

## 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

Register on the Member Portal  
[www.midcapeathletic.com](http://www.midcapeathletic.com)



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# Junior Tennis Program Fall 2020



## Baseliners (ages 4-7)

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

Mondays & Wednesdays

1 hour

3:30-4:30pm

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



We are strictly following all state and federal guidelines for COVID-19. Our staff is taking every precaution to ensure a safe environment for everyone involved!

## 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

Mondays & Wednesdays

1 hour

3:30-4:30 pm

8 clinics \$200

4 clinics \$110

1 clinic \$30

## High Performance (ages 12-16)

- 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

2 hours

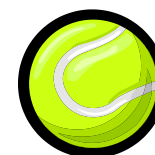
4:00pm- 6:00pm

8 clinics \$400

4 clinics \$210

1 clinic \$55

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



Green: Beginner  
Blue: Intermediate  
Yellow: Advanced