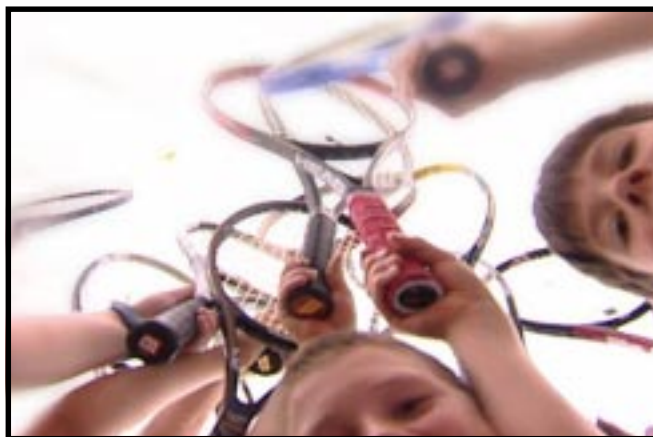


# RVSTC Junior Tennis Programs



## Session Dates:

1. January 6-31
2. February 3-28
3. March 3-28

### Cost Per Session

Class:	Member	Non-Member
Little Tennis	\$44	\$55
Red Team	\$59	\$72
White Team	\$69	\$80
Blue Team	\$119	\$144
High Performance	\$119	\$144
Premiere Team	\$119	\$144
Jr. Team Practice	\$39	\$49

### Little Tennis (Ages 3-5) Tues/Thurs 3:15-4:00 p.m. *New Times*

The Little Tennis program is the perfect way to introduce children to the lifetime sport of tennis in a fun, easy and exciting way. Using racquets, balls, nets and other specialized training tools for young children, students learn and develop motor skills, eye-hand coordination and experience success hitting a tennis ball over the net early and often. Students may use their own racquet or the club can provide one.

### RVSTC Red Team Practice (Ages 6-10)

Tuesday/Thursday 4:00-5:00 p.m.

This team practice time is for elementary school age children from beginners to savvy veterans. Team members will practice with others near their ability level and work on basic stroke production and mechanics, using and identifying proper grip techniques, footwork, conditioning, serving and keeping score, etiquette and sportsmanship. Fun, fitness and friendship will be emphasized as these players begin or continue what hopes to be a lifetime of involvement in and enjoyment of tennis.

### RVSTC White Team Practice (Ages 11-14)

Tuesday/Thursday 5:00-6:00 p.m.

This team practice is designed for all ability levels of middle school age juniors. Whether these players are just starting to play, have some previous experience or are accomplished hitters, they will train and practice with teammates of like ability to develop and improve stroke technique, singles and doubles match play strategy and tactics, learn how to practice on their own, and be exposed to introductory levels of team and individual competition.

### RVSTC Blue Team (Ages 15-18)

Monday/Wednesday 4:00-6:00 p.m. (SSF training now included in class)

This team practice is for current high school players and new players that want to prepare for high school tennis team tryouts in the spring. In addition to strokes and strategy, gaining match play experience and participating in games and drills to improve skills, this team will also do tennis specific Speed, Strength and Fitness (SSF) training in an effort to be in the best tennis shape when the season begins.

### RVSTC High Performance Team (All ages)

Monday/Wednesday 4:00-6:00 p.m. (SSF training now included in class)

### RVSTC Premiere Team (All ages)

Monday/Wednesday 4:00-6:00 p.m. (SSF training now included in class)

The athletes on these teams have indicated with their time and effort that they are committed to achieving tennis excellence. They have already earned or are on track to attain a national USTA ranking, and/or a Champs ranking in the Pacific Northwest Section of USTA. In addition to focused and high intensity oncourt practice and match play, these team members will also do tennis specific Speed, Strength and Fitness (SSF) training to help maximize their talents and abilities. To maximize tournament performance and protect against burnout and injury, a periodization training schedule will be used when necessary to insure team members get a good balance of pre-competition training, competition preparation and active rest and recovery throughout the year.

**Call 734-2222 To sign-up**

## Rogue Valley Swim & Tennis Club

709 N. Phoenix Rd.  
Medford, OR 97504

Address Correction  
Requested

# RVSTC Newsletter



Rogue Valley  
Swim & Tennis Club

**RVSTC's  
Doubles/Team  
8-Ball Tournament  
Jan 27th.**

Vol 12 Num 1 ♦ RVSTC 709 N. Phoenix Rd., Medford, Oregon 97504 (541) 734-2222 ♦ January 2003

### MANAGER'S MESSAGE

I want to thank all of you who participated in our "Christmas Cheer" project. It was a great success. It's encouraging to see how many of you helped by providing a little happiness to some young people this past Christmas.

Just a reminder that we have a special junior scholarship fund in honor of past RVSTC member Dick Kuschel. People can give to this nonprofit account and help support some of our junior tennis players. Giving to this account is easy, either write a check to the "Dick Kuschel Jr. Scholarship Fund" or tell us and we can charge a donation of any amount to this special account.

Congratulations to Nate Schnugg who finished second in the USTA 14's Doubles at the Super National Winter Championships in Tuscon, Az (see the details on this page).

We will be hosting another "Member/Guest Open House" on Thursday, February 27th. This will be a great time to invite a non-member friend or family to the club for a FREE evening of snack food, fitness and on court tennis fun. Every member is welcome to come for this open house. We will have an initiation special going on for this special night. Plan now on inviting some guests to this FREE "Member/Guest Open House". It is not required to bring a guest, so come out to the open house for a fun filled evening!

I trust that you and your family had a Merry Christmas, and I hope that you have a great New Year!

Thank you,

Bruce Morse



### Sign Up For The Doubles/Team 8-Ball Tournament To Be Played January 27

Grab a partner and sign up for a dual skills team competition doubles tennis and team 8-ball. The tennis will be a round robin format, playing just one set and using a handicapped scoring system. Play will begin at the club at 6 p.m. The 8-ball event will be played at the Break Room, beginning at approximately 8:30 p.m. The format will be Scotch Ball, which means the partners on a team shoot every other shot. Winning teams will be determined by a combined score from both events. More information is available at the front desk. A minimum draw of six teams is required to conduct the tournament. Entry fee is \$30 per team, which covers tennis balls, pool table rental, a round of beverages at the Break Room, and awards. Entry deadline is Wednesday, January 22.

### 4th ANNUAL CENTURY TOURNAMENT

Now is the time to sign up for this popular event!! The date for our 4th annual Century Tournament is January 10, 11 & 12. Find that "special" partner and prepare to have a fun weekend. Remember, the combined ages of your partner must equal or exceed 100.

### 8th ANNUAL IN-CLUB CHAMPIONSHIPS

February 18 thru 23rd will be our 8th Annual In-Club Championships. This is a great way to kick off the new year and help us to prepare for USA Adult League competition. Sign-ups will be posted soon. It's also a great way to meet new people and play against someone you don't ordinarily play. Our previous years' tournaments have been great successes and this year won't be different. So get your singles and doubles games going and sign up! Of course, there will be plenty of snacks and fun for all!!

### USA ADULT LEAGUE TENNIS

This year's USA Adult League season is about to get under way. If you played last year, you can check your rating (on line) so you can get signed up for the appropriate league level. If you do not have a rating, you may enter the program on a self-rating. To self-rate yourself, it is important to carefully review the NTRP guidelines as well as compare yourself with people you currently play. As new players begin to play the league season, they will now be carefully watched through the computer, and if they are found to be out of level three times, they will be required to move up. The name for this new system is "Dynamic NTRP." The NTRP guidelines are at the front desk if you would like to check it out.



### SCHNUGG WINS SILVER BALL

Congratulations to Nate Schnugg, who added a Silver Ball to his collection. He and his partner finished 2nd in the Boy's 14's doubles at the Super National Winter Championships in Tuscon, AZ. Nate also got to the round of 16 in singles. Scott Morse also competed in the Super National Winter Championships in Tuscon, AZ. Playing in the Boy's 12 division, Scott made it to the round of 16 in singles and the round of eight in doubles. Great job Nate and Scott! Both players are currently playing in the Copper Bowl in Tuscon and we will post the results in next months newsletter.

### MEN'S OPEN PLAY THURSDAY NIGHTS

Players of all ability levels are welcome to attend Men's Open Play every Thursday from 6:00 - 9:00 PM. There is no need to sign up in advance, and you may arrive and leave at your leisure. The cost is only \$3.00 which covers balls, snacks and beverages for the night. Spread the word, RVSTC is the place to be for men's tennis on Thursday nights!

