

## MVRF TENNIS PROGRAM

Every MVRF program will help you develop sound and effective strokes which will be the foundation for a lifetime of tennis.

During lessons we will help you develop proper stroke mechanics, match play strategies, good practice habits, and stress the importance of competing with the proper mental attitude which will help you play your best and win more matches.

## TENNIS DIRECTOR AND STAFF

Tennis director Don Harlan formerly served as the Director of Tennis in Salem, OR at the Illahe Hills Country Club for five years. Don comes to the Mint Valley Racquet Complex after spending three years in Portland, OR as an assistant and Director of Junior Tennis at the Multnomah Athletic Club and most recently as the former Director of Tennis at Club Green Meadows in Vancouver, WA. He has gained his reputation through years of dedication to the development of the young player. He has over 33 years of tennis experience and is certified by both the United States Professional Tennis Association and the United States Professional Tennis Registry.

The staff, which consists of other teaching professionals, has been carefully selected and trained and are enthusiastic and committed to the development of each student.

## LESSON POLICY

- \* Lessons will start the week of March 24th.
- \* Payment for the full session fees are due at the time of registration.
- \* Lessons may be made up only in the event of illness or a medical emergency. This will be strictly enforced.
- \* **There will be no class March 31st - April 5th or May 23rd-26th.**

## PROGRAM COSTS

### JUNIOR EXCELLENCE/VARSITY

(31 lessons) \$285 tennis member  
\$315 non-member

### TEAM TENNIS

(22 lessons) \$205 tennis member  
\$225 non-member

### JUNIOR VARSITY ROOKIES/ACES/ROOKIES

(21 lessons) \$195 tennis member  
\$215 non-member

### MIGHTY MITES/TINY TOTS

(22 lessons) \$155 tennis member  
\$175 non-member

### SATURDAY MIGHTY MITES/TINY TOTS

(10 lessons) \$70 tennis member  
\$80 non-member

### SAT. JUNIOR VARSITY ROOKIES/SAT. ROOKIES

(10 lessons) \$80 tennis member  
\$90 non-member

## PROGRAM TIMES

### JUNIOR EXCELLENCE TEAM

The MVRF Junior Excellence Team is for those players interested in pursuing tennis to their highest level possible.

This program is specifically designed to help you be a tougher tournament player. You will be challenged daily with advanced drills and physical conditioning in a well focused environment.

This is an intense program designed to improve your tournament results. Participants should have a current USTA ranking or be among the top three of your high school team. All players must be pre-approved by the Tennis Director.

**TIME:** MON/WED/FRI 4:15-5:30  
**LEVEL:** Advanced  
**AGE:** 12-18

### VARSITY TENNIS TEAM

This program is designed for those players that have High School Tennis or tournament experience.

In this program, you will join other motivated players in your age group that are interested in improving their skills and moving up on the team ladder. We will help you simplify and strengthen your strokes, improve your conditioning, and help make you a better doubles player.

**TIME:** MON/WED/FRI 3:00-4:15  
**LEVEL:** Int. - Adv. Int.  
**AGE:** 14-18

### TEAM TENNIS II & I/ACES

For adv. beginning to adv. intermediate players.

The emphasis is on stroke development. We will teach you the proper technique in a way that will make it easy to learn. You will understand the correct mechanics of each stroke, enabling you to improve long after lessons are over.

#### TEAM TENNIS II

**TIME:** TUE/THUR 4:00-5:15  
**LEVEL:** Int. - Adv. Int.  
**AGE:** 10-14

#### TEAM TENNIS I

**TIME:** TUE/THUR 4:00-5:15  
**LEVEL:** Low Int.  
**AGE:** 10-14

#### ACES

**TIME:** MON/WED 5:30-6:45  
**LEVEL:** Adv. Beg.  
**AGE:** 9-13

## JUNIOR VARSITY ROOKIES

For beginning to low intermediate players.

These classes are designed for high school students that have little or no tennis experience. The emphasis is on stroke development. We will teach you the proper technique in a way that will make it easy to learn. You will understand the correct mechanics of each stroke, enabling you to improve long after lessons are over.

### JUNIOR VARSITY ROOKIES

**TIME:** MON/WED 5:30-6:45  
**LEVEL:** Beg. - Adv. Beg.  
**AGE:** 14-18

### SATURDAY JUNIOR VARSITY ROOKIES

**TIME:** SATURDAY 10:00-11:00  
**LEVEL:** Beg. - Low. Int.  
**AGE:** 14-18

## ROOKIES

For beginning and advanced beginning players.

The emphasis is on the fundamentals of basic strokes and footwork. We will cover all the basic strokes of the game, develop hand-eye coordination, and improve muscle coordination. For beginners, the simplicity of the strokes we teach will give you ball control and the ability to play immediately.

### ROOKIES

**TIME:** MON/WED 4:15-5:30  
**LEVEL:** Beg. - Adv. Beg.  
**AGE:** 9-13

### SATURDAY ROOKIES

**TIME:** SATURDAY 9:00-10:00  
**LEVEL:** Beg. - Adv. Beg.  
**AGE:** 9-13

## MIGHTY MITES/TINY TOTS

For beginning and advanced beginning players.

The emphasis is on the fundamentals of basic strokes and footwork. We will cover all the basic strokes of the game, develop hand-eye coordination, and improve muscle coordination.

### MIGHTY MITES

**TIME:** TUE/THUR 5:15-6:00  
**LEVEL:** Beg. - Adv. Beg.  
**AGE:** 7-9

### SATURDAY MIGHTY MITES

**TIME:** SATURDAY 11:00-11:45  
**LEVEL:** Beg. - Adv. Beg.  
**AGE:** 7-9

### TINY TOTS

**TIME:** TUE/THUR 5:15-6:00  
**LEVEL:** Beg. - Adv. Beg.  
**AGE:** 5-6

### SATURDAY TINY TOTS

**TIME:** SATURDAY 11:45-12:30  
**LEVEL:** Beg. - Adv. Beg.  
**AGE:** 5-6

