



# Recreational Quickstart Workshop

## QuickStart Training

### One-Day Workshop March 28th, 2010

8:30 am – 12:00 pm

Pleasant Grove high school  
9531 Bond Road  
Elk Grove, CA 95624

Registration closes:  
March 26th at 5:00 pm

Host Site Director:  
**Sue Davis**

Tuition is  
**\$30**

Accepting check or visa

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.

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### **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](mailto:davis@norcal.usta.com)**



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