

College Racquet Club

171 White Plains Road
 Bronxville, New York 10708
 914 961-3955

REGISTRATION FORM
Junior Program- Competitive Ladder Pathway

PLAYER INFORMATION

0 New Member 0 Existing Member

0 Existing w/changes

_____ 0 Male 0 Female
 First Name Last Name Date of Birth Gender

_____ 0 Male 0 Female
 USTA Membership Number UTA Profile Number School and Grade Level

PARENT/GUARDIAN

_____ 0 Male 0 Female
 First Name Last Name Email Address

_____ 0 Male 0 Female
 Street Address City State Zip

_____ 0 Male 0 Female
 Home Phone Cell Phone Business Phone

_____ 0 Male 0 Female
 Emergency Contact Name Relationship to Player Emergency Phone

PROGRAMS (Circle One)

<u>Clinic</u>	<u>Start</u>	<u>Duration</u>	<u>When</u>	<u>Fee</u>
Tournament Training	9/24/18	28 weeks	M & W 5:00- 7:00	\$4,200
Tournament Training II	9/25/18	28 weeks	T & Th 5:00- 7:00	\$4,200
High Performance	9/24/18	28 weeks	M & W 6:00-8:00	\$4,200
Elite High Performance	9/25/18	28 weeks	T & Th 6:00-8:00	\$4,200

Private Lessons By Arrangement - Contact Pro Shop

Sub Total _____

25% Deposit Required _____

BALANCE DUE

PAYMENT INFORMATION

A deposit of 25% is required at the time a program reservation is made. This deposit is non refundable. The balance is due by the end of the first week and second week for 4 and 8 week programs, respectively.

Payment for weekly programs and private lessons is due at the start of the lesson or weekly program.

Participation in programs is for the full programs. No refunds will be given for withdrawal or absence after the session begins. Make-ups for classes missed are not guaranteed by College Racquet Club.

Cash, checks and credit cards are accepted at the Pro Shop.

LIABILITY WAIVER, ASSUMPTION OF RISK AND RELEASE AND OTHER TERMS

I agree that I am the parent or legal guardian of the named participant, and that we will abide by all the rules and regulations which now exist or which may be hereafter adopted or amended by College Racquet Club.

I further acknowledge and agree that there are certain inherent dangers in playing tennis and in participating in other programs, services and activities at College Racquet Club and that College Racquet Club shall not be liable for any personal injuries, property damage, or other loss sustained by the named participant in, on or about the premises of College Racquet Club, or arising out of the use or intended use of any facilities, equipment or other property of College Racquet Club.

I hereby further declare that the named participant to be physically sound and suffering from no conditions, impairments, disease, infirmity or other illness that would prevent his or her participation in College Racquet Club programs, services and activities. In the case of accident or injury to the named participant, and if an emergency contact person cannot be reached, I grant College Racquet Club permission to obtain medical attention if necessary for which I will be financially responsible.

College Racquet Club reserves the right to cancel this contract at any time, at its sole discretion, and College Racquet Club's sole liability shall be to refund any amounts previously paid on a pro-rata basis.

College Racquet Club reserves the rights to close courts for repair or alteration. College Racquet Club reserves the right to photographs or video taken at the facility to be used for publicity or advertising. If the named participants or participant's legal guardian's email address are provided above, College Racquet Club is authorized to contact them at such address directly.

Parent/Guardian Signature

Date

COMPETITIVE LADDER PATHWAY

In all of the CRC competitive programs we take a holistic approach to developing all of the important skills to compete. Each program is designed for that particular level using the 4 main areas of Concentration. All of the CRC Pros have certifications and we incorporate ideas from many associations, Academies and professionals that are tested and proven. We strive to get the most for our players. Each clinic is designed to lead our players to the next higher level. These clinics form a roadmap to playing at ones peak ability. They feed into one another and participation on a year round basis results in consistency and in each player improving and attaining their goals.

Four Principles

Technique - Proper technique is instrumental in developing into a high level player. Form, Balance and Timing are critical to success.

Conditioning & Movement. -To compete at a high level, players must be fit. CRC Pros stress footwork, endurance, quickness, balance and change of direction throughout the classes. The ability to perform for long periods of time and a high level requires the body to be flexible as well as strong.

Point Construct. Once you get passed how to hit the ball you must begin to determine where & when to hit the ball. Patterns & Court Positioning that should be used in matches are developed and emphasized. This is an expanded Strategy and tactics.

Mental Game. Players experience all forms of pressure. How each player reacts to these pressures will help determine the outcome. We will address this through mental training exercises to help each player develop relaxation and focus skills to help them on & off the court. In addition, we teach how to create pressure for your opponents.

CRC uses age as a Guideline for all of the programs. However, it is just a guideline and players who excel at a younger age are promoted to higher level classes provided they are able to demonstrate the maturity to be in the class!

I. Tournament Training & Tournament Training II

8-12 & 10-14

Juniors preparing for competition in high school and USTA Level 2 & 3 tournaments. Using the 4 Principles these players improve and challenge themselves in competition.

II. High Performance

12-15

Designed a skill level above Tournament Training, this clinic is for juniors who have ambition to play college tennis or above. Again using the four principles, these juniors learn to compete at a very high level honing their physical, mental and emotional skills.

III. Elite High Performance

13-17

Juniors aspiring to play high level college tennis, USTA Regional & National tournaments and perhaps ITF events. This class will be by invitation only and each student must play at least 12 tournaments a year, demonstrate a serious approach to the group as well as set and achieve self-goals.