

# Clinic Fees

Includes club membership  
while in program

## 1- Hour Clinic (2x per week)

8 Clinics	\$200
4 Clinics	\$110
1 Clinic	\$30

## 1 1/2 Hour Clinic (2x per week)

8 Clinics	\$280
4 Clinics	\$150
1 Clinic	\$40

## 2-Hour Clinic (2x per week)

8 Clinics	\$400
4 Clinics	\$210
1 Clinic	\$55

Download our Mobile App!  
Register on our App or the  
Member Portal  
[www.midcapeathletic.com](http://www.midcapeathletic.com)



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# Junior Fall/Winter Tennis Program 2022-2023



## Baseliners (ages 5-7)

- Rules, Etiquette & Court Familiarity
- Hitting Skills; Volley & Mini-Tennis Rallying
- Bounce & Overhand Serves
- Fun Drills and Games

Wednesdays: 4:00 pm—5:00 pm

Saturdays: 9:00 am—10:00 am

8 clinics \$200

4 clinics \$110

1 clinic \$30

## Junior Elite (ages 10-12)

- Volley & Rally Ability (10 times over net)
- Ability to Serve, Play a Set or Match
- Technique (overheads, lobs & angles)
- Consistency & Shot Placement
- Basic Singles and Doubles Strategy
- Drills, Match Play, and Games

Mondays & Wednesdays

1.5 hours

4:30— 6:00pm

8 clinics \$280

4 clinics \$150

1 clinic \$40



Brand new to tennis? Take a private lesson first, so our pros can determine which clinic is the best fit!

## Get in the game!

Have fun, make new friends, and get rated with our fun clinics & junior match play! For more information, contact Brandon at 774-209-9035 or [brandon@midcapeathletic.com](mailto:brandon@midcapeathletic.com).



## Crushers (ages 7-11)

- Serve from Baseline with some success
- Volley & Rally Ability (3-8 times over net)
- Stroke Instruction (ground strokes, serves, volleys)
- Drills, Match Play and Games

Wednesdays: 5:00 pm—6:00 pm

Saturdays: 10:00 am—11:00 am

8 clinics \$200

4 clinics \$110

1 clinic \$30

## High Performance (ages 13-17)

- Increased Consistency/Placement & Shot Variety
- Knowledge of Basic Strategies
- Consistency and Shot/Spin Variety
- More Advanced Strategy
- Introduction of Power
- Drills, Match Play and Games

Tuesdays / Thursdays

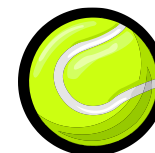
4:00 pm — 6:00 pm

8 clinics = \$400

4 clinics = \$210

1 clinic \$55

We make it easy! Our tennis program is color-coded as follows:



**Green:** Beginner  
**Blue:** Intermediate  
**Yellow:** Advanced