fundamentals and enjoy the game of tennis. This clinic will focus on stroke development, teaching players how to rally and the rules of play. This clinic is geared toward players who have no experience in the game of tennis.

Cost: \$100 (plus HST) – 4 Classes

SESSION 1: Sundays 9:00-10:00 AM – May 5, 12, 26, June 2 (DAY OFF May 19 - RAIN DATE June 9)

SESSION 2: Sundays 9:00-10:00 AM – June 16, 23, July 7, 14 (DAY OFF June 30 - RAIN DATE July 21)

SESSION 3: Sundays 9:00-10:00 AM – July 28, August 4, 11, 18 (RAIN DATE August 25)

ADVANCED BEGINNER CLINIC (Level 2.0-2.5)

This clinic will focus on improving technical and tactical skills and is geared toward players who have limited experience in the game of tennis.

Cost: \$100 (plus HST) – 4 Classes

SESSION 1: Tuesdays 8:00-9:00 PM – May 14, 21, 28, June 4 (RAIN DATE June 11)

SESSION 2: Tuesdays 8:00-9:00 PM – June 18, 25, July 2, 9 (RAIN DATE July 16)

SESSION 3: Tuesdays 8:00-9:00 PM – July 23, 30, August 6, 13 (RAIN DATE August 20)

ADVANCED BEGINNER DOUBLES CLINIC (Level 2.0-2.5)

This doubles clinic focuses on basic positioning for the 4 doubles positions (server's partner, server, returner's partner, returner).

Cost: \$100 (plus HST) – 4 Classes

SESSION 1: Sundays 10:00-11:00 AM – May 5, 12, 26, June 2 (DAY OFF May 19 - RAIN DATE June 9)

SESSION 2: Sundays 10:00-11:00 AM – June 16, 23, July 7, 14 (DAY OFF June 30 - RAIN DATE July 21)

SESSION 3: Sundays 10:00-11:00 AM – July 28, August 4, 11, 18 (RAIN DATE August 25)

PRACTICE CLINICS

ADVANCED BEGINNER DRILL & PLAY CLINIC (Level 2.0-2.5)

Learn and Train specific strokes and technique for all phases of play and then put what you have learned to the test with fun game-based drills.

Cost: \$100 (plus HST) – 4 Classes

SESSION 1: Thursdays 8:00-9:00 PM – May 16, 23, 30, June 6 (RAIN DATE June 13)

SESSION 2: Thursdays 8:00-9:00 PM – June 20, 27, July 4, 11 (RAIN DATE July 18)

SESSION 3: Thursdays 8:00-9:00 PM – July 25, August 1, 8, 15 (RAIN DATE August 22)

PLAY CLINICS

3 AND A PRO CLINIC ADVANCED BEGINNER (Level 2.5-3.0)

Enjoy high tempo game-based drills playing with and against Kew Club Pros.

Cost: \$180 (plus HST) – 6 Classes

SPRING SESSION: Mondays 11:00-12:00 PM – May 13, 27, June 3, 10 (DAY OFF May 20 – RAIN DATE June 17)

Fridays 11:00-12:00 PM – May 17, 24, 31, June 7 (RAIN DATE June 14)

FOR INTERMEDIATE PLAYERS

LEARN CLINICS

INTERMEDIATE CLINIC (Level 3.0-3.5)

This class is designed for players trying to get to the next level. The emphasis in this class is to develop an all court game and help the player improve their skills in all areas of the game. Students will learn to use various ball controls to help them develop more power, spin and speed in their shots.

Cost: \$100 (plus HST) – 4 Classes

SESSION 1: Tuesdays 7:00-8:00 PM – May 14, 21, 28, June 4 (RAIN DATE June 11)

SESSION 2: Tuesdays 7:00-8:00 PM – June 18, 25, July 2, 9 (RAIN DATE July 16)

SESSION 3: Tuesdays 7:00-8:00 PM – July 23, 30, August 6, 13 (RAIN DATE August 20)

INTERMEDIATE DOUBLES CLINIC (Level 3.0-3.5)

This doubles clinic is for intermediate players who are experienced in the game. Emphasis is placed on doubles strategy and tactics.

Cost: \$100 (plus HST) – 4 Classes

SESSION 1: Sundays 10:00-11:00 AM – May 5, 12, 26, June 2 (DAY OFF May 19 - RAIN DATE June 9)

SESSION 2: Sundays 10:00-11:00 AM – June 16, 23, July 7, 14 (DAY OFF June 30 - RAIN DATE July 21)

SESSION 3: Sundays 10:00-11:00 AM – July 28, August 4, 11, 18 (RAIN DATE August 25)

PRACTICE CLINICS

INTERMEDIATE DRILL & PLAY CLINIC (Level 3.0-3.5)

Mixing situational training with high tempo drills, players get the opportunity to get high volume practice on all phases of play.

Cost: \$100 (plus HST) – 4 Classes

SESSION 1: Thursdays 7:00-8:00 PM – May 16, 23, 30, June 6 (RAIN DATE June 13)

Sundays 11:00 AM - 12:00 PM – May 5, 12, 26, June 2 (DAY OFF May 19 - RAIN DATE June 9)

SESSION 2: Thursdays 7:00-8:00 PM – June 20, 27, July 4, 11 (RAIN DATE July 18)

Sundays 11:00 AM - 12:00 PM – June 16, 23, July 7, 14 (DAY OFF June 30 - RAIN DATE July 21)

SESSION 3: Thursdays 7:00-8:00 PM – July 19, 26, August 2, 9 (RAIN DATE August 16)

Sundays 11:00 AM - 12:00 PM – July 28, August 4, 11, 18 (RAIN DATE August 25)

PLAY CLINICS

3 AND A PRO CLINIC INTERMEDIATE (Level 3.0-3.5)

Enjoy high tempo game-based drills playing with and against Kew Club Pros.

Cost: \$180 (plus HST) – 6 Classes

SPRING SESSION: Mondays 9:00-10:00 AM – May 13, 27, June 3, 10 (DAY OFF May 20 – RAIN DATE June 17)

Fridays 9:00-10:00 AM – May 17, 24, 31, June 7 (RAIN DATE June 14)

FOR EXPERIENCED PLAYERS

LEARN CLINICS

ADVANCED INTERMEDIATE CLINIC (Level 4.0)

This class is for players who are experienced in the game for a number of years and are playing competitively. More emphasis will be placed on tactical situations and point play construction.

Cost: \$100 (plus HST) – 4 Classes

SESSION 1: Tuesdays 8:00-9:00 PM – May 14, 21, 28, June 4 (RAIN DATE June 11)

SESSION 2: Tuesdays 8:00-9:00 PM – June 18, 25, July 2, 9 (RAIN DATE July 16)

SESSION 3: Tuesdays 8:00-9:00 PM – July 23, 30, August 6, 13 (RAIN DATE August 20)

PRACTICE CLINICS

ADVANCED INTERMEDIATE DRILL & PLAY (Level 4.0-4.5)

This clinic delivers advanced drills and tactical point play for seasoned players. Mixing situational training with high tempo drills, players experience high volume practice on all phases of play.

Cost: \$100 (plus HST) – 4 Classes

SESSION 1: Thursdays 8:00-9:00 PM – May 16, 23, 30, June 6 (RAIN DATE June 13)

Sundays 11:00 AM - 12:00 PM – May 5, 12, 26, June 2 (DAY OFF May 19 - RAIN DATE June 9)

SESSION 2: Thursdays 8:00-9:00 PM – June 20, 27, July 4, 11 (RAIN DATE July 18)

Sundays 11:00 AM - 12:00 PM – June 16, 23, July 7, 14 (DAY OFF June 30 - RAIN DATE July 21)

SESSION 3: Thursdays 8:00-9:00 PM – July 25, August 1, 8, 15 (RAIN DATE August 22)

Sundays 11:00 AM - 12:00 PM – July 28, August 4, 11, 18 (RAIN DATE August 25)

PLAY CLINICS

3 AND A PRO CLINIC (Level 3.5-4.0)

Enjoy high tempo game-based drills playing with and against Kew Club Pros.

Cost: \$180 (plus HST) – 6 Classes

SPRING SESSION: Mondays 10:00-11:00 AM – May 13, 27, June 3, 10 (DAY OFF May 20 – RAIN DATE June 17)

Fridays 10:00-11:00 AM – May 17, 24, 31, June 7 (RAIN DATE June 14)

CANCELLATION POLICY:

All cancellations must be made in writing (i.e. email or letter). Refunds, less a \$30.00 administrative charge, will be issued for all session cancellations up to 2 weeks prior to the first day of the clinic. Pro-rated refunds are not available for days absent.

TENNIS CANADA “PLAY TENNIS” RATING SYSTEM

1.0 The player is just starting to play tennis.

1.5 The player has been introduced to the game. However, has difficulty playing the game, due to a lack of consistency rallying and serving.

2.0 Can get the ball in the play but lacks control, resulting in inconsistent rallies. Often chooses to hit forehands instead of backhands. On service return, tends to position to protect weakness. Inconsistent returns. In singles, reluctant to come to the net. In doubles, understands basic positioning, comfortable only with the forehand volley; avoids backhand volley and overhead. Incomplete service motion. Toss inconsistent. Double faults common.

2.5 Can rally consistently 10 balls in row, especially on forehand, with an arched trajectory of the net when the objective is to hit to a partner at moderate speed. In singles, consistent when returning towards the middle of the court. In doubles, difficulty returning cross-court to start the point. Becoming at ease at the net in practice but uncomfortable in a game situation. Attempting a full service motion on the first serve. First serve is inconsistent (less than 50%). Uses an incomplete motion to ensure a steady second serve.

3.0 Can rally consistently 10 balls in a row on forehands and backhands. Able to maintain the rally when receiving high, short or wide balls, assuming the ball is received at a moderate pace, especially on the forehand. Can control the direction of the ball both in singles and doubles, when receiving a serve of moderate pace. Very consistent on forehand volley with easy balls, inconsistent on backhand volley. Overall has difficulty with low and wide balls. Can smash easy lobs. Full motion on both serves. Able to achieve more than 50% success on first serve. Second serve much slower than first serve.

3.5 Can move the opponent around the court or hit harder when receiving easier balls. Can execute approach shots with some consistency (more than 50%). Can return fast serves, placed serves with defensive actions. On easy second serve, can return with pace or directional control; can approach the net in doubles. Becoming confident at net play; can direct forehand volleys; controls backhand volleys but with little offense. General difficulty in putting volleys away. Can handle volleys and overheads that require moderate movement.

4.0 Can develop points with some consistency by using a reliable combination of shots. Erratic when attempting a quality shot when receiving fast or wide balls, and when attempting passing shots. Difficulty in returning spin serves and very fast serves. On moderately paced serves, can construct the point through hitting a good shot or exploiting an opponent's weakness. In doubles, can vary returns effectively on moderately paced serves. In singles, comfortable at following an approach shot to the net. In doubles, comfortable receiving a variety of balls and converting an offensive position; can poach on weak returns of serve. Able to put away easy overheads. Can vary the speed and direction of the first serve. Uses spin.

4.5 Can use a variety of spins. Beginning to develop a dominant shot or good steadiness. Erratic when attempting a quality shot in two of the following situations: receiving fast balls, wide balls and in passing shot situations. On first serves, can defend consistently but very inconsistent (less than 30%) when attempting an aggressive return. In doubles, has difficulty (less than 50%) returning a first serve at the feet of the incoming serve and volleyer. When coming to the net after serving, consistently able to put the first volley in play but without pace or depth. However, inconsistent when trying to volley powerful or angled returns. Close to the net can finish a point using various options, including drop volley, angle volley, punch volley Aggressive first serve with power and spin. On second serve, frequently hits with good depth and placement without double faults. Can serve and volley off first serves in doubles, but experiences some consistency.