



11411 GAS HOUSE PIKE, NEW MARKET, MD 21774
PHONE: 301-865-2701; FAX: 301-865-2703

2008 JUNIOR FALL TENNIS PROGRAMS

Academy I, II, College Bound
& Academy Prep: Sept. 8th – Dec. 21st, 2008

(15 weeks, No class on Thanksgiving Day)

All Other Programs: Session #1: Sept. 8th - Oct. 26th, 2008*
(Each session is 7 weeks) Session #2: Oct. 27th - Dec. 21st, 2008*

No classes during Thanksgiving week for these programs

ACADEMY PREP.

(ALL AGES, BY TRY-OUT WITH A PRO)

These players are becoming more competitive and we prepare them for tournament play. Our players go into high school play with a distinct advantage over other kids. These juniors have developed individual stroke mechanics and are moving into point construction, fitness and the mental game: The Whole Package!

Mondays & Wednesdays 5-7pm; 15 weeks (Starts 9/8/2008 & ends 12/17/2008, no class 11/27/2008)

Option 1 (Members) \$42 per day drop in rate (All drop ins must be approved by Pro in charge prior to attendance).
(Non-Members) \$48 per day drop in rate

Option 2 (Members) 1 day per week for semester \$576 (Non-Members) 1 day per week for semester \$656

Option 3 (Members) 2 day per week for semester \$1083* (Non-Members) 2 day per week for semester \$1233*

*2 day per week class fee can be divided into two payments, please see Joanna for details.

Please note.....Options 2 & 3 attendees receive an Academy t-shirt!!

HIGH PERFORMANCE TENNIS

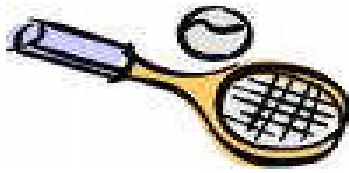
ACADEMY I, II & COLLEGE BOUND (TRY OUT & INVITATION ONLY)

FALL 2008: MONDAY, SEPT. 8 – SUNDAY, DEC. 21, 2008

DESIGNED FOR RESULTS

Our Academy is an exciting results-oriented program, designed specifically for USTA ranked or juniors seeking to be ranked in their age group for the Mid-Atlantic Section. Only those juniors who are dedicated and committed to taking tournament preparation to a new and higher level will be accepted into this program.

DEVELOPS THE COMMITTED PLAYER: West Winds uses a 5-point focus in developing junior players. 1) Stroke Technique—develop what works best for each player and where high percentage shots exist on the court for varying situations. 2) Individualized Strength Analysis—build weapons that suit your game with match charting and strategy handouts. 3) Thrive Under Pressure—learn how to think and play like a pro. 4) Tennis Specific Conditioning—improves footwork through high explosive court conditioning and strength and fitness with modern resistant training. Better footwork will allow the player be better balanced in order to direct the ball more confidently. And 5) Mental Toughness—will show you how to simplify the thought process in stress situations. The mind is the most powerful weapon in any player's game.



HIGH PERFORMANCE TENNIS cont.

Academy I Days & Times:
 Tuesday & Thursday = 6:30 - 9:00pm
 Saturday = 11:30 - 2pm

Academy College Bound Days & Times:
 Monday = 5 - 7:30pm
 Thursday = 6:30 - 9pm
 Saturday = 11:30 - 2pm

Academy II Days & Times:
 Tuesday & Thursday = 4:30 - 7:00pm
 Saturday = 9:30am to noon

- Option 1= \$52 /\$57 (member/non-member) per day drop in (All drop ins must be approved by Pro in charge prior to attendance).
- Option 2*= 1 day per wk for semester \$730 /\$835
- Option 3*= 2 days per wk for semester=\$1340 /\$1520
- Option 4*= 3 days per wk for semester=\$1920 /\$2190

Please note.....Options 2, 3 & 4 attendees receive an Academy t-shirt!!

INSTRUCTIONAL RATES FOR FULL-TIME PROFESSIONALS

TED MEYER, USPTA (DIRECTOR OF TENNIS)

	Member	Non-Member
1 hour Private	\$64	\$69
1/2 hour Private	\$35	\$38
1 hour Semi-Private	\$70	\$76

**GENE CUTTER, USPTR (DIRECTOR HIGH PERFORMANCE JUNIOR ACADEMY)
 & CASSIE MEYER, USPTA (TENNIS PROFESSIONAL)**

	Member	Non-Member
1 hour Private	\$60	\$65
1/2 hour Private	\$33	\$35
1 hour Semi-Private	\$66	\$70

Special Private Lesson Option!
 Pay in advance for 6 one-hour private lessons and save 10%.

West Winds members will always have priority placement in our programs.

CANCELLATION POLICY: Must cancel 24 hours in advance or student (s) will be responsible for lesson fee.



2008 WEST WINDS JUNIOR FALL TENNIS PROGRAM CONT.

TINY TOTS (AGES 4-7)

We will emphasize fun and developing eye-hand coordination as the foundation for the sport of a lifetime!

Tuesday's 4:15-5:00 pm; Thursday's 4:15-5:00pm

WW Members -\$87.50 once a wk per session. Or, \$153 for twice a wk per session.

Guests -\$109 once a wk per session. Or, \$198 for twice a wk per session.

*Drop In Fee: \$16 members; \$20 non-members (All drop ins must be approved by Pro in charge prior to attendance).

YOUNG BEGINNERS (AGES 7-10)

Continues the fun we had in Tiny Tots and begins stressing better technique and understanding how the game is played.

Tuesdays 5-6 pm; Thursdays 5-6 pm;

WW Members- \$119 once a wk per session

\$215 twice a wk per session

Guests- \$144 once a wk per session

\$259 twice a wk per session

*Drop In Fee: \$21 members; \$25 non-members (All drop ins must be approved by Pro in charge prior to attendance).

LOW INTERMEDIATE (AGES 10-14)

Stressing form, our players learn the tools necessary to play on an NJTL league, BJIL team and even USTA tournaments!

Mondays 5-6 pm; Wednesdays 5-6 pm;

WW Members- \$ 119 once a wk per session

\$ 215 twice a wk per session

Guests- \$ 144 once a wk per session

\$ 259 twice a wk per session

*Drop In Fee: \$21 members; \$25 non-members (All drop ins must be approved by Pro in charge prior to attendance).

BEGINNER TEENS (AGES 13-17)

This is the perfect opportunity for your "late bloomer"! We bring kids of similar ages together and get them up to speed on tennis mechanics and strategy in a comfortable environment.

Thursday's 6—7 pm

WW Members- \$119 once a wk per session

Guests- \$144 once a wk per session

*Drop In Fee: \$21 members; \$25 non-members (All drop ins must be approved by Pro in charge prior to attendance).



E-MAIL:

INFO@WESTWINDSTENNIS.COM

WEBSITE:

WWW.WESTWINDSTENNIS.COM



11411 Gas House Pike, New Market, MD 21774

Phone: 301-865-2701, Fax: 301-865-2703 & www.westwindstennis.com

2008 FALL JUNIOR INDOOR TENNIS PROGRAMS

Registration Form

Student's Name: _____

Parent's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home #: _____ Work#: _____

Cell #(s): _____

Birth date: ____/____/____ Gender: _____ Age: _____

E-Mail Address: _____

(Fill in e-mail for notices regarding the program)

Enroll me in the circled program(s):

Tiny Tots

Young Beginners

Low Intermediate

Beginner Teens

Academy Prep. (if approved by Professional Staff) T-shirt Size: _____

**Call me to arrange a try-out for my child to the Academy Prep.

High Performance Academy (if approved by Professional Staff) T-shirt Size: _____

**Please call me to arrange a try-out for my child to the High Performance Academy

List Day & Time of Class: _____

Enclosed is my check for \$ _____ (Checks made out to "West Winds Tennis")

Please bill my credit card: _____ (Visa or MC)

Account #: _____ EXP. Date _____

Signature of Card Holder: _____

Please mail this to: **West Winds Tennis & Fitness Center, 11411 Gas House Pike,
New Market, MD 21774**

Or call 301-865-2701 ext 0# to register over the phone with a credit card.

Additional Questions?

Tennis Shop 301-865-2701; Fax# 301-865-2703

Please note: Our Make-up Policy for the junior program requires a 24-hour notice of absence or payment is applied. With 24-hour notice, student may make up attendance in any other appropriate clinic within the same semester by contacting the pro in charge.