

MRHC offers a Complete array of Opportunities for ALL Juniors



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PERMIT #58

JUNIOR LEAGUE PARTICIPATION FEES

MRHC fitness and non-club members are welcome to participate in our Junior Tennis Leagues for an annual \$50 administrative fee, along with individual program costs. This fee is not required for participation in Junior classes.

SPRING LEAGUE TEAM TENNIS

The Spring League competes with other tennis clubs in Marin County. It is a team tennis format and all teams are divided by age and grade level. For more information, contact Fern Ruth at Meridian Rolling Hills Club.



USTA SUMMER TEAM TENNIS

The USTA Summer League offers players an opportunity to compete against other clubs in the surrounding areas. Ages for this program are 7-18 and all levels are offered. Costs for the program covers league fees, a t-shirt, 6 1-1/2 hour coaching sessions and supervised match play.

TOURNAMENTS & SOCIALS

MRHC offers several different tournaments and social events throughout the year. Each spring MRHC hosts a local junior tournament with all groups and levels participating. We also hold a Family Doubles Tournament and an Adult/Junior Event. Dates to be confirmed.

RACQUET LOANER PROGRAM

MRHC offers FREE junior racquets for players while they participate in any of our programs. Check with the Front Desk. Our staff and Pro Shop will also assist you in the proper selection of racquets for purchase.

351 San Andreas Drive
Novato, CA 94945



MERIDIAN
SPORTS CLUBS
Rolling Hills • Novato

RETURN SERVICE REQUESTED



Winter/Spring 2010 Junior Tennis Programs

at Rolling Hills Club, Novato



351 San Andreas Drive
Novato, CA 94945

415.444.9515

www.meridiansportsclubs.com

PROGRAM PHILOSOPHY

The Junior Program at Rolling Hills Club is designed to give every boy & girl the opportunity to develop & further their tennis skills in a positive & supportive environment. All ages & abilities will have graduated programs that are appropriate for their skill level & tennis goals.

JUNIOR ACADEMY CLASSES

Classes are held in 6-week increments. In the case of rain, the length of the program will be extended to accommodate the completion of the program. Mid-season enrollment is on a space available basis and fees will be pro-rated. **Payment** is due at the time of enrollment.

LEVEL 1: LITTLE STARS & BEGINNING STARS Ages 4-5, 5-7

This is a fun introduction to tennis with an emphasis on hand eye coordination, movement, and fun games. Classes will have a maximum student instructor ratio of 4-1. These classes meet once a week for either 30-45 minutes.

LEVEL 2: ADVANCED STARS Ages 5-7

These players have had one or more years of group instruction and have the ability to sustain a rally.

LEVEL 2-3: BEGINNING, INTERMEDIATE & TEEN STARS

Ages 8-12, 13 & 14

Players are grouped by ability levels and range from beginners to novice players who have had some private instruction. These players typically lack the control to sustain a rally and consistently get their serves in. Emphasis will be on the development of proper fundamentals, learning how to keep score, basic rules, playing games that increase a players court awareness, and having fun. Classes meet 1x per week for 1 hour.

ADVANCED LEVEL 4-5: JUNIOR PERFORMANCE PROGRAM

Ages 8-17, Permission of staff

Designed for advanced players who are still working on their technical skills and need more match play experience. These players want to eventually move up into the Level 6 High Performance Program. Proper fundamentals will be stressed, along with drills, conditioning, singles & doubles strategies. These players should begin playing novice tournaments. 2 days per week is preferred.

ADVANCED LEVEL 6: JUNIOR HI PERFORMANCE PROGRAM

Ages 8-17, Permission of staff

This is an intense, rigorous program designed for those players who are serious about tennis, want to play competitive, USTA tournament, and both high school and college play. Players must be prepared to work very hard and commit to attending two practices per week. All phases of the game, physical, mental, and tactical will be worked on and emphasized. Players will be required to participate in tournaments and match play as instructed by the staff.

JUNIOR PROGRAM STAFF

FERN RUTH is MRHC's Tennis Director. Fern brings in a high level of passion as well as an extensive playing and teaching background. She is a former Director of Tennis at the Winnipeg Winter Club of Canada, and is highly regarded for her work in developing both juniors and adults.

TONY DELARIO brings a lot of energy and junior experience to RHC. He was top-ranked junior player in Northern California. Tony was ranked top twenty in the USTA Boy's 14's and won the Pacific Coast Boy's 16's National Doubles. At Santa Rosa Jr. College he compiled a 50-5 overall record.

PAULINE HANSON is a former top 100 world ranked player from New Zealand who has extensive knowledge of the game and loves working with young players. She has been at RHC for 20+ years and has helped all levels of players improve and enjoy the game.

2010 SCHEDULE OF CLASSES

Classes run in 6 week sessions. You are not charged for rainy days/holidays. Mid-session enrollment is on a space available basis and fees will be pro-rated.

Please mark the sessions & classes you desire below & fill out registration form on the adjacent panel. Leave form at the Front Desk or FAX to 415.897.9415.

WINTER/SPRING INSTRUCTIONAL SESSION DATES, Levels 1-3			
() Session I	Weeks of January 11 - February 22		
() Session II	Weeks of March 1 - April 12		
() Session III	Weeks of April 19 - May 24		
Classes will NOT be held during the weeks of School Holidays!			
LEVEL 1 - LITTLE STARS ages 4-5		COST OF SIX WEEK SESSION	
() Tuesday	3:30-4:00pm	\$60/member	\$75/non Club member
() Wednesday	3:30-4:00pm	\$60/member	\$75/non Club member
LEVEL 1 - BEGINNING STARS ages 5-7			
() Monday	3:30-4:15pm	\$65/member	\$80/non Club member
() Thursday	3:30-4:15pm	\$65/member	\$80/non Club member
LEVEL 2 - ADVANCED STARS ages 5-7			
() Monday	3:30-4:15pm	\$65/member	\$80/non Club member
() Thursday	3:30-4:15pm	\$65/member	\$80/non Club member
LEVEL 2/3 - BEGINNING/INTERMEDIATE STARS ages 8-12			
() Monday	4:15-5:15pm	\$80/member	\$100/non Club member
() Wednesday	4:15-5:15pm	\$80/member	\$100/non Club member
LEVEL 3 - TEENAGE STARS ages 13+			
() Monday	5:15-6:15pm	\$80/member	\$100/non Club member
() Wednesday	5:15-6:15pm	\$80/member	\$100/non Club member

ADVANCED, Levels 4-6			
LEVEL 4-6 - JR. PERFORMANCE PROGRAM ages 7+(boys & girls) (Permission of Teaching Staff)			
Players may come once or twice a week.			
Cost for twice a week/6 wks is:	\$225/member	\$270/non Club member	
Cost for once a week/6 wks is:	\$120/member	\$160/non Club member	
() Tue-Thurs 4:30-6pm	() Tues only	() Thurs only	
LEVEL 6 - JR. HIGH PERFORMANCE PROGRAM ages 8+(boys & girls) (Permission of Staff)			
Players must commit to attending two practices per week. Practices held rain or shine!			
Cost for 2x/week for 6 weeks:	\$250/member	\$295/non Club member	
A Friday Match Play or Sunday Workout can be substituted for a Monday or Wednesday.			
() Monday 4:15-6pm	() Wednesday 4:15-6pm		
Friday Match Play is 3:30-5:00pm.		Sunday Workout is 3-5pm	
If player attends 2x/week and also wishes to attend either Match Play or Sunday Workout, the cost is \$12 Member / \$14 Non Club Members.			

JUNIOR PROGRAM STAFF (continued)

LEORA GRIMSHAW is a certified Professional and a top-ranked womens player from Boston, where she worked with many high level juniors and adults in the New England area

AMINA DOAR is a certified Professional who has been running RHC's Summer Junior Camp Program for the past two years. She also ran many junior programs for all ages in Washington State..

REGISTRATION FORM

Please indicate which class and session you desire in the adjacent class schedule box.

CHILD'S NAME: _____

BIRTHDATE: ____/____/____ AGE: _____

MRHC MEMBER NUMBER: _____

ADDRESS: _____

CITY: _____ ZIP: _____

HOME PHONE: () _____ - _____

WORK PHONE: () _____ - _____

PARENT(S) NAME: _____

EMAIL ADDRESS: _____

(Used only for contacting)

METHOD OF PAYMENT

CLUB CHARGE # _____

CASH/AMOUNT PAID _____

CHECK ~ CHECK NUMBER _____

CREDIT CARD ~ MC _____ VISA _____ AM EX _____

CARD NUMBER _____

EXPIRATION DATE ____/____/____

Please fill out the above registration form and either mail, or drop off at:

Meridian Sports Clubs Rolling Hills Tennis Department
351 San Andreas Drive
Novato, CA 94945.

All checks should be made to MRHC. For more information or questions phone the Tennis Department at **415.897.2185** or email: **fern@meridiansportsclubs.com**

JUNIOR SCHOLARSHIPS

MRHC is committed to providing opportunities for all children to learn tennis. If you are a non-member with financial considerations that would prevent your child from participating, we will discount the enrollment fee up to 50%, provided you show us documentation. Send a letter with this application outlining your situation and reasons you would like your child to participate in our program.