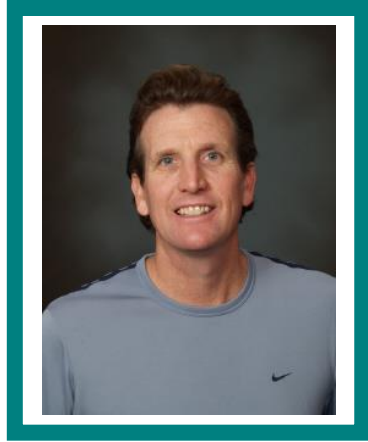




# Val Vista Lakes & Professional Tennis Management Present: Junior Circuit Tennis Program



## Michael Lowdermilk

USTA High Performance Coach  
USPTA/P-1/PTR National Tester  
2005 AZ PTR Member of Year  
Former Van der Meer Tennis Director  
& World Tours Professional

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480-628-0851 (C)

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Register with Michael  
Lowdermilk

## 2018 Junior Circuit Tennis Program

*Designed for 9-18 year olds from Novice to Beginning Advanced levels*

Juniors receive professional instruction on the fundamentals, scoring and tennis etiquette, basic strategies, mobility and footwork drills, match play drills, tips on mental toughness and basic nutrition, and match play. In an effort to ensure the best possible learning environment, juniors are grouped into three primary classifications: **Jr. Grand Prix, Jr. Grand Champions, and Jr. Grand Masters.** One and a half hour daily works out sessions are offered five days a week (Monday-Friday) year-round and twice a day in the summer. This innovative program features:

- ◆ Groupings based on physical and chronological age & skill levels
- ◆ Warm-up and conditioning drills and exercises
- ◆ Personal evaluation of strokes & player profiles w/ video Analysis
- ◆ Game based learning situations and a progressive match play system
- ◆ Advice on singles and doubles tactics and strategies
- ◆ Mental tips & periodic mental skills coaching
- ◆ Tips on developing effective dietary and nutritional habits

1 Day per wk (6 hrs. /month)  
2 Days per wk (12 hrs. /month)  
3 Days per wk (18 hrs. /month)  
4 Days per wk (24 hrs. /month)  
5 Days per wk (30 hrs. /month)

\$72 Mem. / \$82 Non-Mem  
\$144 Mem. / \$164 Non-Mem.  
\$216 Mem. / \$246 Non-Mem.  
\$288 Mem. / \$328 Non-Mem.  
\$260 Mem. / \$410 Non-Mem.

### 2018 Schedule

Session I: Jan. 8-Feb. 2	Session V: April 30-May 25	Session IX: Aug. 20-Sept. 14
Session II: Feb. 5-March 2	Session VI: May 28-June 22	Session X: Sept. 17-Oct. 12
Session III: March 5-30	Session VII: June 25-July 20	Session XI: Oct. 15-Nov. 9
Session IV: April 2-27	Session VIII: July 23-Aug. 17	Session XII: Nov. 12-Dec. 7

**Schedule: Monday-Friday, 6-7:30pm (Year Round) & 8-9:30 am (Summers) & 4:30-6pm (Oct.-May)**

## 2018 Jr. Circuit Program Registration Form

NAME: \_\_\_\_\_ PARENT(S) NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_ BIRTH: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_ EMAIL: \_\_\_\_\_

DAY(S) OF WEEK ENROLLED: \_\_\_\_\_ TIMES: 4:30-6PM OR 6-7:30PM (Please Circle)

PHONE: (Home) \_\_\_\_\_ (work) \_\_\_\_\_

CLINIC PAYMENT(S): \$ \_\_\_\_\_ \*\*BONUS: Two (1) Hr. Lessons for price of one (\$106 value for only \$53)

**Please make all checks payable to: Val Vista Lakes**

The undersigned, in consideration of being accepted, hereby assumes all responsibilities for, and all risk of damage or injury that may occur or arise from participation in the above event. The undersigned specifically releases and discharges Michael Lowdermilk, Professional Tennis Management., Val Vista Lakes, and their employees and agents from any and all liability, claims, demands or causes of action whatsoever while the undersigned participates in any of the activities and whether or not the undersigned incurs loss or damage or injury from the negligence of Michael Lowdermilk, Professional Tennis Management, Val Vista Lakes, and their employees and agents. This includes, but is not limited to, the facilities where said clinic is conducted.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**For Clinic Registration and Information Contact Val Vista Lakes Tennis Director:  
Michael Lowdermilk at 480-628-0851 (C)  
[tennislessonsaz@gmail.com](mailto:tennislessonsaz@gmail.com) and [www.tennislessonsaz.com](http://www.tennislessonsaz.com)**



**Michael Lowdermilk**  
PTM Founder/Director  
Tennis Director: Val Vista  
Lakes  
Private & Group Lessons &  
Specialized Clinics Offered  
Year Round

**To Register & for More Info:  
480-628-0851 C  
[tennislessonsaz@gmail.com](mailto:tennislessonsaz@gmail.com)**