

Registration

Make checks payable to
Carolina Tennis Shop "CTS"

Student Name and Age

Parent/Guardian Name

Contact Phone #1

Contact Phone #2

Email Contact

Section(s) for which you are enrolling

Lochmere Member? : ___Yes ___ No

Membership Number: _____

Waiver (Must be signed to complete registration)

I, the parent or guardian of the above applicant, have read the important information on the reverse of this brochure, & do hereby waive, now and in perpetuity, Lochmere Swim and Tennis Club (LST&C), Lochmere Recreation Club, Inc., Cameron Moore, their employees, heirs, and associates from any liability from any injury or accident that could result from the aforementioned programs and/or courses.

I hereby authorize LST&C or their agents to interview, photograph, film, or videotape us during participation in any club activities or courses, and hereby grant LST&C or their designees the exclusive rights to use and ownership of such materials.

Signature of Parent/Guardian

Important Information

Attire

No black soled or open toed shoes may be worn on the courts. Players will not be allowed to participate if not properly attired. This is a safety issue.

Weather

Program dates may change due to inclement weather. Make-up dates may vary from usual class days and times. Your instructor will have further information if necessary.

Classes that are cancelled while in progress and have completed 50% or more of the session will not be rescheduled.

Attendance Policy

No credit will be given for missed classes that have not been officially cancelled by Lochmere Tennis Academy. It is the student's responsibility to attend all classes on their scheduled dates and times.

Refunds

No refunds will be given following the start of the first class session.

Equipment

It is the responsibility of the student to provide his or her own tennis racquet, sun block, and water bottle.

Under-enrollment

A minimum of 4 students must be enrolled for every course. Should this number not be met, we will contact you and make alternative arrangements or provide for refunds.



Fall
2010
Junior Programs

502 East Lochmere Drive
Cary, NC 27518
(919) 859-2408
www.lochmere.org

Evening Junior Programs

Junior Novice Tennis

(ages 11 - 15)

7 classes, 7 hours
Minimum 4/ Max 12

This program is geared toward players who want to improve the technique and fundamentals of their tennis game in a recreational atmosphere.

Tuition: \$91 (members); \$105 (non)
Tuesday & Friday
4:30pm- 5:30pm am

JNSPT: August 31-September 21
JNOCT: September 28-October 19
JNNOV: October 26- November 16

Tournament Prep (ages 11 - 16)

8 classes, 12 total hours
Minimum 4 / Max 18

This program is designed to prepare the student for tournament level play, including the further development of tennis skills, match play essentials, and fundamental strategy.

Tuition: \$150 (members); \$170 (non-members)
Drop in Rate: \$ 25
Tuesday & Thursday, 4:15pm – 5:45pm

TP1SPT: August 31-September 23
TP1OCT: September 28-October 21
TP1NOV: October 26- November 18

For Quick Start clinic information please ask an instructor for a Quick Start brochure

High Performance Training

High Performance 1 (ages 10-18)

8 classes, 16 total hours
Minimum 4 / Max 24

This program is tailored specifically for the Junior Tournament Player and High School player, and will further hone the skills and techniques needed for competitive play. The students must play a minimum of 8 USTA Tournaments a year and have a state ranking.

Tuition: \$200 (members); \$240 (non-members)
Monday & Wednesday, 5:00pm – 7:00pm
Drop in Rate: \$35

HP1SPT: August 30-September 22
HP1OCT: September 27-October 20
HP1NOV: October 25- November 17
*no class Sept 6th

Athletic Development Training

The ADT program is designed to teach athletes the fundamentals of proper movement. Athletes will learn proper technique for acceleration, multi-directional movement, transitions, deceleration and jump mechanics. These are the key movements that must be mastered to succeed in any sport.

Contact Jeff Vajay for more information at:
jeffvajay@gmail.com
919-454-6004

Make-Up Schedule

If make-up sessions are required, they will be held on the weekends.

Elite Performance Training

High Performance Elite

(up to age 18)

8 classes, 18 total hours
Minimum 4 / Max 18

This is a rigorous program for the experienced and dedicated junior player. Strokes, tactics, dynamics of the game, movement, and match play will be covered. A specific emphasis on tennis-specific movement, strength training and conditioning is a large component of this elite group.

In order to enroll, students must have either a sectional or national ranking, and be approved by our Pro's. Student's must play a minimum of 12 USTA Tournaments a year.

Tuition: \$225 (members); \$270 (non-members)
Drop in Rate: \$40
Tuesday & Thursdays
5:00pm – 7:15pm

HPESPT: September 7 - September 30
HPEOCT: October 5 - October 28
HPENOV: November 2 – December 2
No Class the Week of Thanksgiving

Private Lessons:

For Private Lessons Information, call Ray Josephs at the Tennis Shop (919) 859-2408

All lessons must be paid prior to the lesson. Full payment is due on all lessons not cancelled 24 hours in advanced.