

## Junior Development Information Sheet

Wellworx Sportsplex  
6161 Shelby Oaks Drive, Memphis TN 38134 Tel: (901) 388-6580  
[www.wellworx.com](http://www.wellworx.com)

Head Teaching Pro: Joe Schmulian  
Assistant Pro: Glenn Williams

Director of Tennis: Donna Williams

### Junior Development Tennis Programs

Groups	Days/Times	Cost for 1 month (4 weeks) (attending 1 day/week)	Cost for 1 month (4 weeks) (attending 2 days/week)
Beginner	Tue 4-5pm Thur 5-6pm	Registered \$68 (Drop-in \$80)	Registered \$136 (Drop-in \$160)
Intermediate	Tue 5-6pm Thur 4-5pm	Registered \$68 (Drop-in \$80)	Registered \$136 (Drop-in \$160)
Advanced + Elite	Mon/ Wed 4:15 - 6pm	Registered \$110 (Drop-in \$140)	Registered \$220 (Drop-in \$280)

<b>Match Play + Conditioning</b> (for intermediate, advanced and elite group players only)	<u>Sat 1-3pm</u> (hour and a half match play + 30min intense fitness)	<b><u>\$25 per class (2hours)</u></b>
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- **NOTE!! Students are allowed to join mid session. If a student joins mid session fees will be prorated and the student will only pay for the remaining classes of the session.**
- **Bring a friend and get one free class!!!**

#### Description of groups

**Beginner:** *Goal: Learn the fundamentals of stroke production and tennis as a sport.*

**Intermediate:** Continue to improve on stroke production and technique. Should be able to play basic points. *Goal: Local and novice level tournament player.*

**Advanced:** Have a good understanding of technique and strokes. Focus partially on technique and partially on strategy. *Goal: To compete in state, sectional and national level tournaments.*

**Elite:** Well experienced tennis players who focus primarily on tournament play and physical conditioning. *Goal: To be national or world ranked players.*

#### Quick Calendar

Aug 18 – Sept 13	Session 1 (4 weeks)
Sept 15 – Oct 18	Session 2 (4 weeks)
Oct 20 – Nov 15	Session 3 (4 weeks)
Nov 17 – Dec 13	Session 4 (3.5 weeks – half week for Thanksgiving)
<b>(NOV 26 – NOV 30)</b>	<b>NO JUNIOR DEVELOPMENT WEDNESDAY NOVEMBER 26 – SUNDAY NOVEMBER 30 FOR <u>THANKSGIVING</u></b>
<b>Dec 13 - Jan 4</b>	<b>Christmas break – NO JUNIOR DEVELOPMENT</b>

**Jan 5** Spring Session 1 commences. *Registration forms will be available prior to the start of the session.*

#### Important information - Please read and keep this page. Complete and hand in the next page

- Please make sure that your child has TENNIS SHOES. When purchasing make sure to ask the sales assistant for *non marking tennis shoes*, not basketball, running or cross training shoes.
- Contact Joe Schmulian (901) 507-4921(office)/ 550 5161(cell) or Donna Williams (901) 507-4922 for program information and group placement.
- Choices for attending one, two, or three days a week are possible.
- Walk-ins are welcome and the rate is \$20/class for beginner and intermediate and \$35/class for advanced + elite. Please try and notify Joe or Donna in advance.
- Payments must be made for entire session if registering.

## Fall 2008 Junior Development Registration Form

Groups	Days/Times	Cost for 1 month (4 weeks) (attending 1 day/week)	Cost for 1 month (4 weeks) (attending 2 days/week)
Beginner	Tue 4-5pm Thur 5-6pm	Registered \$68 (Drop-in \$80)	Registered \$136 (Drop-in \$160)
Intermediate	Tue 5-6pm Thur 4-5pm	Registered \$68 (Drop-in \$80)	Registered \$136 (Drop-in \$160)
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**NOTE!!! Fees are prorated for students joining the program after the start date i.e. you pay for remaining number of weeks only (There is a 10% discount for any additional child)**

Your child has to be evaluated prior to registration to assure that he/she gets placed in the correct group. Please contact Joe Schmulian (901) 550-5161(c)/ 507-4921(office) or Donna Williams (901) 507-4922.

**Attending Session 1: Aug 18 – Sept 13 (4 weeks)**

**Session 2: Sept 15 – Oct 18 (4 weeks)**

**Session 3 Oct 20 – Nov 15 (4 weeks)**

**Session 4 Nov 17 – Dec 13 (3.5 weeks)**

Number of days attending/week (**circle one**): 1 day/week (Mon Tu We Th) 2 days/week (Mon Tu We Th)

Payment amount enclosed: \$\_\_\_\_\_ (**Make checks payable to Wellworx**)

Child first name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

School \_\_\_\_\_ Current or previous ranking \_\_\_\_\_

Child first name \_\_\_\_\_ Last Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

School \_\_\_\_\_ Current or previous ranking \_\_\_\_\_

Parent Name \_\_\_\_\_ Cell \_\_\_\_\_ Home \_\_\_\_\_ Other \_\_\_\_\_

Parent Name \_\_\_\_\_ Cell \_\_\_\_\_ Home \_\_\_\_\_ Other \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**E-mail** \_\_\_\_\_

**Waver:**

I, (print first and last name) \_\_\_\_\_ hereby consent on this day (mm/dd/yy) \_\_\_\_\_ for my child to participate in the Junior Development program. I hereby indemnify and hold harmless Wellworx Sportsplex and any of their respective employees, staff, officers, agents, successors, sponsors of the program, and assigns and I release any and all liability for any injury or illness which may be suffered by my child arising out of or in any way connected with the junior programs. I assume the risk for such injury or illness. I, the undersigned, have read this release and understand all of its terms and hereby voluntarily execute it with all knowledge and understanding of its significance.

Parent/Guardian Authorization: In the event of a medical emergency, I the undersigned give permission to the physician selected by Wellworx to secure treatment for my child, administer treatment to, or hospitalize my child.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## **Explanation of Junior Development Tennis Program at Wellworx**

The junior program will consist of various groups and levels ranging from beginner to advanced (elite). Each group will consist of between 20 and 25 players (i.e. roughly 5 to 6 students per instructor.) Students will be evaluated and then placed into a group based on their skill level. Students will have the option of meeting one day a week or two days a week for instruction. If the groups reach the maximum amount of students allotted then preference will be given to those who have signed up to attend twice a week. Drills will be designed specifically for each group, i.e. basic drills for the beginner players and more advanced and challenging drills for the more advanced players.

A move-up tournament will be held once a session for the intermediate and advanced groups. The winner of this tournament will get moved up to the next higher group. Match play results on Tuesday and Saturday will count towards creating a ranking list for players within their groups.

The primary focus of the program will be developing an elite touring group consisting of state-, nationally-, and, eventually world-ranked players. This will be a smaller group of individuals committed almost exclusively to developing their abilities.

Today tennis players have to perform at peak levels and in order to do so they need to be in peak physical condition. Tennis places extreme physical stress on a players body and as a result the player needs to be in top physical condition to prevent any injuries from occurring and also to be able to compete at their full potential.

Many younger athletes are pushing themselves harder and injuring themselves early in their careers. In most cases these injuries prove to be career-ending or they prevent the players from reaching their full potential. These injuries usually result from a lack of knowledge and guidance from coaches and parents. In most cases proper warm-up routines and correct execution of fitness drills can prevent numerous injuries. For these reasons the program will also focus on fitness and injury prevention.

The students will work closely with a top physical trainer from Wellworx. They will be taught correct warm-up routines, correct weight training techniques, and they will also be pushed physically to a higher fitness level.