

## Contact Us for More Information:

**Toni Wiley, Chief Executive Officer:**  
twiley@sportsmenstennis.org

**Naomi Thompson, Deputy Director:**  
nthompson@sportsmenstennis.org

**Carlos Telles, Director of Finance & Administration:**  
ctelles@sportsmenstennis.org

**Marton Balla, Director of Tennis Operations:**  
mballa@sportsmenstennis.org

**Monica Herman, Community Tennis Coordinator:**  
mherman@sportsmenstennis.org

**Nadine Houston, Director of Enrichment Programs:**  
nhouston@sportsmenstennis.org

**Thuan Nguyen, Assistant Director of Enrichment Programs:**  
trnguyen@sportsmenstennis.org

**Gayna Sealy, Program Manager:**  
gsealy@sportsmenstennis.org

**Kern Johnson, Operations Manager:**  
kjohnson@sportsmenstennis.org

**Sandra Almeida, Senior Front Desk Administrator:**  
salmeida@sportsmenstennis.org

**Andrew Crane, Tournament Director:**  
Andrew.crane@comcast.net

**Hermina Cooper, Front Desk Associate**  
hcooper@sportsmenstennis.org

## Tennis Catalog Enrichment Calendar September 2019—June 2020

**Junior Developmental / Competitive Tennis**  
Toddler, Red/Sponge & Orange Tennis  
Tournament Training  
High School Tennis

**Outreach Programs**  
Match Point  
On the Ball  
Health and Wellness



**Sportsmen's Tennis & Enrichment Center**  
950 Blue Hill Avenue  
Dorchester, MA 02124  
[www.sportsmenstennis.org](http://www.sportsmenstennis.org)  
P: 617-288-9092 F: 617-288-3253



## 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.**



SPORTSMEN'S TENNIS  
& ENRICHMENT CENTER  
Tennis and Education for Life

## Permissions/Agreements/Indemnifications

1. Members/Guests/Parents a) understand that tennis and fitness activities may result in injuries, (b) agree 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) agree 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. Members/Guests/Parents have read and agree to abide by the guiding principles on page 7. 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. Members/Guests/Parents grant Sportsmen’s permission to use photos and video taping in Sportsmen’s Tennis and Enrichment Center promotional materials.
5. Members/Guests/Parents agree 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.**

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# Introduction

## Mission:

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 three mission-driven program areas:

**Youth Tennis** places local, low-income and/or diverse 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 enrichment for less-advantaged K-8 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.

## January-June

- January 1st: **Club is closed**
- January 4th: **No DEUCE & HEY Sister**, Red/Orange clinics resume
- January 20th: Club is open for **MLK Jr. Tournament and Luncheon**, no clinics
- January 31st: Parents Meeting (Red, Orange, Green/TT3) 5:45 PM
- February 17th—23rd: Club is open, **no clinics**, **No DEUCE/HEY Sister**, Vacation camp offered
- March 15th: Sunday High School Tennis ends
- April 13th—19th: Club is open, no clinics, Deuce/Hey Sister
- April 20-26: No Clinics; Vacation camp offered
- May 23rd: **No DEUCE/HEY Sister**
- June 12th: Final Day of Junior Clinics
- June 13th: Final Day of Deuce/Hey Sister
- June 13th: TLC Celebration of Learning & Achievement and Family Luncheon, last day of clinics.
- June 17th & 18th: Academics begin at noon
- June 19th: Final Day of School to Sportsmen's After School
- June 22: First day of Summer Camp
- July 4th: **Club is closed**
- August 21: **First day of Summer Camp**

All

*dates are subject to change.*  
*Academic programs follow the Boston Public School*

During inclement weather, Sportsmen's will be closed or delayed 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, to and from **your community.**



## Annual Calendar 2019-2020

### September-December

- September 2nd: Club is closed
- September 3rd: Junior Clinics begins
- September 5th: School to Sportsmen's After School Program starts
- September 14th: DEUCE & HEY Sister begin\*
- September 21nd: Rodman Ride for Kids
- September 27th: Parents Meeting (Red, Orange, Green/TT3) 5:45 PM
- October 6th: Sunday High School Tennis Begins
- October 11th: Volley Against Violence resumes
- October 12th: No DEUCE & HEY Sister
- October 13th: Sunday Free Community Tennis resumes
- October 16th: No clinics, No DEUCE & HEY Sister
- October 25th: Parents Meeting ( High School Tennis) 5:45 PM
- November 15th: Gala! No afternoon programs
- November 21st: Club is closed
- November 22nd —24th: Club is open, no clinics, DEUCE/HEY Sister
- December 22nd: Last day of clinics for the year
- 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

\* Visit our website for more information about these free Leadership Development Programs.

All dates are subject to change.  
Academic programs follow the Boston Public School Schedule.

## 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 an effective way to address specific issues in your child's 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 your child.

Private lesson rates are posted at the front desk and on [www.sportsmenstennis.org](http://www.sportsmenstennis.org). **Juniors are eligible for member rates on private and semi-private lessons.**

Information on our coaching staff is available on our website.

Contact Gayna Sealy, Program Manager, at 617-288-9092 or at [gsealy@sportsmenstennis.org](mailto: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 old is your child
- How long has your child been playing tennis
- The ideal day/time for your child to take a lesson
- Whether your child is 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 your child hopes 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 **over 30** USTA sanctioned tournaments each year at various levels of play.

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.

## Outreach Programs

### Home School Tennis

For more information on how to start or join a Toddler, Red or Orange clinic for home schooled children, please contact Gayna Sealy at [GSealy@sportsmenstennis.org](mailto: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 Daniel King at [dking@sportsmenstennis.org](mailto:dking@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 fitness center. On the Ball is free for all participants and takes place on Saturdays from 11-12:30. The program runs September through June.

### Academy

The goal of Academy is to optimize tournament performance and to gain a tennis scholarship to a college of choice. Players need to be at least 13 years old with a minimum UTR of seven (7). Candidates must contact Coach Harshana, Director of the Academy

## Tournament Training II (TT2)

The goal of TT2 is to build confident and independent 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 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: Mon, Wed & Fri, 4:00 to 5:30 PM (green ball)**

**Mon & Wed 4:00 to 5:30 PM & Sunday 5:00 to 7:00 PM (yellow ball)**

**Ratio: 5 students, 1 coach, 1 court**

**Maximum Enrollment: 22 students**

## Tournament Training I (TT1)

The goal of TT1 is to develop and train high performance players 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. 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: Tues — Thurs, 5:00 to 7:00 PM**

**Ratio: 4 students, 1 coach, 1 court; Maximum Enrollment: 32**

on 78' courts.

**Practice Time: Mon -Wed 4:00 to 5:30 PM, October – March**

**Ratio: No set ratio**

## High School Tennis (HST)

HST is a great program for players who want to learn the fundamentals, and 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

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

### SPORTSMANSHIP

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

Trust yourself: participation will result in better performance.

Trust your coaches to help you improve; and

SPORTSMEN'S to support you in reaching your goals.

### EFFORT

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

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. Children who register 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. 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.**

### Junior Developmental Tennis Toddler Tennis

The goal of Toddler Tennis is to introduce children aged 3 to 4 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:** Monday 4:00 PM to 5:00 PM.

*Day care providers or home-school parents interested in Toddler Tennis should see the Match Point Introduction on page 11.*

### Sponge / Red Tennis

The goal of Sponge / Red Tennis is to introduce students 5-10 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,  
**Maximum Enrollment:** 18 Students

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## Orange Tennis

**Overview:** The goal of Orange Tennis is to further develop 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. Practice structure is 10% introduction, 30% general skill building, 30% tennis specific skill building, and 30% games. Orange Tennis is played with 23" – 25" racquets on 60' courts.

**Clinic Hours:** Tue/Thurs 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)

The goal of TT3/Green Tennis is to play on a full-size court and focus 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:** Tues & Thurs 4:00 to 5:30 PM  
**Ratio:** 6 students, 1 coach, 1 court  
**Maximum Enrollment:** 20 Students

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