



Frequently Asked Questions

TC WEST!

- 1. What do we do if it rains?** If it is raining, it does not mean that practice is cancelled. It may not be raining here, even though it is at your house. We will work to roll the courts dry if it has rained. If we are not here, class is cancelled. Call 534-6770 if you are unsure to come or not
- 2. Do we make up rained out classes?** Yes we do, unless we get ½ of the class completed (if we get through ½ of the class = no make up). Make-ups for rain days will be on Friday at the same time that your class regularly meets.
- 3. What is new this year?** We have 2 NEW Friday components to the Academy:

KardioKids: Fridays 11:00 - 12:00. This is a tennis drill session for all ages that will get you moving to the tunes as the instructors have planned out Kardio based drills to get you moving and in shape. Cost \$5/session. This is a weekly sign-up. You may sign-up by letting us know in class or by calling 534-6770 and have the activities desk sign you up.

Friday Match Play: Fridays 12:00 - 2:00. Play matches, win or lose, continue to play. We will pair you up playing singles and doubles against players of similar ability. This is very important to applying what you have learned during the week. Earn points for every match you win. Most points at end of summer will win prizes. Cost: \$5/Friday. Sign-up weekly at class or by calling 534-6770.

Let's Get Moving! This year, the Academy has partnered with let's get moving Northern Michigan in order to educate players on the importance of living a healthy lifestyle and applying basic principles to our daily lives.

Karen Merrill, the American Council on Exercise (ACE) Trainer of the Year has put together a simple program to help educate players on the importance of being active and healthy utilizing ACE's national FitKids Curriculum

- 4. What is with the smaller nets?** This past year, the USTA has come up with a new National format and has changed tennis forever for the younger players (ages 10 and under). It is now similar to the progressions one might take as a baseball player (t-ball—coach pitch--player pitch...etc). 8 and under will use a 36' court with the foam balls in competition. 10 and under will use a 60' court with the new transition balls. This allows the players much more success, a faster learning curve, the ability to hit a "normal" shot from a "normal" height, the ability to use modern strokes now and not have to change, less injury, and the ability to compete, successfully, right away. This fall, there will be "non-elimination" tournaments with this same set-up. Check out the website at www.grandtraversetennis.com for details, pictures and video of this. Kids will get the chance to get "sponsorship" and recognition in the NMTA yearbook. Of course, if your level dictates you to move up, you will.

- 5. What are the tickets for?** Tickets are for the \$2000 prize drawing that we do at the end of the summer at the carnival. You earn tickets by coming to class and doing healthy things. See handout.

- 6. When is the Carnival?** The carnival this year is scheduled for Friday, August 8th from 10:30-12:00 Noon at TC West. This is where we will do the drawing for prizes too after an hour of stations where you can earn even more tickets. If it rains, we will do the drawing online at our website (www.grandtraversetennis.com , go to the 'Tennis Academy" tab).

- 7. Can we sign-up for more sessions?** Of course! Remember that if your family signs up for a combination of 3 sessions, you will get a fourth session absolutely **FREE!** If you decide that you would like to sign-up for future sessions, please mail your registration or drop it off at the registration desk in an envelope. Please include both the form and your payment.

- 8. When is the Cherry Festival Parade?** Thursday July 10th, we will be marching in the Junior Royale Parade. We hope that you can join us. There will be prizes to pass out to the participants and you will be supporting tennis here in Northern Michigan. You will get the chance to play in front of the crown and pass out prizes to those on the curb. Please join us for this annual event!

- 9. When do we get our t-shirt?** At the end of the session you will get your t-shirt and tennis book along with an Academy certificate.

www.grandtraversetennis.com