

## Clinic Fees

Includes club membership  
while in program

### 1- Hour Clinic (2x per week)

8 Clinics	\$200
4 Clinics	\$110
1 Clinic	\$30

### 1 1/2 Hour Clinic (2x per week)

8 Clinics	\$280
4 Clinics	\$150
1 Clinic	\$40

### 2-Hour Clinic (2x per week)

8 Clinics	\$400
4 Clinics	\$210
1 Clinic	\$55

Download our Mobile App!  
Register on our App or the  
Member Portal

[www.midcapeathletic.com](http://www.midcapeathletic.com)



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# Junior Fall Tennis Program

September 13-December 22  
2021



## Baseliners (ages 4-7)

- Rules, Etiquette & Court Familiarity
- Hitting Skills; Volley & Mini-Tennis Rallying
- Bounce & Overhand Serves
- Fun Drills and Games

Wednesdays: 4:00 pm— 5:00 pm

Saturdays: 9:00 am—10:00 am

8 clinics \$200

4 clinics \$110

1 clinic \$30

## Junior Elite (ages 10-12)

- Volley & Rally Ability (10 times over net)
- Ability to Serve, Play a Set or Match
- Technique (overheads, lobs & angles)
- Consistency & Shot Placement
- Basic Singles and Doubles Strategy
- Drills, Match Play, and Games

Mondays & Wednesdays

1.5 hours

4:30— 6:00pm

8 clinics \$280

4 clinics \$150

1 clinic \$40



## Footwork Conditioning (Intermediate and advanced)

- 30 Minute Footwork drills:  
-Focus on Athletic Foundation, Movement, and recovery.
- 30 Minute Tennis Specific Fitness drills with our Head Trainer.

**Saturdays 11:00 am—12:00 pm**

**1 hour clinic = \$30**

## High Performance (13-17)

- Increased Consistency/Placement & Shot Variety
- Knowledge of Basic Strategies
- Consistency and Shot/Spin Variety
- More Advanced Strategy
- Introduction of Power
- Drills, Match Play and Games

Tuesdays / Thursdays

4:00 pm — 6:00 pm

8 clinics = \$400

4 clinics = \$210

1 clinic \$55

## Crushers (ages 7-11)

- Serve from Baseline with some success
- Volley & Rally Ability (3-8 times over net)
- Stroke Instruction (ground strokes, serves, volleys)
- Drills, Match Play and Games

Wednesdays: 5:00 pm—6:00 pm

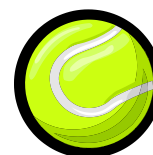
Saturdays: 10:00 am—11:00 am

8 clinics \$200

4 clinics \$110

1 clinic \$30

**We make it easy! Our tennis program is color-coded as follows:**



**Green: Beginner**  
**Blue: Intermediate**  
**Yellow: Advanced**