



Contact Us for More Information at:
1st initial last name @ sportsmentennis.org

Toni Wiley, Executive Director
Example: twiley@sportsmentennis.org

Camille Clark, Deputy Director
Marton Balla, Director of Tennis Operations
Jelani Haynes, Director of Outreach Programs
Nadine Houston, Director of Enrichment Programs
Carlos Telles, Director of Finance & Administration

Sandra Almeida, Senior Front Desk Administrator
Andrew Crane, Tournament Director
(Andrew.crane@comcast.net)
Kern Johnson, Operations Manager
Thuan Nguyen, Academic Program Coordinator
Gayna Sealy, Program Coordinator

Tennis Catalog Enrichment Calendar September 2017—June 2018



Junior Developmental /Competitive Tennis

Toddler, Red/Sponge & Orange Tennis
Tournament Training
High School Tennis

Outreach Programs

Home School Tennis
Match Point
On the Ball
Center for Community Wellness

Adult Tennis

Leagues & Lessons
Breakfast Club
Friday Night Tennis

Sportsmen's Tennis & Enrichment Center

950 Blue Hill Avenue

Dorchester, MA 02124

www.sportsmentennis.org

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

Introduction

Sportsmen's Tennis & Enrichment Center is a 501(c)(3) non-profit organization. Our mission is to build leaders on the court, in the classroom and in the community by providing academic and social development programs alongside recreational & 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.

We believe that youth who develop a 'Growth Mindset' - *a belief that he/she can get smarter and stronger with effort*—in their academic achievement, social and emotional wellness, and acquired skills, such as tennis, will have the tools necessary to graduate high school on time, complete post secondary education and/or enter the workforce and live a productive and fulfilling life. Youth who are confident that they can persevere through challenges are best prepared to see their dreams and visions become realities.

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.

Sportsmen's has four mission-driven program areas:

Youth Tennis places local, low-income and/or minority youth on a clear developmental pathway to high performance, college/post secondary level tennis;

The Learning Center (TLC) at Sportsmen's programs provide high-quality out-of-school time academic tutoring for less-advantaged K-5 students to build fundamental skills in reading, science and math. We use evidence-based practices to develop character, self-confidence and self-management, promoting respect for self and others, with a focus on health and social and emotional wellness;

Health and Wellness programs bring free educational forums and use of our fitness center for neighborhood adults through the Brigham and Women's Center for Community Wellness; and

Adult Tennis – Adult tennis is pivotal to furthering the Sportsmen's mission, modeling a healthy, active lifestyle for our youth, encouraging adults to become or remain active throughout their lives, and providing both a source of revenue and a pool of committed volunteers.

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.**
- 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 per clinic,** 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 have an assessment before registering for any clinic to ensure proper placement. Assessments are conducted Monday through Friday from 4 to 4:15 PM (arrive by 3:45) when Junior clinics are in session for assessments.**

Adult Membership

At just \$325 per year (September through August), membership at Sportsmen's is truly the best tennis value in Boston! 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. Ask for a Membership Application!

Court Rentals

Sportsmen's courts may be rented when Junior Clinics are not in session, so typically after 7:00 PM Monday through Thursday. Ask for rates and availability at the front desk.

Permissions/Agreements/Indemnifications

1. Member/Guest /Parent 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/Parent has read and agrees to abide by the guiding principles on page 5. 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/Parent grants Sportsmen's permission to use photos video taping in Sportsmen's Tennis and Enrichment Center promotional materials.
5. Member/Guest/Parent agrees to abide by the Sportsmen's Code of Conduct. Adherence to the Code of Conduct is a requirement for continued clinic or team participation regardless of registration or membership status.

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



2018-2020 Strategic Plan: 2020 Vision

2020 Vision Articulates Strategies for Success

Junior & Adult Tennis:

- The "Future Stars" program will provide full or partial scholarship support for TLC youth to transition into Developmental Tennis;
- Committed youth ready to advance from Developmental to Competitive Tennis will receive significant financial assistance; and
- New internal leagues and tournaments will increase adult recreational and competitive play.

Youth Academics:

- Individual measurement tools and development plans for each child will help track their progress towards specific academic, social/emotional and fitness goals throughout the academic year; and
- Engaging parents in monthly learning circles will share best practices and encourage active participation in their child(ren)'s growth and development.

Youth Enrichment:

- Free gender-specific life-skills programs will focus on health and wellness, interpersonal relationships, financial management and college/career readiness; and
- A youth-driven annual leadership event will invite Sportsmen's and community members to share their career strategies and success.

Center for Community Wellness:

- We'll launch a series of outreach and awareness programs for local residents on topics such as diabetes and cardiovascular disease prevention, stroke awareness and managing arthritis; and
- We'll offer multidisciplinary fitness and wellness programs that will include structured exercise classes and cooking demonstrations.

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 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 617-288-9092 or at gsealy@sportsmenstennis.org for assistance connecting with a coach. If you email, please indicate the following on a Lesson Request Form (available on our website):

- 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
- If there is anything specific you hope to address on court
- The best time and method to contact you

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.

Tournament Play

Sportsmen's hosts 28 USTA sanctioned tournaments each year at various levels of play. Most are Junior Tournaments, but there are also several opportunities for adult competition.

Visit <http://tennislink.usta.com/tournaments> and enter '02124' in the search field to identify Sportsmen's tournaments. For help identifying the right tournament for your child, please contact your coach or Tournament Director Andy Crane. See contact information on the last page.

Annual Calendar

September 4th: **Club is closed**
 September 5th-7th: CMITA Tryouts (call front desk for details)
 September 7th: Junior Clinics & Academic Programs begin
 September 12th: CMITA Practices Begin
 September 16th: DEUCE & HEY Sister begin
 September 28th: Parents Meeting (Red, Orange, Green/TT3) 5:45 PM
 October 1st: Sunday High School Tennis Begins
 October 6th: Parent's Meeting (Tennis), 5:45 PM
 October 9th: Mayoral Forum, 9:00AM
 October 14th: Volley Against Violence resumes
 October 16th: Sunday Free Community Tennis resumes
 October 26th: Parents Meeting (High School Tennis) 5:45 PM
 October 7th: No Deuce/Hey Sister
 November 16th: Parents Meeting (Tournament Training) 5:45 PM
 November 17th: Gala!
 November 23rd: **Club is closed**
 November 24th —27th: Club is open, no clinics, Deuce/Hey Sister
 December 22nd—23rd: Club is open, no clinics, Deuce/Hey Sister
 December 24th: Club closing early
 December 25th: **Club is closed**
 December 26th-30th: Club is open, no clinics, Deuce/Hey Sister
 December 31st: Club closing early
 January 1st: **Club is closed**
 January 15th: Club is open for ICIC program, no clinics, no programs
 February 1st: Parents Meeting (Red, Orange, Green/TT3) 5:45 PM
 February 19th—23rd: Club is open, no clinics, Deuce/Hey Sister
 February 24th: No Deuce/Hey Sister
 March 12th: Sunday High School Tennis ends
 April 14th: No Deuce/Hey Sister
 April 16th—20th: Club is open, no clinics, Deuce/Hey Sister
 April 21st: No Deuce/Hey Sister
 May 26th: No Deuce/Hey Sister
 June 14th: End of the year academic program showcase
 June 19th & 20th: Academics begin at noon, Jr. clinics as scheduled

All dates are subject to change.

Academic programs follow the Boston Public School Schedule.

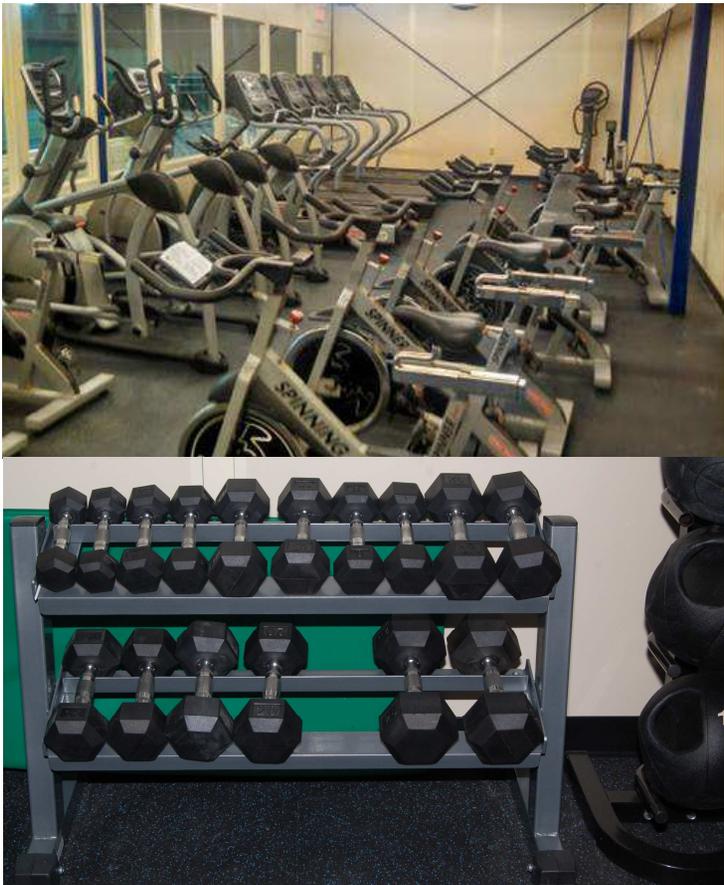
During inclement weather, Sportsmen's will be closed whenever a snow emergency has been declared in Boston. Depending on snow removal, we will endeavor to open 2 hours after the snow emergency has been lifted. Please call before traveling, and consider road conditions in and to/from your community.

Center For Community Wellness

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.

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

SPORTSMANSHIP

S

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

Be honest and responsible for your actions on and off court; and

Be modest when successful and gracious in defeat.

TRUST

T

Yourself: participation will result in better performance;

Your coaches to help you improve; and

SPORTSMEN'S to support you in reaching your goals.

EFFORT

E

Try the best you can. Don't confuse effort with talent;

Take responsibility for your own progress;

Instead of "I can't," think "I don't know how but I'll try;"

Consistent participation leads to better performance.

COACHABILITY

C

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; and

Set a good example for your peers and younger players.

All players and parents are required to sign the Code of Conduct. Regardless of enrollment, adherence to the Code of Conduct is required for continued participation in all Sportsmen's programs.

Junior Clinic Registration

All Junior Clinics are monthly, except for High School Tennis. **There are no credits or refunds for missed classes or early withdrawal.**

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.**

Junior Developmental Tennis

Toddler Tennis

Toddler Tennis is for children aged 2 to 4 who are ready 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, 10:30 AM to 11:30 AM.

Day care providers or home-school parents interested in Toddler Tennis should see the Match Point introduction on page 9.

Sponge / Red Tennis

Sponge / Red Tennis teaches students 6-10 years the fundamentals of tennis. It focuses on basic motor skills and athletic capabilities such as agility, balance, and coordination, which are essential to tennis and transferable to other sports as well. Basic technical fundamentals such as grips, swing, and stance are introduced while students also learn the rules of the game. Practice structure is 10% introduction, 30% general skill building, 30% tennis specific skill building, and 30% games.

Sponge & Red Tennis is played with 17" – 23" racquets on 36' courts.

Clinic Hours: Mon & Wed 4:00 to 5:30 PM or Sat 9:00 to 10:30 AM

Ratio: 6 students, 1 coach, 1 / 2 court

Maximum Enrollment: 18 Students

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

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 2nd week in September, and team practices begin the third 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 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.

Orange Tennis

Overview: Orange Tennis is for students who have progressed from Red Tennis, and can cover and demonstrate good control of the ball on the 36' court. Agility, balance, coordination and other basic movement skills are still emphasized. Players learn most of their technical and physical fundamentals at this level. As they grow, mature, and develop, players are introduced to progressively more complex athletic skills. The objective is that players are able to execute all shots with control (height, length, width, and spin) from all parts of the court before they advance to a full-size tennis court. Orange Tennis is played with 23" – 25" racquets on 60' courts.

Clinic Hours: Tue/Thursday 4:00 to 5:30 PM or Sat 9 AM to 10:30 AM
Ratio: 6 students, 1 coach, 1 court
Maximum Enrollment: Tues/Thurs 24 students, Saturday: 12 students

Junior Competitive Tennis

Tournament Training III/Green Tennis (TT3)

TT3/Green Tennis is played on a full-size court and focuses on court positioning, shot selection, and strategy while continuing to polish some of the technical elements. Players at this level should feel comfortable moving and hitting most shots on a 60' court, so our emphasis shifts from technical to tactical and physical components. Green tennis is the last developmental stage before players transition to standard yellow balls and full-length racquets. However, coaches might still use orange balls and the 60' court to isolate specific aspects of the players' game. TT3 / Green Tennis is played with 25" – 27" racquets on 60' - 78' courts.

Training Hours: Tuesday & Thursday 4:00 to 5:30 PM
Ratio: 6 students, 1 coach, 1 court
Maximum Enrollment: 20 Students

Tournament Training II (TT2)

TT2 is for players making the transition from green to yellow ball, both of which are used in practice. Students are expected to know how to execute appropriate strokes consistently, and to understand when and why they are being used. Players at this level should have most of their fundamentals in place, thus more time is dedicated to tennis specific fitness and match play. We recommend TT2 players to compete in at least 10 tournaments annually, and play high school tennis if possible. TT2 is played with 25" – 27" racquets on 78' courts.

Training Hours: Monday, Wednesday & Friday, 4:00 to 5:30 PM
Ratio: 5 students, 1 coach, 1 court
Maximum Enrollment: 22 students

Tournament Training I (TT1)

TT1 is for students who regularly participate in USTA tournaments. Clinics maintain small player-to-coach ratios and utilize drills that emphasize aggressive, progressive repetition. Coaches continually push for more effort, output and achievement. Self-correction is emphasized and limited technical corrections are made; focus is on intense training. Fitness emphasis is on endurance, speed, power, strength, and flexibility. One day a week is dedicated for match play and competitive games. Tournament Training I is played with 26" – 27" racquets on 78' courts.

Training Hours: Monday— Thursday, 5:00 to 7:00 PM
Ratio: 4 students, 1 coach, 1 court; Maximum Enrollment: 32

High School Tennis (HST)

HST is a great program for players who want to learn the fundamentals, maintain or improve their skills in a game based environment. High school coaches strongly encourage their students to start practicing in the fall to have the best chance of making their teams.

HST is open to all students playing or seeking to play on their high school tennis team. It has a wide range of levels, from beginners trying out for the first time to players who regularly compete in sanctioned tournaments, and is staffed by a combination of Sportsmen's coaches and volunteers. HST is played with 27" racquets on 78' courts.

Practice Time: Sundays 5:00 to 7:00 PM, October– March

Outreach Programs

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 or Orange for home schooled children, please contact Gayna Sealy at GSealy@sportsmenstennis.org

Match Point

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

On The Ball

On the Ball engages children and parents in 90 minutes of tennis, fitness and fun. The program targets k-5th graders and their parents.

In each session, children will take to the tennis court to play fun fitness games and learn tennis fundamentals while parents participate in a variety of cardio and fitness training on court and/or in our new fitness center.

On the Ball is free for all participants and will take place on Saturdays from 11-12:30. The program runs September through June.