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Tennis Program Catalog Enrichment Calendar September 2016—June 2017



Junior Developmental /Competitive Tennis

Toddler, Red, Orange, Green & USA Tennis
Tournament Training
High School Tennis

Adult Tennis

Leagues & Lessons
Breakfast Club
Friday Night Tennis

Outreach Programs

Match Point
Home School Tennis

Sportsmen's Tennis & Enrichment Center

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P: 617-288-9092 F: 617-288-3253

**Sportsmen's Tennis & Enrichment Center,
its management, coaches, members and Juniors,
commit to the following guiding principles:**

S

SPORTSMENSHIP

Be respectful — of your coaches, your peers, yourself and the game;

Be honest, be responsible for your actions — call lines & life with integrity;

Be modest when successful and gracious in defeat.

T

TRUST

Yourself — your participation will result in better performance;

Your coaches to help you improve;

SPORTSMEN'S to support you in reaching your goals on & off the court.

E

EFFORT

Try the best you can — don't confuse effort with talent;

Take responsibility for your own progress;

There is no "I can't" — only "I don't know how but I'll try;"

Consistent participation leads to better performance.

C

COACHABILITY

Be receptive to change. Listen and do things differently;

Accept the discomfort that comes with change and improving your game.

COMMUNITY

Be unselfish. Work hard, not only for yourself, but also for the sake of others;

Give back to others — welcome new players, help others improve their skills;

Set a good example for your peers and younger players.

Notes to Fee Schedules & Enrollments

- For Junior Players, we charge a **\$50.00 enrollment fee per child or \$75 per family once per school year**. There is no annual membership fee for Juniors.
- For Juniors, we will strictly honor enrollment limits and **waitlist unregistered students**;
- We are happy to offer a **10% sibling discount** for the second & subsequent siblings concurrently enrolled;
- We strive to provide free and low-cost tennis lessons for **low-income Boston youth and families**. As a result:
 - We provide **scholarship support for Boston families who can document receipt of free or reduced-price school lunches**, and;
 - We charge a **20% out of district fee, a maximum of \$50**, for families who do not reside in Boston.
- **Private lessons and court rentals must be canceled with at least 24 hours notice to avoid a penalty fee equal to the lesson fee or court rental cost.**
- **All new Junior players must come in for a quick assessment before registering for any clinic to ensure proper placement.** Coaches Marton Balla and Harshana Godamanna are available Monday through Friday from 4 to 4:15 PM **when Junior clinics are in session** for assessments. Please plan to arrive by 3:45 PM to go on court at 4 sharp.

Permissions/Agreements/Indemnifications

1. Member/Guest (a) understands that tennis is an active sport that may result in injuries, (b) agrees that none of Sportsmen's Tennis and Enrichment Center ("Sportsmen's"), its staff, directors, volunteers, members and representatives nor any other person shall have any liability or responsibility for injuries suffered at Sportsmen's, and (c) agrees to indemnify and hold harmless Sportsmen's, its staff, directors, volunteers, members and representatives from any and all harm arising from this participation and/or any other activities at Sportsmen's facilities. Playing tennis at Sportsmen's constitutes agreement to these terms.
2. Member/Guest has read and agrees to abide by the guiding principles on page 2. Failure to abide by the spirit of these guidelines may result in removal or suspension from Sportsmen's programs.
3. **Under no circumstances will refunds be given for missed clinics, withdrawals, early departure or late arrivals for all or any portion of any clinic or session.**
4. Member/Guest grants Sportsmen's permission to use photos/video taping in Sportsmen's Tennis and Enrichment Center promotional materials.

Signed agreement must be on file before participation and is valid until revoked.



Introduction

Sportsmen's Tennis & Enrichment Center is a year-round tennis center, with 7 indoor and 7 outdoor hard courts, a clubhouse with showers and lockers, and free off-street parking. A 501(c)(3) non-profit organization, our mission is to build leaders on the court, in the classroom and in the greater community by providing academic, wellness and social development programs alongside recreational and competitive tennis instruction for youth and adults. Sportsmen's is committed to improving life opportunities for youth in Boston's Blue Hill Corridor while welcoming a diverse community from the Greater Boston area.

Although we are a youth-centered organization, we are comprised of and supported by an adult community of more than 300 adult members and regular guests.

Membership

Membership at Sportsmen's is truly the best tennis value in Boston! Annual membership is just \$275 for the year beginning September 1st and ending August 31st. Members receive discounted rates on lessons and clinics, are able to reserve courts in advance, play on travel teams, hold contract time, and pay the standard rates for court time. Members pay a nominal guest fee when bringing any number of visitors to join them on court. Members are encouraged to consider adding a leadership gift to their annual membership fee, helping Sportsmen's to raise the 40% of our operating budget which is derived from philanthropic support.

Court Rentals

Sportsmen's courts may be rented whenever Junior Clinics are not in session, so typically after 7:00 PM* Monday through Thursday. Weekdays after 6 PM and weekends before 6 PM are 'prime time' hours, and courts are \$35.00 per hour. Weekdays prior to 6 PM and weekends after 6 PM, courts are \$25 per hour. Members may bring any number of guests on court for a flat guest fee of \$10.00 per visit.

Members are asked to give a minimum of 24 hours notice when canceling a court reservation. Guests may rent courts no more than 48 hours in advance and must make payment at the time of the rental. No refund is provided without a minimum of 24 hours of advance notice.

**Junior clinics are often outdoors when weather allows. Call for court availability.*

Private/Semi Private Lessons

Private lessons are the most effective way to address specific issues in your development. A semi-private or group lesson with a player or players at a similar level can be a more cost-effective way of achieving the same goals. You may identify a partner, or ask a coach if they can recommend a potential partner for you.

Private lesson rates are posted at the front desk and on our website at www.sportsmenstennis.org. **Member rates are typically 20% below guest rates.**

Information on our coaching staff is also available on our website.

Contact Gayna Sealy, Program Coordinator, at gsealy@sportsmenstennis.org or call the front desk at 617-288-9092 for assistance connecting with a coach. When you call, please indicate:

- How long you've been playing tennis;
- The ideal day/time for you to take a lesson;
- Whether you are seeking a private, semi-private or group, and if you have identified the partners in your semi-private or group;
- What specifically, if anything, you are hoping to address with your private lesson;
- The best time and method to contact you. Ideally, we'd like to receive a cell phone number and an email address.

If you schedule a private lesson and cannot keep your appointment, please give at least 24 hours notice. This prevents the coach from arriving on-site for a canceled lesson and allows us to resell the court. Failure to provide a minimum of 24 hours notice will result in payment due for the lesson.

Junior Clinic Registration

Children who are registered in a Junior Clinic may be assured a space in the following month's clinic if they register by the 15th of the current month. As of the 16th of the month, space is available on a first come-first served basis.

Therefore, new students may not register for a clinic until the 16th of the month for the coming month. **We will maintain a waiting list in order for late registrants.**

Annual Calendar

Sportsmen's is **closed** September 5th, November 24th, December 25th, 2016, January 1st, January 16th (open for ICIC program. No clinics, courts, academics), May 29th, 2017.

Columbus Day, Veteran's Day, December 23rd: **No academics, all other programs on schedule.**

November 25th to 27th, December 26th to 30th, February 20th to 24th, April 17th to 21st: **Club is open, no clinics, Deuce/Hey Sister or academics.** Check back for info on Vacation Week Camps.

October 7th, December 24th & 31st, February 25th, April 15th, April 22nd, May 27th: **No Deuce/Hey Sister**

November 18th (Gala!) December 24th & 31st, April 16th: club closes at 1 PM

September 6th: Junior Clinics & Academic Programs Begin

September 6th to 8th: CMITA Tryouts (call front desk for details)

September 13th: CMITA Practices Begin

September 17th: DEUCE & HEY Sister begin

October 2nd: Sunday High School Tennis Begins

October 6th: Parent's Meeting (tennis), 5:45 PM

October 14th: Volley Against Violence resumes

October 16th: Sunday Free Community Tennis resumes

November 23rd: Academics begin at noon, tennis programs as scheduled

December 1st: Parent's Meeting (tennis), 5:45 PM

March 12th: Sunday High School Tennis ends

June 15th: End of the year academic program showcase

June 20th, 21st: Academics begin at noon, tennis programs as scheduled

All dates are subject to change.

Academic programs follow the Boston Public School Schedule.

During inclement weather, Sportsmen's will be closed whenever a snow emergency has been declared in Boston. Depending on snow removal, we will endeavor to open 2 hours after the snow emergency has been lifted. Please call before traveling, and consider road conditions in and to/from your community.

The Brigham and Women’s Center for Community Wellness is a two-level health, wellness, and education center through which we host adult health, wellness and education programs during the day, and youth education and enrichment programs during out-of-school time.

The ground floor includes a new fitness center with cardiovascular and weight training equipment, activities which are crucial for weight management and the prevention of chronic diseases, such as diabetes and heart disease.

In addition to allowing team members to warm up before matches, the Center for Community Wellness is free for community members who sign an annual waiver, and is also a healthy, active option for parents as they wait for their children to finish classroom tasks and lessons.



Please see adult participation agreement on page 14.

Junior Developmental Tennis

Toddler Tennis

Toddler Tennis is the newest addition to Sportsmen’s Junior Tennis Pipeline. Children aged 2 to 4 are invited to learn the basics of tennis and fundamental athletic skills using a games-based approach, preferably alongside a parent or guardian. Athletic shoes are required for children and adults on court. Racquets are provided.

Sessions require at least 4 registered participants.

Clinic Hours: Saturday, 11:00 AM to 11:45 AM.

For day care providers or home-school parents interested in Toddler Tennis for your child(ren), please see the Match Point introduction on page 9.

Sponge & Red Tennis

Overview: **Sponge and Red Tennis** are for children at least 4 years old who are able to follow simple directions. We focus on the basic motor skills and athletic capabilities needed as a foundation not just for tennis but for other sports. As children develop these skills, the courts will be reorganized to allow children to continue developing at their own pace. Ratio: 6 students, 1 coach, 1/2 court. **Red Tennis** welcomes students who have not played tennis. We teach simple technical fundamentals, focusing on the basic motor skills and athletic capabilities that serve as the foundation for all sports. Parents will be advised when students are ready to move to the next level. Both are taught using a progressive teaching methodology combined with a high energy, fun game-based approach.

Training Schedule

Sponge: Saturday, 9:00 to 9:45 AM
Red: Monday & Wednesday 4:00 to 5:00 PM
Ratio: 8 students, 1 coach, 1/2 court
Maximum Enrollment: 12 Students each class, 6:1 ratio

Orange Tennis

Overview: Orange Tennis is for students who have progressed from Red Tennis, can demonstrate good control of the ball on the 36' court and are able to cover the 36' court. It builds upon the motor skills and athletic capabilities developed in Red Tennis, and emphasizes agility, balance and coordination. Technical fundamentals are introduced and developed alongside basic skills. Orange Tennis is taught using the same progressive teaching methodology as Red Tennis, but with an increasing emphasis on repetition of mastered tasks.

Clinic Hours: Tuesday and Thursday, 4:00 to 5:30 PM
Or Saturday 9 AM to 10:30 AM

Maximum Enrollment: 18 Tues/Thurs, 12 Sat, 6 students per court

Green Tennis

Overview: Green Tennis is for students who are transitioning from a short court and Orange Tennis, to a full-size court, preparing for yellow ball. Players must demonstrate the ability to control the ball well and cover the 60' court. The aim of Green Tennis is to ensure a smooth transition to the full game, by solidifying the fundamentals of both technique and basic strategy. Players are expected to know how to execute appropriate strokes consistently, and to understand when and why they are being used. This understanding is necessary for an effective transition into use of the standard yellow balls.

Clinic Hours: Saturday, 10 :30 AM to noon
Maximum Enrollment: 12 students total

USA Tennis

USA Tennis is our starter program for all student athletes aged 11 & over. It may be played on a full sized or short court, typically with lower compression balls. The emphasis is on technical fundamentals, basic skills and introducing the rules of tennis. The necessary athletic capabilities are developed in relation to the age of the student. USA Tennis is taught using a progressive teaching methodology and repetition tasks.

Clinic Hours: Tuesday & Thursday, 4 to 5:30
Maximum Enrollment: 6 students, 1 court only

Breakfast Club

Breakfast Club is a fun, affordable way to play tennis daily during the indoor season. For a flat fee, Breakfast Club Members may play unlimited tennis **on designated indoor courts only** from **7 AM to 11:30 AM Monday through Friday**. No other courts or hours are available under this program. This is not lesson time; it is intended for random doubles play, and no use of the ball machine is available. This could be as much as 90 hours of tennis per month for daily players. **Play is self-regulated; players are asked to maintain a courtesy rotation of 30 minutes when other players are waiting.**

Sportsmen's Members may join Breakfast Club for \$50 per month in September, October, April and May, and \$75 per month for November through March. Guests may join for \$75 and \$100 per month respectively. Note that there are an average of 25 members per month from November through April, so there are typically players of all skill levels available to participate, but there is **no guarantee** on any given day how many players or how much court time, if any, will be available. Depending on availability, members may pay a daily drop-in rate of \$10, or guests may drop in for \$15. Balls are not included. **No balls may be accessed from the ball carts.**

Friday Night Mixed Doubles

On Friday evenings from approximately October 1st through May 31st, adults 21 and over can join in random mixed doubles! Just **show up before 8 PM** to be randomly matched with a partner of the opposite sex and play 2 hours of mixed doubles for a flat rate of \$15 per person for members, \$18 for guests. At 10 PM, depending on player and court availability, new players take to the courts for the same price, or many players 'remix' and play again until midnight at no additional cost. **New balls are provided for the 8 PM matches, and all balls throughout the evening are to be left on court. New balls are only provided at 10 PM for four new players on court.**

Please note: You may not select your own partner, arrive as a group and expect to play together, nor sign up for people who are not physically present. Court spaces are assigned on a first-come, first-served basis in the order of sign-ins. **No balls may be accessed from the ball carts.**

Adult Tennis

Central MA Indoor Tennis Association League Play

Sportsmen's currently hosts 8 teams that compete in the Central MA Indoor Tennis Association (CMITA) League: Men's A-1, 2 Men's B, Men's C, Women's A, Women's A-1 Silver, and two Women's C teams. (subject to change based on league availability). CMITA plays 2 singles and 2 doubles positions.

Guests are welcome to try out for a team; upon acceptance, an annual Club membership is required, and a single fee for the season typically covers court and coach costs for practice. Drop in options may be available. Women's team try-outs will be held the first week in September, and team practices begin the second week. CMITA typically publishes the schedule in early September, with matches beginning in late September. All CMITA matches are on Saturday afternoons, with women's singles at noon, doubles at 1:30, men's singles at 3 and doubles at 4:30. Visit their website at www.cmita.net for a list of competing clubs. For information on men's team tryouts, contact Gayna at GSealy@sportsmenstennis.org.

Dorothy Bruno Hills Indoor Tennis League

Sportsmen's currently hosts one Level 4 and two Level 3 teams that compete in Dorothy Bruno Hills Indoor Tennis League. The Level 4 team practices on Mondays, and the two Level 3 teams practice on Tuesdays. Club membership is required, and a single fee for the season covers court and coach costs for practice. The match format is 4 doubles positions, with matches typically played between 9 AM and noon.

USTA League Play

Sportsmen's often hosts a mixed doubles team during the indoor season, and typically hosts 2 to 3 men's and women's teams during the summer season. Club membership is not required for USTA League Play.

For more information about joining a Sportsmen's team, contact Gayna Sealy at gsealy@sportsmenstennis.org.

Tournament Training III

Overview: Tournament Training III is an invitation-only training program for Junior Tennis players ready to compete in USTA tournaments. Participants are encouraged to compete in all level 7 tournaments hosted at Sportsmen's. TT3 Clinics strive to maintain a ratio no greater than 6 players per court/coach, and are played with lower-compression green-dot and orange balls.

Tournament Training focuses on aggressive, progressive repetition, with coaches continually pushing for more effort, output and achievement from Junior Players. Controlled (dead ball) drills emphasize perfecting technique over high intensity.

Training Hours: Tuesday & Thursday, 4:00- 5:30 PM.
Maximum Enrollment: 18 students

Tournament Training II

Overview: TT2 is an **invitation-only** training program for advanced players. It encompasses fitness, mental toughness and match strategy. TT2 uses mostly yellow ball, but incorporates green ball drills when needed.

We recommend TT2 players **compete in at least ten tournaments throughout the calendar year**. We focus on aggressive, progressive repetition, with coaches continually pushing for more effort, output and achievement. Training is intense and self-correction is emphasized, but play is interrupted for technical corrections.

Training Hours: Monday, Wednesday & Friday,
4:00 to 5:30 PM;

Reminder:

Children who are registered in a Junior Clinic may be assured a space in the following month's clinic if they register by the 15th of the current month. As of the 16th of the month, space is available on a first come-first served basis.

Therefore, new students may not register for a clinic until the 16th of the month for the coming month. We will maintain a waiting list in order for late registrants.

Tournament Training I (TT1)

Overview: TT1 is an **invitation-only** training program for advanced players. TT1 encompasses fitness, mental toughness and match strategy. The program is designed for students who regularly participate in USTA tournaments. All age divisions are highly encouraged to compete in the Sportsmen's tournaments. TT1 Clinics strive to maintain a ratio no greater than 4 players per court/coach.

TT1 focuses on aggressive, progressive repetition, with coaches continually pushing for more effort, output and achievement. Self-correction is emphasized and limited technical corrections will be made at this level; focus is on intense training.

Training Hours: Monday— Thursday, 5:00 to 7:00 PM
Maximum Enrollment: 32 Students

High School Tennis

The High School Tennis program is open to all students playing or seeking to play on their high school tennis team. Tennis fundamentals are taught or reinforced, and players of all skill levels are encouraged to come out. Point play is emphasized. If you are considering high school tennis, you are strongly encouraged to train early.

Unlike other Sportsmen's clinics, there is no set ratio of students per court/coach in High School Tennis and some coaches are volunteers.

Training Hours: Sunday, 5—7 PM
October 2nd through March 12th, 20 Sundays.

Reminder:

Children who are registered in a Junior Clinic may be assured a space in the following month's clinic if they register by the 15th of the current month. As of the 16th of the month, space is available on a first come-first served basis.

Therefore, new students may not register for a clinic until the 16th of the month for the coming month. We will maintain a waiting list in order for late registrants.

Home School Tennis

Sportsmen's currently holds tennis clinics for 2 groups of children who are home schooled, one each on Tuesday and Wednesday late mornings to early afternoons.

For more information on how to start a Toddler, Red, Orange, Green or USA Tennis Program for home schooled children, please contact Gayna Sealy at GSealy@sportsmenstennis.org

Match Point Community Tennis

Match Point is Sportsmen's community tennis program which brings tennis into local schools and community centers, or invites children from nearby schools to visit Sportsmen's for tennis. Most programs are offered in conjunction with a school's Physical Education Department.

If you would like to discuss launching a Match Point program in your school or community center, please contact Jelani Haynes at JHaynes@sportsmenstennis.org

