

Get Back in the Game

Fun for the Whole Family! Get Fit Together!

by Mary Roland, Tennis Committee Chair



LLA Spring 2012 Tennis Schedule

6 - Week Series Scheduled on Saturdays: May 5th - June 16th

All Spring Clinics will be conducted on Saturdays at the Coldstream Tennis Courts.

JUNIOR SESSIONS

CLINIC	DATE/TIME	PRICE	OVERVIEW
QUICK START 6 - 9 yrs old	9:00-10:00 AM	<u>PRICE PER CLINIC</u> Member: \$16 Non-Member: \$20 <u>PRICE FOR ALL 7 CLINICS</u> Member: \$96 Non-Member: \$120	A program that is suited for kids with smaller nets, smaller rackets and bigger tennis balls. A fun and easy way for kids to start enjoying the game of tennis.
YOUNG GUNS 10 - 13 yrs old	10:00-11:00 AM	<u>PRICE PER CLINIC</u> Member: \$16 Non-Member: \$20 <u>PRICE FOR ALL 7 CLINICS</u> Member: \$96 Non-Member: \$120	Suited for players with some tennis experience. Students will learn proper technique, develop consistency, and learn basic strategy.
RISING STARS 14-18 yrs old	11:00-12:00 AM	<u>PRICE PER CLINIC</u> Member: \$16 Non-Member: \$20 <u>PRICE FOR ALL 7 CLINICS</u> Member: \$96 Non-Member: \$120	A program built for students looking to play in High School or for those who are currently on a team. Focus is on drills, setting up points, consistency, footwork and match play.
JUNIOR TENNIS MIXER 12-18 yrs old	4:00-6:00 PM	<u>PRICE PER CLINIC</u> Member: \$20 Non-Member: \$24 <u>PRICE FOR ALL 7 CLINICS</u> Member: \$120 Non-Member: \$144	A fun and easy way for juniors to get together and play singles and doubles matches with some instruction on point construction.



Michael Lesko
LLA TENNIS DIRECTOR

Mike comes to LLA after many years of training and instruction. His unparalleled love for the game and athletic talent made him a local star in high school and has produced a nationally ranked college athlete. Mike has harnessed his knowledge and experience to develop the skills of all types of players. His contemporary understanding of the sport allowed him to lead instruction at the Tuscarora Tennis Barn, Villages of Urbana Tennis Association and the Frederick Co. Parks and Recreation Department. Mike looks forward to helping new players build confidence and cultivating the skills of seasoned players. The United States Tennis Association (USTA) ranked Mike #38 in the Mid-Atlantic Men's Open Tournaments. His expertise will be invaluable to the community.

"Thank you so much for this wonderful opportunity. I am very excited to join Lake Linganore and I have big plans for our tennis program!" - Mike

Private lessons are also available!

Private Lessons are \$30/hour for LLA Members and \$36/hour for Non-Members.

Racket Stringing!

Professional tennis racket stringing is available.

Reserve Your Spot!

Clinics are filled on a first-come, first-serve basis.

Only EXACT PAYMENTS in cash or check will be accepted by the Pro.

Make all checks payable to: Michael Lesko

For additional information or to SIGN UP for a Clinic, contact:

Michael Lesko

LLA TENNIS DIRECTOR

LAKELINGANORETENNIS@GMAIL.COM

To access the tennis courts for personal use, please stop by the LLA Office.
Look out for our Summer Schedule!

ADULT SESSIONS

CLINIC	DATE/TIME	PRICE	OVERVIEW
HIGH INTENSITY	9:00-10:00 AM	<u>PRICE PER CLINIC</u> Member: \$16 Non-Member: \$20 <u>PRICE FOR ALL 7 CLINICS</u> Member: \$96 Non-Member: \$120	Designed for tournament player or players looking to play at the college level. Focus is on footwork, conditioning, mental game, and strategy.
ADULT BEGINNER	1:00-2:00 PM	<u>PRICE PER CLINIC</u> Member: \$16 Non-Member: \$20 <u>PRICE FOR ALL 7 CLINICS</u> Member: \$96 Non-Member: \$120	Players will learn proper technique, rules, and basic strategy.
ADULT INTERMEDIATE	2:00-3:00 PM	<u>PRICE PER CLINIC</u> Member: \$16 Non-Member: \$20 <u>PRICE FOR ALL 7 CLINICS</u> Member: \$96 Non-Member: \$120	Players with some tennis experience will work on consistency, as well as doubles and singles strategy.
CARDIO TENNIS	3:00-4:00 PM	<u>PRICE PER CLINIC</u> Member: \$16 Non-Member: \$20 <u>PRICE FOR ALL 7 CLINICS</u> Member: \$96 Non-Member: \$120	This is a cardio physical fitness exercise clinic on the tennis courts. This focus is for a good, cardio and physical workout rather than a focus on tennis.

*This season was made possible by the LLA Tennis Committee. To get involved with the LLA Tennis Committee, contact Mary Roland at: mlrola@comcast.net