

Sierra's 2017 Match Tough

**Drills & Conditioning
Supervised Match & Point Play
11:30am - 1:00pm**

**Open Match Play
11:30am - 1:00pm**

- Taught by Matt Downs, Francisco Gonzalez, and Teresa Samstag-Haug
- Focus on preparing to be tournament tough.
- Singles & Doubles instruction.
- An Excellent way to get involved with other juniors at the club.
- Preparation for Middle School, High School, & College level tennis teams.
- Includes tennis specific cross training with Sierra's Fitness Director, Steve Sobonya.
- Monthly Fitness tips & pointers to improve your tennis game, taught by Steve Sobonya.
- Tennis specific nutrition program.
- Monthly sports psychology.

Junior Tennis Program

How does it work?

This is a competitive hitting program for Junior tennis players. The program will consist of singles and doubles ladders for both girls & boys, along with monthly round robins.

***\$95 per month, with a one time \$10 non-member fee
\$20 drop-in per day***

**June 13th - June 30th
(\$75 for partial session)**

**Month of July
(Ends August 3rd)**

Sign up at the Front Desk!
Coach Matt: 559.470.8060
Coach Francisco: 559.916.4245
Coach Teresa: 559.259.8189

559.431.8200
2626 W Alluvial Avenue
Fresno, CA 93711



Student Name: _____ Age: _____ School: _____

Parent Name: _____ Phone Number: _____

Parent Signature: _____ Date: _____