

2018-19 SEASON (SEPTEMBER 4 - MAY 31)

Fall Schedule  
SEPTEMBER 4 - DECEMBER 31

# Adult Drills & Lessons

FROM BEGINNER LESSONS TO ADVANCED DRILLS

Fast-paced Instruction and Competitive Games • Classes of 4-8 Players



**ADULT DRILLS** →  
CALL 612.825.6844 FOR AVAILABILITY

**BEGINNER LESSONS** → PRE-REGISTRATION AVAILABLE ONLINE: [INNERCITYTENNIS.ORG](http://INNERCITYTENNIS.ORG)



## Whether you're a first time beginner or an advanced veteran, we have a tennis program suited for you!

**Our philosophy is that tennis should be both challenging and fun. That means that all of our adult classes are designed to challenge you to learn and improve at a pace that fits your ability. In short, we want to help you move up a level or two while you're with us.**

It also means that we strive to make it fun! Our experienced coaches go beyond barking out dry commands to "watch the ball" or "bend the knees." They know how to make the learning experience enjoyable by incorporating instruction into fun games and drills that keep you moving and hitting lots of balls while you're learning. We want to give you a great workout every time you step on the court.

To get started, simply sign up for the program that best fits your skill level and schedule. If you're a beginner, we'll start with all the basics and teach you the proper grips and strokes, including the forehand, backhand, volley, overhead, serve and return. You'll also learn to rally and keep score. Eventually, we'll help you learn the basics of playing singles and doubles matches.

For more experienced players, we offer drills throughout the week at times that fit most schedules and skill levels. If you don't know where you fit, just read the rating descriptions on the Skill Level page of this brochure, or ask an ICT pro to evaluate your play. Remember, we

want you to be challenged, so don't hesitate to ask for help signing up for the right class or drill group.

Finally, you can take satisfaction in knowing that every time you play tennis with us, you are supporting the InnerCity Tennis mission to provide free tennis and life skills training to kids who otherwise would not have the opportunity to learn and play this great sport. You can read more about the far-reaching impact of InnerCity Tennis on the back page of this brochure.

We provide the professional instruction, facilities and a learning environment that is always challenging and always fun. All you need is your racquet and a commitment to improve.

See you on the courts!

*John*

John Wheaton  
Executive Director

*Bill*

Bill Stark  
Teaching Pro



# LESSON & DRILL INFO

FALL SCHEDULE: September 4, 2018 - December 31, 2018

## ADULT LESSONS

Online registration available!  
No annual registration required.

### ADULT LESSONS - STEP 1

For players new to tennis, learn the stroke technique, grips, scoring, positioning & court terminology.

Tuesdays ..... 10:00-11:00am ..... 1.0-2.0  
Saturdays ..... 12:00-1:00pm ..... 1.0-2.0

### ADULT LESSONS - STEP 2

Continuation of Step 1 and for those with some experience looking to get back into playing; Players have developed consistency to keep the ball in play.

Tuesdays ..... 11:00-Noon ..... 2.0-2.5  
Saturdays ..... 1:00-2:00pm ..... 2.0-2.5

### ADULT LESSONS - STEP 3

Continuation of Step 2, classes include some drill and match play; Players are comfortable competing in doubles drills & match play.

Thursdays ..... 7:30-9:00pm ..... 2.5-2.75  
Saturdays ..... 2:00-3:30pm ..... 2.5-2.75

### READY TO START DRILLING?

Mon ..... 9:00-10:30am ..... 2.5-3.0

## 90 MINUTE DRILLS

Players should call or sign up at the front desk.  
An annual registration is required.

### DAYTIME DRILLS • \$22

Start your day right! Hit tons of balls while learning new tips and techniques.

Mo, Tu, Th ..... 7:00-8:30am ..... 3.0+  
Mon, Thu ..... 9:00-10:30am ..... 3.0+  
Mon ..... 9:00-10:30am ..... 2.5-3.0

### PRIME-TIME DRILLS • \$26

Work on all your strokes in a fast-paced environment. Our most popular drills!

Sat ..... 7:30-9:00am ..... 3.5+  
Sat ..... 9:00-10:30am ..... 3.5+  
Sat ..... 10:30-Noon ..... 3.0+  
Sun ..... 10:30-Noon ..... 3.5+

Mon ..... 7:30-9:00pm ..... 3.5-4.0 **NEW!**  
Wed ..... 6:00-7:30pm ..... 3.5+  
Wed ..... 7:30-9:00pm ..... 3.5+  
Thu ..... 7:30-9:00pm ..... 4.0+

### WDL DRILLS \*NEW\* • \$22

Come with your doubles partner or on your own, drills and games to work on strategy.

Wed ..... 10:30-Noon ..... 3.5-4.0 **NEW!**

## 50+ DRILLS

Players should call or sign up at the front desk.  
No annual registration is required.

Skill development and a great workout for any player over the age of 50.

### 60 MINUTE 50+ DRILL • \$10

Tu/Th ..... 9:00-10:00am ..... 3.0-3.25  
Wed ..... Noon-1:00pm ..... 2.5-3.25  
Tu/Th ..... 9:00-10:00am ..... 3.5+

### 90 MINUTE 50+ DRILL • \$15

Mon ..... 1:30-3:00pm ..... All Levels  
Mon ..... 10:30-Noon ..... 3.5+ **NEW!**  
Wed ..... 1:30-3:00pm ..... All Levels  
Fri ..... 9:00-10:30am ..... 2.5-3.25

## FALL SCHEDULE

Classes meet once a week for 3 or 4 weeks.  
Tue, Thu & Sat options.

Session	STEP 1 & 2 1 hr	STEP 3 1.5 hrs
September (Sept 4 - 29)	\$90	\$135
October (Oct 4 - 27) No Tuesday Classes	\$90	\$135
November (Nov 1 - 29) 3 Week Sessions	\$70	\$100
December (Nov 27 - Dec 20)	\$90 (\$70 Sat)	\$135 (\$100 Sat)
January (Jan 5 - 31)	\$90	\$135

Not sure of your player level? See inside back cover.

# LESSON & DRILL SCHEDULE

BEGINNER - ADVANCED PLAYERS AGES 18+



Call 612.825.6844 to schedule a private or semi-private lesson with a pro!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Daytime	<b>SUNRISE DRILL</b> ● 7:00–8:30am 3.0+ Players	<b>SUNRISE DRILL</b> ● 7:00–8:30am 3.0+ Players	<b>WDL 90 MIN DRILL</b> ● 10:30–Noon <b>NEW!</b> 3.5 - 4.0 Players	<b>SUNRISE DRILL</b> ● 7:00–8:30am 3.0+ Players	<b>50+ DRILL</b> ● 9:00–10:30am 2.0 - 3.5 Players		<b>90 MINUTE DRILLS</b> ● 7:30–9:00am 3.5+ Players	<b>90 MINUTE DRILL</b> ● 10:30–Noon 3.5+ Players
	<b>90 MINUTE DRILL</b> ● 9:00–10:30am 3.0+ Players	<b>50+ DRILLS</b> ● 9:00–10:00am 2.5 - 3.25 Players 3.5+ Players	<b>50+ DRILLS</b> ● Noon–1:00pm <b>NEW!</b> 2.5 - 3.25 Players	<b>50+ DRILLS</b> ● 9:00–10:00am 2.5 - 3.25 Players 3.5+ Players			<b>90 MINUTE DRILL</b> ● 9:00–10:30am 3.5+ Players	
	<b>90 MINUTE DRILL</b> ● 9:00–10:30am 2.5 - 3.0 Players	<b>ADULT STEP 1</b> ● 10:00–11:00am 1.0 - 2.0 Players	<b>50+ DRILL</b> ● 1:30–3:00pm All Levels	<b>90 MINUTE DRILL</b> ● 9:00–10:30am 3.0+ Players			<b>90 MINUTE DRILL</b> ● 10:30am–Noon 3.0+ Players	
	<b>50+ DRILL</b> ● <b>NEW!</b> 10:30–Noon 3.5+	<b>ADULT STEP 2</b> ● 11:00am–Noon 2.0 - 2.5 Players					<b>ADULT STEP 1</b> ● Noon–1:00pm 1.0 - 2.0 Players	
Evening	<b>50+ DRILL</b> ● 1:30–3:00pm All Levels					<b>ADULT STEP 2</b> ● 1:00–2:00pm 2.0 - 2.5 Players		
	<b>90 MIN MENS DRILL</b> ● <b>NEW!</b> 7:30–9:00pm 3.5 - 4.0 Players		<b>90 MINUTE DRILL</b> ● 6:00–7:30pm 3.5+ Players	<b>ADULT STEP 3</b> ● 7:30–9:00pm 2.5 - 2.75 Players			<b>ADULT STEP 3</b> ● 2:00–3:30pm 2.5 - 2.75 Players	
		<b>90 MINUTE DRILL</b> ● 7:30–9:00pm 3.5+ Players	<b>90 MINUTE DRILL</b> ● 7:30–9:00pm 4.0+ Players					

● DAYTIME DRILLS ● PRIME TIME DRILLS  
 Annual Registration Fee Required

● 50+ DRILLS  
 No Annual Registration Fee Required

● ADULT LESSONS (Sold in 3 or 4 session blocks)  
 No Annual Registration Fee Required

# COACHES



**ROGER BOYER** - ●●

A tennis professional with 40 years of experience, Roger served as assistant men's coach at Gustavus Adolphus College and as men's coach at Mankato State University. As regional tester and trainer for the United States Professional Tennis Association, he is also responsible for educating, evaluating and licensing new and advancing professionals.



**KYLE BUCHMEIER** - ●

Kyle has worked at ICT since 2011. He helps coordinate ICT's Women's Daytime League and coaches many adult and junior programs. He formerly served as Head Coach at Woodbury and Winona Cotter High Schools and captained the Winona State Men's Tennis Team for three years.



**CALLEE CONDA ANDERSON** - ●●●

Callee has coached at ICT since 2011 after working at Longview Tennis Club in Duluth and at three Park and Rec programs. She played #1 singles and served as captain for both Hibbing High School and St. Scholastica College.



**DILCIA PEDERSON STROMBERG** - ●●●

Dilcia, a Minneapolis South High School graduate, began playing tennis in ICT's Summer Tennis in the Parks Program in the 1990s. 'Dil' is now an Elite USPTA pro, 10U PTR certified and regional tester for aspiring teaching pros. She's also the assistant Varsity coach at Washburn High School.



**LUKE ROBERTSON** - ●●●

Luke began working at ICT in 2016. He played high school Varsity tennis at Bloomington Jefferson for 6 years and college tennis in Kansas and Arizona. He is the only ICT staff who owns a gold ball, winning the National grandfather / grandson tournament in 2011.



**BILL STARK** - ●●●

Bill has taught at ICT since 2011, after more than 30 years of coaching throughout the Twin Cities. He is a USTA certified tennis umpire and a USPTA certified teaching professional.

# PLAYER LEVELS/MISC

## Adapted for InnerCity Tennis from the U.S. Tennis Association's NTRP rating system.

### BEGINNING PLAYER

**1.0 – 1.5** Has no or limited tennis experience and is still working primarily on getting the ball into play.

**2.0** Needs on-court experience. Has obvious stroke weaknesses but is familiar with basic positions for singles and doubles play.

**2.5** Learning to judge where the ball is going although court coverage is weak. Can sustain a short rally of slow pace with other players of the same ability.

### BEGINNER - INTERMEDIATE PLAYER

**3.0** Fairly consistent when hitting medium-paced shots, but is not comfortable with all strokes and lacks execution when trying for directional control, depth or power.

### INTERMEDIATE PLAYER

**3.5** Has achieved improved stroke dependability with directional control on moderate shots, but still lacks depth and variety. Starting to exhibit more aggressive net play and has improved court coverage.

**4.0** Has dependable strokes, including directional control and depth on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. May be starting to master the use of power and spins (though tends to over-hit difficult shots) Rallies may be lost due to impatience.

### INTERMEDIATE - ADVANCED PLAYER

**4.5** Starting to master the use of power and spins and beginning to handle pace, has sound footwork, can control depth of shots and is beginning to vary game plan according to opponents. Can hit first serves with power and accuracy and place the second serve. Tends to overhit on difficult shots. Aggressive net play is common in doubles. May have played high school varsity or college club or lower level varsity tennis.

## 2018-19 ANNUAL REGISTRATION FEE

Required for drills only. No registration fee required for lessons.

- Individual .....\$125 (includes tax)
- Household (Couple or Family) .....\$175 (includes tax)

## GENERAL POLICIES

- Student no-shows will be charged
- Refunds will only be given if a student's spot is resold to someone else
- Cancellations and no shows need to be paid before a player registers for another class
- No make-up classes if a student misses due to illness or personal reasons



*At InnerCity Tennis, we believe that every kid needs and deserves a coach-mentor, the encouragement of a team and a welcoming community. For more than 65 years, we have offered programs that use tennis to tap into the deep potential within each child through no-fee and scholarship-eligible youth programs. Tennis is the vehicle that draws the kids in and provides a pathway to success in school and life. Our on and off court programming is designed to improve the physical health, social/emotional skills, and character of our participants, while helping to close the gap on health and educational disparities for underserved kids in Minneapolis.*

### **Mission**

We develop and unleash the potential of youth on and off the tennis court by engaging and serving a supportive community.

### **Our Youth Programs**

We offer programs to increase access to this lifelong sport in schools and neighborhood parks throughout Minneapolis, and ICT's tennis center programs give underserved youth and families the chance to try tennis in a remarkable facility. Our comprehensive programming includes everything from no-fee, one-time drop-in programs to intensive training for players with the talent and drive to become elite high school or college competitors. There is an entry point and pathway to success for each child who steps on the court.

### **Kids We Serve**

Each year we reach over 5,000 young people, ages 3 to 18, including at-risk kids, children of color, children from low-income families and children diagnosed on the autism spectrum. ICT attracts diverse families from all over the city, and our no-fee programs and scholarships ensure that our programs are available to all children regardless of financial circumstances.

### **Engaging Our Tennis Community**

Our broader tennis community of adults provide invaluable support for our youth development programs through their volunteerism, donations and partnership. Together with our staff and teaching professionals, adults who participate in ICT programming "play with purpose," in that they help provide a supportive and caring community for the youth we serve.

### **Support Us**

As a social enterprise, InnerCity Tennis is a non-profit, mission-focused, tax-exempt (501c3) organization that delivers both financial and social returns to further its mission. Our tennis center, together with the contributions of our generous donors, provide the critical financial support needed to deliver ICT's life-changing programs for youth. Donate online at [www.innercitytennisgive.org](http://www.innercitytennisgive.org)

## **7 CORE VALUES**

RESPECT

ENTHUSIASM

RESPONSIBILITY

INTEGRITY

SERVICE

PERSEVERANCE

TEAMWORK

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