



2011 - 12 Con petire Tennis School

September 6, 2011 – May 14, 2012 (35 weeks - no classes 12/24 - 1/1/12)

Director / Coach: Rick Ferman

Administrator / Coach: Katerina Sevcikova

For Committed Tennis Athletes - The Con petire Tennis School offers a unique integrated, comprehensive tennis education based on USTA Player Development parameters for athletes who are committed to learning to play well and achieving their personal goals in tennis. Our talented staff of world class experts has extensive experience in high performance tennis, tennis athlete development, athletic conditioning, sport psychology and sport nutrition. As a result, the Tennis School offers each participating athlete and parent the highest level of support, guidance, and professionalism.

Athlete Selection Criteria

- Evaluation for new applicants required
- Demonstrated strong commitment to achieving personal tennis goals
- Demonstrated competitive tournament record/participation in sanctioned play
- History of good sportsmanship

Attitude

Effort

Energy

Seeking Great Tennis Together!

Focus

Competitive Spirit

Perseverance

Tennis School Components

- Premium world-class teaching & coaching
- Consistent with current USTA Player Development parameters
- Highly effective Private Tutoring sessions
- Closely supervised Match Play
- Early bird & weekend practice sessions
- Optional Friday pre-competition group warm-up session (weekly sign-up & fee)
- Mental Skills & Playing Style Classroom
- Safe/effective group athletic development
- Integrated curriculum including:
 - Tennis Skills – technical & tactical
 - Athleticism – speed, strength, flexibility
 - Mental Skills – confidence, focus, emotional control, intensity, motivation
- Nutrition/Hydration education
- Parent Program & Conferences
- Coaching character aspects of competition
- Development planning & goal setting
- Competitive schedule planning
- Tournament travel coaching
- Free athlete standby practice court use

Athlete Placement & Schedule

Qualified athletes will be placed in one of our three school levels based on age, maturity, and tennis skills:

1. **Primary School** – for our younger athlete's
2. **Middle School** – for young to middle teenagers
3. **Upper School** – for mature and accomplished athletes

Primary School

I – Monday & Wednesday Class: 4:30-6:30 Fitness: 6:30-7:30
 II – Tuesday & Thursday Class: 4:30-6:30 Fitness: 6:30-7:30

Middle School

I – Monday & Wednesday Fitness: 5:30-6:30 Class: 6:30-8:30
 II – Tuesday & Thursday Fitness: 5:30-6:30 Class: 6:30-8:30

Upper School

I – Monday & Wednesday Fitness: 5:30-6:30 Class: 6:30-8:30
 II – Tuesday & Thursday Fitness: 5:30-6:30 Class: 6:30-8:30

Match Play & Classroom – Sunday

| | | |
|-------------|---------------------|---------------|
| 6:00 – 7:30 | Primary School I/II | Middle School |
| 7:30 – 9:00 | Upper School I/II | Middle School |

Tournament Warm-up Friday 3:00-4:30 (weekly sign-up)

Application, Tuition, Tutoring Information

Application/Deposit: Mail completed application and deposit of \$800 to:

Con petire Tennis LLC
 387 Wire Mill Rd
 Stamford, CT 06903

Tuition: \$9,775 (1section¹) \$17,325 (2 sections)
¹Third class day (if available): \$3,875

Private Tutoring (one hour sessions; see separate Private Tutoring Information & Registration):

- 10 Pack \$1,500
- 15 Pack \$2,200
- 30 Pack \$4,200
- Custom Pack* TBD

*May include standing sessions or designated coach