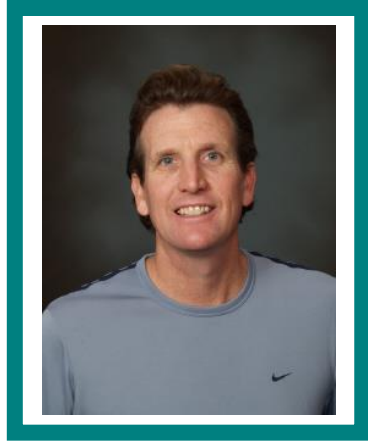




Val Vista Lakes & Professional Tennis Management Present: Junior Circuit Tennis Program



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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Register with Michael
Lowdermilk

2019 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.

2019 Schedule

Session I: Jan. 7-Feb. 1	Session V: April 29-May 24	Session IX: Aug. 19-Sept. 13
Session II: Feb. 4-March 1	Session VI: May 27-June 21	Session X: Sept. 16-Oct. 11
Session III: March 4-29	Session VII: June 24-July 19	Session XI: Oct. 14-Nov. 8
Session IV: April 1-26	Session VIII: July 22-Aug. 16	Session XII: Nov. 11-Dec. 6

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

2019 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 and 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:
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tennislessonsaz@gmail.com**