

# SPRING 2019

## Adult Competitive Drills



**\*We will host a “First Friday” Mixed Doubles Social from 6:00-8:00/8:30pm the first Friday of each month. For details contact Bronson.**

### Mondays –

- 11:30 – 1:00 pm 3.0-4.0 Mixed Competitive Situational Drill. Drop-In Drill.
- 6:00 – 7:00 pm 3.5 – 4.0 Mixed Competitive Situational Drill. Contact Bryan to reserve your spot and to make sure level appropriate.

### Tuesdays-

- 12:00 – 1:00 pm 4.0 + Big Hitters Drill – Contact Danny or Bronson to make sure level appropriate.
- 12:00 – 1:00 pm 3.0 – 4.5 Tennis Competitive Workout with Bryan (Must have Bryan Approval since active drill)
- 6:00 – 7:30 pm 3.0 – 4.5 Ladies/Adult Singles Drill. Reserve your spot with Daryl

### Wednesdays-

- 11:30 – 1:00pm 3.0 – 4.0 Mixed Competitive Situational Drill. Drop-In Drill.
- 6:00 – 7:30p 3.0 – 4.0 Doubles Skill Building Competition Drill. (contact Bronson to reserve your spot)

### Thursdays-

- 12:00 – 1:00 pm 3.0 – 4.5 Tennis Competitive Workout with Bryan (Must have Bryan Approval since active drill)
- 6:30 – 7:30 pm 3.5 – 4.5 Mixed Competitive Situational Drill (contact Bryan to reserve your spot)

### Fridays-

- 10:00 – 11:30 am 3.0 – 4.0 Mixed Competitive Situational Drill. Drop-In Drill.
- 12:00 – 1:00 pm 4.0 + Big Hitters Drill – contact Danny or Bryan to make sure level appropriate.

### Saturdays-

- 9:00 – 10:00 am Tennis Competitive Workout with Bryan (Must have Bryan Approval since active drill)
- 10:30 – 12:00 pm 3.0-4.0 Men or Women - No Guts, No Glory Drilling (contact Bronson for details)
- 12:00 – 1:30 pm 2.5 -3.0 Skill Builder

### Sundays-

- 2:00 – 3:30 pm Adult 3.0 – 4.0 Mixed Doubles Competitive Tactics Drill – To reserve your spot contact Kris for details

### USTA Team Practices

\*Contact Danny or Daryl for team practice scheduling. Team Practices will cost \$19 per player (\$24 for non-members) but must have a minimum of 3 players to hold drill.

\*We will use a player’s USTA Ratings for drills or Tennis Director/Adult Director approval. Our goal is fun, safe and competitive drills for all players participating.

