

# October 2024 Schedule

October 2024	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1.  ◦ <b>7:15 AM:</b> Fundamentals 2.0 – <i>Wrap-Up Groundstrokes</i>  ◦ <b>6:00 PM:</b> Intermediate Clinic – <i>Game Play Focus</i>	2.  ◦ <b>7:15 AM:</b> Intermediate Clinic – <i>Volleys &amp; Net Play Wrap-Up</i>  ◦ <b>8:15 AM:</b>  Fundamentals Clinic – <i>Final Volley Practice</i>  ◦ <b>6:00 PM:</b> Cardio Tennis –  <i>Point Play Workout</i>	3.  ◦ <b>7:15 AM:</b> Fundamentals 2.0 – <i>Final Serve &amp; Return Practice</i>  ◦ <b>6:00 PM:</b> Intermediate Clinic – <i>Game Play &amp; Strategy</i>  ◦ <b>7:00 PM:</b> Advanced Clinic – <i>Final Doubles Play Workshop</i>	4.  ◦ <b>7:15 AM:</b> Intermediate/Advanced Combo – <i>Final Match Play</i>	5.  <b>8:00 AM:</b>  Fundamentals Clinic – Match Play & <i>Groundstrokes Practice</i>  <b>9:00 AM:</b>  Intermediate Clinic – <i>Point Play &amp; Final Wrap-Up</i>
<b>Week 1: Groundstrokes (Forehand &amp; Backhand)</b>	6. No Classes	7.  • <b>7:15 AM:</b> Intermediate Clinic – <i>Backhand Techniques</i>  ◦ <b>8:15 AM:</b> Fundamentals Clinic – <i>Forehand Form &amp; Follow- through</i>	8.  ◦ <b>7:15 AM:</b> Fundamentals 2.0 – <i>Backhand Basics</i>  ◦ <b>6:00 PM:</b> Intermediate Clinic – <i>Forehand Power + Accuracy</i>	9.  • <b>7:15 AM:</b> Intermediate Clinic – <i>Forehand + Backhand Practice</i>  ◦ <b>8:15 AM:</b> Fundamentals Clinic – <i>Groundstroke Drills</i>  ◦ <b>6:00 PM:</b> Cardio Tennis –  <i>Groundstroke Workout</i>	10.  ◦ <b>7:15 AM:</b> Fundamentals 2.0 – <i>Groundstroke Footwork</i>  ◦ <b>6:00 PM:</b> Intermediate Clinic – <i>Backhand Depth</i>	11.  <b>7:15 AM:</b> Intermediate/Advanced Combo – <i>Baseline Groundstroke Techniques</i>	12.  ◦ <b>8:00 AM:</b> Fundamentals Clinic – <i>Forehand Basics</i>  ◦ <b>9:00 AM:</b>  Intermediate Clinic – <i>Groundstroke Precision</i>
<b>Week 2: Net Play (Volleys) , Overheads + Slice Workshop</b>	13.  ◦ <b>8:00 AM:</b> Fundamentals Clinic – <i>Intro to Volleys</i>  ◦ <b>9:00 AM:</b> Intermediate Clinic – <i>Forehand/Backhand Volleys Targets</i>	14.  ◦ <b>7:15 AM:</b> Intermediate Clinic – <i>Net Play Preparation</i>  ◦ <b>8:15 AM:</b> Fundamentals Clinic – <i>Volley Basics</i>	15.  ◦ <b>7:15 AM:</b> Fundamentals 2.0 – <i>Volley Footwork &amp; Reaction Practice</i>  ◦ <b>6:00 PM:</b> Intermediate Clinic –	16.  ◦ <b>7:15 AM:</b> Intermediate Clinic – <i>Approach Shots + Volleys</i>  ◦ <b>8:15 AM:</b> Fundamentals Clinic – <i>Volley Practice</i>	17.  ◦ <b>7:15 AM:</b> Fundamentals 2.0 – <i>Overhead Basics</i>  ◦ <b>6:00 PM:</b> Intermediate Clinic – <i>Volley + Overheads</i>	18.  ◦ <b>7:15 AM:</b>  Intermediate/Advanced Combo – <i>Volley Power</i>	19.  ◦ <b>8:00 AM:</b> Fundamentals Clinic – <i>Volley Workshop</i>  ◦ <b>9:00-10:30 AM:</b> Intermediate Clinic – <i>Volley Consistency + Slice Workshop</i>

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	<ul style="list-style-type: none"> <li>◦ <b>10:00 AM:</b> Advanced Clinic – Volley Offense/Defense</li> </ul>		Groundstroke  <i>Transition to Net Play</i>	<ul style="list-style-type: none"> <li>◦ <b>6:00 PM:</b> Cardio Tennis –  Volley Focused Cardio</li> </ul>			
<b>Week 3: Serves, Overheads + Serve Workshop</b>	20.  <ul style="list-style-type: none"> <li>◦ <b>8:00 AM:</b> Fundamentals Clinic – Intro to Overheads</li> <li>◦ <b>9:00 AM:</b> Intermediate Clinic – Groundstroke, overhead, volleys Focus</li> <li>◦ <b>10:00 AM:</b> Advanced Clinic – Point play with Serves</li> </ul>	21.  <ul style="list-style-type: none"> <li>◦ <b>7:15 AM:</b> Intermediate Clinic – Ground Stokes + Serves (Review Flat Serve vs. Spin Serve)</li> <li>◦ <b>8:15 AM:</b> Fundamentals Clinic – Serve Mechanics</li> </ul>	22.  <ul style="list-style-type: none"> <li>◦ <b>7:15 AM:</b> Fundamentals 2.0 – Serve Toss + Balance</li> <li>◦ <b>6:00 PM:</b> Intermediate Clinic – Serve and Returns</li> </ul>	23.  <ul style="list-style-type: none"> <li>◦ <b>7:15 AM:</b> Intermediate Clinic – Groundstrokes and point play with serves</li> <li>◦ <b>8:15 AM:</b> Fundamentals Clinic – Serve Practice</li> <li>◦ <b>6:00 PM:</b> Cardio Tennis – Volley and Overheads Workout</li> </ul>	24.  <ul style="list-style-type: none"> <li>◦ <b>7:15 AM:</b> Fundamentals 2.0 – Serve and Return Basics</li> <li>◦ <b>6:00 PM:</b> Intermediate Clinic – Serving Under Pressure</li> </ul>	25.  <ul style="list-style-type: none"> <li>◦ <b>7:15 AM:</b> Intermediate/Advanced Combo – Point Play with Serves</li> </ul>	26.  <ul style="list-style-type: none"> <li>◦ <b>8:00 AM:</b> Fundamentals Clinic – Beginner Serve Workshop</li> <li>◦ <b>9:00-10:30 AM:</b> Intermediate/Advanced Serve Workshop</li> </ul>
<b>Week 4: Balance, Agility + Point Play &amp; Doubles Play</b>	27.  <ul style="list-style-type: none"> <li>◦ <b>8:00 AM:</b> Fundamentals Clinic – Agility for Beginners</li> <li>◦ <b>9:00 AM:</b> Intermediate Clinic – Footwork &amp; Agility for Point Play</li> <li>◦ <b>10:00 AM:</b> Advanced Clinic – Advanced Balance + Court Movement</li> </ul>	28.  <ul style="list-style-type: none"> <li>◦ <b>7:15 AM:</b> Fundamentals 2.0 – Agility + Groundstrokes</li> </ul>	29  <ul style="list-style-type: none"> <li>◦ <b>7:15 AM:</b> Fundamentals 2.0 – Agility + Volleys Drills</li> <li>◦ <b>6:00 PM:</b> Intermediate Clinic – Footwork &amp; Point Play Practice</li> </ul>	30.  <ul style="list-style-type: none"> <li>◦ <b>7:15 AM:</b> Intermediate Clinic – Balance + Footwork</li> <li>◦ <b>8:15 AM:</b> Fundamentals Clinic – Point Play Basics</li> <li>◦ <b>6:00 PM:</b> Cardio Tennis – Agility Focus</li> </ul>	31.  <ul style="list-style-type: none"> <li>◦ <b>7:15 AM:</b> Fundamentals 2.0 – Point Play + Agility</li> <li>◦ <b>6:00 PM:</b> Intermediate Clinic – Doubles Point Play</li> </ul>	1.  <ul style="list-style-type: none"> <li>◦ <b>7:15 AM:</b> Intermediate/Advanced Combo – Doubles Play</li> </ul>	2.  <ul style="list-style-type: none"> <li>◦ <b>8:00 AM:</b> Fundamentals Clinic – Intro to Doubles Play</li> <li>◦ <b>9:00 AM:</b> Intermediate Clinic – Doubles Point + Match Play</li> </ul>