



# JUNIOR COMPETITIVE PLAYERS' PROGRAM

The "Junior Competitive Player's Program" is designed to prepare our junior players ultimately for regional and state tournaments, boys and girls varsity high school competitive tennis as well as regional, sectional or national rankings.

The IRC program employs a "game-based" learning approach to tennis coaching which includes drills, stroke development and analysis (including video), point play, and practice matches.

IRC's certified professionals strive to make the program interesting and fun for our students. The program includes the following aspects of coaching at various levels of intensity depending on the age and level of the player:

- **Technical Development** - development of effective and efficient strokes, rhythm, and the optimal use of the kinetic chain.
- **Tactical Development** - including singles and doubles tactics and the key to a "winning" strategy.
- **Psychological Development** - including making a commitment to tennis, individual goal setting, and the development of mental strength and positive attitudes to deal with competitive pressure. We also emphasize good sportsmanship and teamwork.
- **Physical Conditioning** - developing movement, footwork patterns, speed, strength, stamina, and coordination for today's dynamic game.

**Tournament participation is required for all enrolled players.** Program instructors will critique junior performance at select tournaments throughout the season.

- **All Junior Competitive Players' Programs are Pro Admit.**
- **All Junior Competitive Players' Programs require pre-registration.**

Participants within the Junior Competitive Players' Program are eligible to receive junior walk-on passes. Players will receive 3 junior walk-on passes for participation in the fall session and 5 passes for participation in the winter session.

## Fall Session:

Sept. 12- Dec. 31, 2011

## Winter Session:

Jan. 1-May 13, 2012

### Junior Groups do NOT meet on the following dates:

November 24-27, 2011;  
Dec. 23, 2011-Jan. 2, 2012;  
April 8, 2012



## Take the next step!

Check out the tournament schedule on page 8.



To register or for general questions contact the **Member Services Office**, 317.849.2531 or [irc@indyracquet.com](mailto:irc@indyracquet.com).



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The Junior Competitive Players' Programs are **Pro Admit**. Please contact one of the teaching pros listed on page 30-31 prior to registering with the Member Services Office.



## EXTREME COMPETITORS *Pro Admit. Membership Required.*

For aspiring tournament players age 8-10 who are committing to year round play. All groups will incorporate a combination of green dot and standard yellow tennis balls.

Group Name/Coach	Time/Site	Fall Session	Winter Session	Session Dates
<b>Monday</b> Donovan/K. Gill/B. Gill/Krauter	4:00-5:30pm @ IRC Dean	<b>\$309.45</b> 15 sessions	<b>\$371.34</b> 18 sessions	9/12/11-5/7/12
<b>Tuesday</b> Donovan/Evans	4:00-5:30pm @ IRC Dean	<b>\$309.45</b> 15 sessions	<b>\$391.97</b> 19 sessions	9/13/11-5/8/12
<b>Wednesday</b> Donovan/K. Gill/Krauter	4:00-5:30pm @ IRC Dean	<b>\$309.45</b> 15 sessions	<b>\$391.97</b> 19 sessions	9/14/11-5/9/12
<b>Thursday</b> Clavijo/Evans	4:00-5:30pm @ IRC Dean	<b>\$288.82</b> 14 sessions	<b>\$391.97</b> 19 sessions	9/15/11-5/10/12
<b>Friday</b> Des Evans	4:00-5:30pm @ IRC Dean	<b>\$268.19</b> 13 sessions	<b>\$391.97</b> 19 sessions	9/16/11-5/11/12

## YOUNG HIGH PERFORMANCE PLAYERS *Pro Admit. Membership Required.*

For tournament players age 11-13 who are seeking or have a district or sectional ranking.

Day/Coach	Time/Site	Fall Session	Winter Session	Session Dates
<b>Monday</b> Ljunggren/Ladipo/Alstott/Evans	4:00-6:00pm @ IRC East	<b>\$412.50</b> 15 sessions	<b>\$495.00</b> 18 sessions	9/12/11-5/7/12
<b>Wednesday</b> Clavijo/Ljunggren/Ladipo/Alstott	4:00-6:00pm @ IRC East	<b>\$412.50</b> 15 sessions	<b>\$522.50</b> 19 sessions	9/14/11-5/9/12

## WARRIORS\* *Pro Admit. Membership Required.*

For high school players ages 14-17 who are freshman or junior varsity team players with regular local tournament participation.

Day/Coach	Time/Site	Fall Session	Winter Session	Session Dates
<b>Wednesday</b> Evans/Horton	4:00-6:00pm @ IRC Dean	<b>\$412.50</b> 15 sessions	<b>\$522.50</b> 19 sessions	9/14/11-5/9/12



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# JUNIOR COMPETITIVE PLAYERS' PROGRAM

## HIGH PERFORMANCE PLAYERS\* Pro Admit. Membership Required.

For tournament players age 14-18 who are seeking or have a district or sectional ranking.

Group Name/Coach	Time/Site	Fall Session	Winter Session	Session Dates
<b>Tuesday</b> Clavijo/B. Gill/ Ljunggren/Krauter	4:00-6:00pm @ IRC East	<b>\$412.50</b> 15 sessions	<b>\$522.50</b> 19 sessions	9/13/11-5/8/12
<b>Thursday</b> Ljunggren/Ladipo/Krauter	4:00-6:00pm @ IRC East	<b>\$385.00</b> 14 sessions	<b>\$522.50</b> 19 sessions	9/15/11-5/10/12

## CHAMPIONS\* Pro Admit. Membership Required.

For tournament players age 14-18 who have a sectional or national ranking. Players are participating in tournaments year round at a high level.

Group Name/Coach	Time/Site	Fall Session	Winter Session	Session Dates
<b>Monday</b> K. Gill/Krauter	5:30-7:00pm @ IRC Dean	<b>\$247.56</b> 12 sessions	<b>\$495.00</b> 18 sessions	10/3/11-5/7/12
<b>Tuesday</b> Ljunggren/Clavijo/B. Gill	6:00-8:00pm @ IRC East	<b>\$330.00</b> 12 sessions	<b>\$522.50</b> 19 sessions	10/4/11-5/8/12
<b>Thursday</b> Ljunggren/Ladipo/Krauter	6:00-8:00pm @ IRC East	<b>\$302.50</b> 11 sessions	<b>\$522.50</b> 19 sessions	10/6/11-5/10/12

## CHAMPIONS PLUS\* Pro Admit. Membership Required.

For elite tournament players age 14-18 who have a sectional or national ranking. Extensive tournament play is required. Emphasis on college preparation.

Group Name/Coach	Time/Site	Fall Session	Winter Session	Session Dates
<b>Monday</b> Clavijo/Ladipo	7:30-9:00pm @ IRC East	<b>\$330.00</b> 12 sessions	<b>\$495.00</b> 18 sessions	10/3/11-5/7/12
<b>Wednesday</b> Clavijo/Ladipo/Ljunggren	6:00-8:00pm @ IRC East	<b>\$330.00</b> 12 sessions	<b>\$522.50</b> 19 sessions	10/5/11-5/9/12

### \*Alternate Opportunity:

Tim Samons offers an elite program for advanced tournament players as well as advanced varsity players (levels 4-6) with a focus on training and drills. Please see page 14 for more information.



## CREATE YOUR OWN GROUP

Choose your Teaching Pro & Time. 2 or more players required.

Contact the **Member Services Office**, 317.849.2531 for more information or pricing.