

ACERS FALL TENNIS



**INSTRUCTOR/
PLAYER RATIO:
1:6**

WHAT YOU NEED:
-TENNIS RACKET
-PLENTY OF WATER
-HAT/SUNGLASSES

WHAT TO WEAR:
-Athletic Tops and
Bottoms (pockets)
-Socks and Tennis
shoes
-Long hair in hat or
ponytail
-Sunscreen on body,
face, and lips

REGISTRATION:
Email Heather Consla at
heatherconscla@gmail.com
to reserve your place on
the roster. Then continue
with document and
instructions on back.

**SCHEDULE ON
BACK**

**INSTRUCTOR-HEATHER CONSLA
AND OTHER VETTED COUNSELORS**

**WHEN- WEEKLY LESSONS (M-F)
14 SEPT-21 OCT**

WHERE

**Patterson Mill
Tennis Courts**

85 Patterson Mill Road, Bel Air MD 21015

GOAL: CHILDREN AGES 6-17 AND ADULTS WILL LEARN,
MAINTAIN, AND IMPROVE TENNIS SKILLS IN A FUN
ENVIRONMENT OF PLANNED LESSONS AND
INTEGRATED FITNESS.

Elementary Lessons- Family and Parent Taxi Friendly These classes are offered Tuesdays and Wednesdays for elementary school students ages 6-11. They are designed so parents can bring all elementary aged children in their family at the same time to reduce the parent taxi stress. Students will be divided into groups based on age and ability. We will make sure all students feel safe and happy in their group. This is the first time I'm trying these groupings. I hope they are enjoyable to players and families. Athletes will learn the fundamentals of tennis while developing hand-eye coordination. Competitive games and drills are played as well. First 18 registrants for each day get a spot, then the roster is filled.

Middle School / High School Lessons- Middle and High School athletes will learn and increase their knowledge of proper strokes, footwork, and court positioning. Athletes will employ these skills in some competitive games and drills

Adult Beginner- Designed for anyone 18+ who is new to the sport and enjoys thorough explanations and repetitions of strokes and positioning.

Hit, Move, Groove- A new class designed for high schoolers and adults who know all the tennis strokes well and desire a good cardio workout with the challenge of tennis. The first 30 minutes are drills and circuit training (you'll need a yoga mat and hand weights), the last 30 minutes are tennis drills and games (strategies and positioning). Music will play throughout the circuit training portion of the lesson.

Middle School / High School Games & Drills- A new class to enhance tennis training for intermediate athletes who have mastered the content of Lessons. Designed to complement the lesson for the week, this class is geared for students who are motivated by competition. Participating athletes must know all strokes and be able to follow an advanced series of directions. Athletes must be able to hit 4 balls in bounds consecutively with proper strokes as a prerequisite for this more intense course. We will use competitive drills to simulate match play and learn to play singles and doubles. Please feel welcome to speak with Coach Consla if you have questions.

All courses must have a minimum of 4 athletes to happen.

All classes are \$130 for 6 weeks of tennis.

Lesson Schedule according to descriptions above:

Tuesdays 14 Sept – 19 Oct
3:30-4:30pm Middle School Lesson
4:30-5:30pm Elementary Lesson (multiple level groups at once)
5:30-6:30pm Adult Beginner Lesson

Wednesdays 15 Sept – 20 Oct
3:30-4:30pm High School Lesson
4:30-5:30pm Elementary Lesson (multiple level groups at once)
5:30-6:30pm Adult and High School: Hit, Move, Groove (See description. Must know all strokes)

Thursdays 16 Sept – 21 Oct
4:00pm-5:00pm Middle School Games & Drills (See description. Must know all strokes)
5:00-6:00pm High School Games & Drills (See description. Must know all strokes)

Behavior expectations: Please initial.

- _____ For children- My student understands how to participate during a group class. S/he will be dismissed to the viewing area for remainder of class for negatively affecting group learning.
- _____ For children- My student can follow a set of 3 directions in a row.
- _____ For all- Good sportsmanship is the key to a fun lesson. Feelings of frustration will be managed with self-control. Positive and productive communication will be used at all times.
- _____ For all- I will sanitize my hands (provided) and wear my face mask over my nose and mouth the entire class. I may remove my mask for drink breaks. (Pending Maryland State law at time of lessons).

Inclement Weather: If bad weather should occur, I will communicate via email *the day of class* that class is cancelled and offer a make-up date. There are no other make-up sessions or refunds.

Registration Information:

1. Email Instructor Heather Consla to reserve your spot. Include full player name and class/age and DAY FOR ELEMENTARY PLAYERS.

2. Please complete a separate form for each player. Mail form to:

Heather Consla, 3414 Howell Ct. Abingdon, MD 21009

Or bring it to Emmorton Recreation Center: 2214 Old Emmorton Road, Bel Air, MD 21015

Player name: _____ Current age: _____

Allergies and relevant medical information:

Parent name (for athletes 17 and under): _____

Mobile: _____

Please write your most used email address below. Use the symbol Ø for zero.

Email: _____

Name of class(es) : _____

Include DAY for Elementary Lessons

Payment: Please write check to: Emmorton Rec. Council, Memo: Acers Summer Tennis

Payment amount: _____

check # _____ cash

T-shirt size (unisex fit): **ChildS CM CL CXL AdultS AM AL AXL** (highlight or circle one)

Discounts:

Multi-class: Please subtract \$35 from the cost of your second class per person.

Multi-family member: After one family member pays full price, each additional family member will deduct \$10 from their registration.