



E-MAIL: LIRC.JUNIOR@yahoo.com

COACHES:
CHUCK RUEFF, CARLOS JIMENEZ
NATHAN GOODMAN
AND
CARLOS CASTELLANOS

TIME: 1:00-4:00PM

TUESDAY WEDNESDAY THURSDAY

WEEKS OF JUNE 5TH THROUGH JULY 26TH

1 DAY A WEEK - \$ 395.00

2 DAYS A WEEK - \$
725.00

2 DAY/WEEK - \$ 725.00

3 DAYS A WEEK - \$ 1008.00

LOUISVILLE INDOOR RACQUET CLUB
8609 WESTPORT ROAD
LOUISVILLE, KY 40242
502-426-2454
Web: WWW.lirctennis.com

SUMMER CRUSH IT!

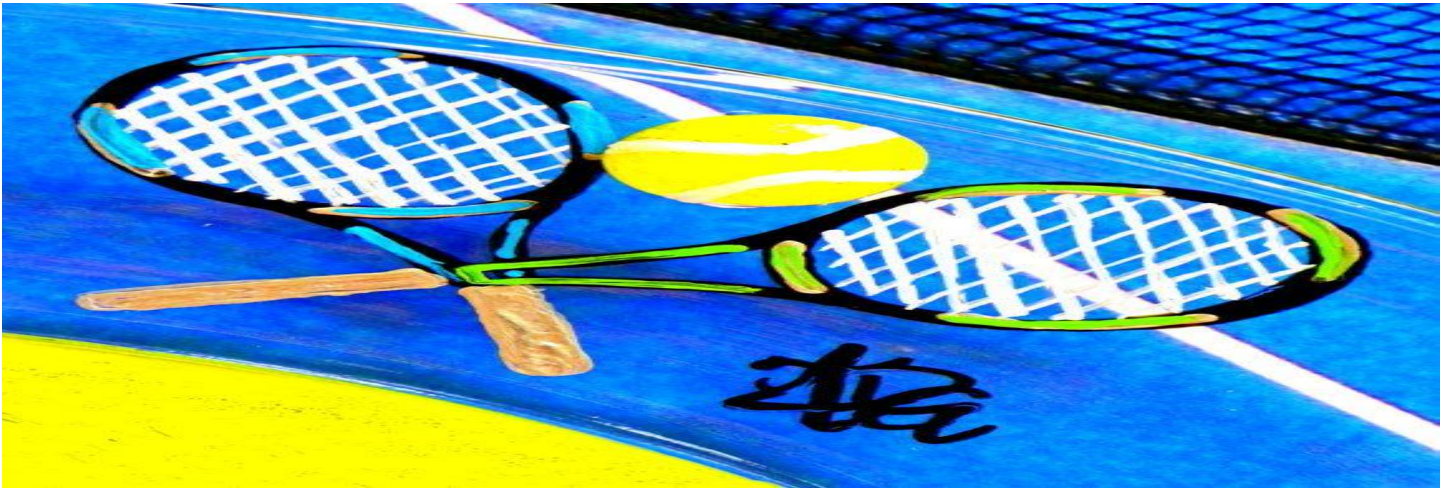
HIGH PERFORMANCE JUNIOR TENNIS

Take your child's tennis game to the next level by signing him/her up for Louisville Indoor Racquet Club's summer *CRUSH IT* Junior Tennis.

Program will consist of –

- 10 minutes of dynamic movement warm up with no racquet
- 10 minutes warm up exercise with racquet
- 30 minutes groundstroke control exercises
- 20 minutes serve and return exercises
- 30 minutes volley control
- 30 minutes dead ball drill or full drill exercises
- 40 minutes match play
- 10 minutes of cool down exercises

REGISTRATION ON THE BACK



REGISTRATION FORM

Please print and fill out each field / Full payment due with registration

Participant's Name _____ Age _____ Male / Female

Address _____ Zip code _____

Level _____ Ball preference _____ LIRC Rating: 1.5-4.5 _____ UTR Rating _____

Parent/Guardian's name _____ Mobile _____

Emergency Contact Name _____ Mobile _____

E-Mail Address (print please) _____

Payment: Cash / Check / Credit _____ Phone: 502-426-2454 _____ Fax: 502-426-4566

Card Number _____ Exp.Date _____

Recurring Credit Payment 5th week of Workshop / Junior Development: Y / N
(cancellation request requires 2 weeks notice by E-Mail to LIRC.JUNIOR@yahoo.com)

Parent/Card Holders Signature _____ Zip Code _____

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Louisville, KY 40242
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