

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



193 Whites Path
South Yarmouth, MA 02664
Phone: 508.394.3511
www.midcapeathletic.com

Junior Summer Tennis Program

June 21— September 1
2021



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



Ready to take your game to the next level?

Our head trainer Sarah Dowcett is RacquetFit certified and ready to help you identify how your body is functioning on the court. RacquetFit is an educational organization dedicated to the study of how the human body functions while playing tennis and how to identify if your body is impacting your performance. Contact Sarah to set up an appointment!

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

3:00pm- 5:00pm*

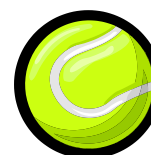
8 clinics \$400

4 clinics \$210

1 clinic \$55

* 3:00-4:30 with less than 5 kids

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



Green: Beginner
Blue: Intermediate
Yellow: Advanced