



Recreational Quickstart Workshop

One-Day Workshop March 20th, 2010

9:30 am – 1:00 pm
Hall Park
600 A Street
Dixon, CA 95620

Registration closes:
March 19th at 5:00 pm

Host Site Director:
Sue Davis

Tuition is
\$30

Accepting check or visa

MAKE CHECKS PAYABLE TO:
Sacramento Community Tennis
Association
MAIL TO: Sue Davis
10516 Bronwood Way
Rancho Cordova, CA 95670



QuickStart Training

In cooperation with the following organizations: United States Professional Tennis Association, Sacramento Community Tennis Association, and National Recreation & Park Association.

Please come dressed to play tennis with a racquet and tennis shoes. No black soled shoes allowed on the courts. You must be pre-registered and prepaid to attend.

Workshop Description

Anyone interested in learning the newest methods of coaching and teaching tennis or seeking a refresher on more current methods and effective tools should attend our Recreational QuickStart Workshop. Taught by a specifically trained, certified teaching professional this active 3.5-hour workshop will cover:

- The QuickStart Tennis Format
- How to work with transitional size balls and shorter courts
- Age appropriate play situations and games for 5-6 year olds, 7-8 year olds & 9-10 year olds
- Recreational QuickStart Tennis practice plans
- Organizing/coaching a junior team match

Materials provided:

Each attendee will receive a packet of materials that relates to the workshop. Materials will pertain to teaching group tennis, game-based coaching.

PLEASE TARE ALONG DOTTED LINE

TO BE COMPLETED BY THE PARTICIPANT:

Name _____ Phone _____ Fax _____

Address _____

City _____ State _____ Zip _____ Email _____

Method of Payment: Check Credit Card IF APPLICABLE:

Type of Card _____ Name on Card _____

Card Number _____ | _____ | _____ | _____ Expiration Date ____ | ____ | ____

Signature _____

For more information, please call Sue Davis at 916-631-9922 or e-mail: davis@norcal.usta.com