

## Time Schedule

<b>C-10</b>	<b>High Performance</b> <i>Tues &amp; Thurs</i>	4:00-6:00 pm
<b>C-9</b>	<b>Future High Performance</b> <i>Tues &amp; Thurs</i>	4:00-6:00 pm
<b>C-8A</b>	<b>Elite Varsity</b> <i>Mon &amp; Wed</i>	3:00-4:30 pm
<b>C-8B</b>	<b>Varsity</b> <i>Mon &amp; Wed</i>	3:00-4:30 pm
<b>C-7</b>	<b>Elite Champs</b> <i>Mon &amp; Wed</i>	4:30-6:00 pm
<b>C-6</b>	<b>Future Elite Champs</b> <i>Tues &amp; Thurs</i>	4:30-6:00 pm
<b>C-5A</b>	<b>Elite Jr. Varsity</b> <i>Tues, Thurs &amp; Fri</i>	3:00-4:00 pm
<b>C-5B</b>	<b>Jr. Varsity</b> <i>Tues, Thurs &amp; Fri</i>	3:00-4:00 pm
<b>C-4A</b>	<b>Adv. Future Champs</b> <i>Fridays</i>	4:00-6:00 pm
<b>C-4B</b>	<b>Future Champs</b> <i>Fridays</i>	4:00-6:00 pm
<b>C-3A1</b>	<b>Little Champs-Baseliners</b> <i>Mon - Wed</i>	4:30-5:15 pm
<b>C-3A2</b>	<b>Little Champs-Baseliners</b> <i>Mon - Wed</i>	5:15-6:00 pm
<b>C-3B1</b>	<b>Little Champs-Service-liners</b> <i>Tues - Thurs</i>	4:00-5:00 pm
<b>C-3B2</b>	<b>Little Champs-Service-liners</b> <i>Tues - Thurs</i>	5:00-6:00 pm
<b>C-1</b>	<b>Tiny Champs</b> <i>Sundays</i>	3:00-3:45 pm
<b>C-2</b>	<b>Future Little Champs</b> <i>Sundays</i>	3:45-4:30 pm

## Junior Program Cost

Based on eight week session "Star Rating System"

★ \$17/hr   ★★ \$15/hr   ★★★ \$12/hr   ★★★★ \$8/hr   ★★★★★ \$5/hr  
(See Rating System for further explanation.)

10 & Under Program: Members \$10/hr • Jr. Membership \$11/hr • Non-Members \$13/hr

## Student Ability Levels

**C-10 High Performance-** (*Ages 18 & under, intermediate to advanced*). Class is for the most serious, dedicated advanced juniors seeking high performance training standards and who are willing to train 5 to 6 days a week throughout most of the year. Emphasis on perfecting all basic and specialty shots along with advanced singles and doubles tactics and strategies. **Requirements:** Must pass skills test 4, be currently playing Champs Division sanctioned tournaments. Must have a parent/student/coach (meeting and interview) to determine possible admittance to program. **Future Goals:** Achieve a high-ranking in the PNW and going on to play college tennis after high school competition.

**C-9 Future High Performance-** (*Ages 14 & under, intermediate to advanced*). Emphasis on perfecting all basic strokes and introduction to specialty shots. Advanced singles and doubles tactics are introduced. **Requirements:** A minimum of 5 sanctioned tournaments played within the last 12 months. Junior is now playing in Challenger or Champs Division tournaments. Must pass skills test 3. **Future Goals:** Passing skills test 4 and moving to C-10 or C-8A.

**C-8A Elite Varsity-** (*Ages 14-18, intermediate to advanced, 9th grade and above*). Emphasis same as C-9 for older, top high school varsity players. Most players have a couple of years of high school varsity experience. **Requirements:** Must pass skills test 4. **Future Goals:** Placement in C-10 or State H.S. Division Playoffs.

**C-8B Varsity-** (*Ages 14-18, low intermediates to intermediates, 9th grade and above*). Emphasis on improving basic strokes with introduction into shot selection and spins used for special tactics and strategies in singles and doubles. Most high school varsity players would fall into this category. **Requirements:** Must pass skills test 3.

**C-7 Elite Champs-** (*Ages 11 to 14, low intermediate*). Emphasis on developing basic strokes and introduction to various spins for shot selection. Basic singles and doubles strategy is covered involving positioning, movement, shot selection, etc. **Requirements:** Must pass skills Test 2. *Junior is starting to play Rookie tournaments.*

**C-6 Future Elite Champs-** (*Ages 10 & Under, advanced beginners to low intermediate*). Emphasis same as C-7 but for the younger juniors. Minimum of 1 to 2 year tennis instruction is necessary to succeed in this class. **Requirements:** Must pass skills test 2. **Future Goals:** Playing PNW Division Rookie and Challenger Tournaments, placement into C-9.

**C-5A Elite Jr. Varsity-** (*Ages 14 to 18, advanced beginners to low intermediates, 9th grade and above*). Emphasis on perfecting basic strokes and introduction to spins and shot selection used during singles and doubles play. Doubles positions and functions of each are covered. **Requirements:** Must pass skills test 2. Top high school J.V. players belong in this class. **Future Goals:** Playing H.S. Varsity, placement in C-8B.

**C-5B Jr. Varsity-** (*Ages 14 to 18, beginners and advanced beginners, 9th grade and above*). Emphasis on learning all basic strokes and footwork required to execute basic shots. Students will learn rules and court etiquette in this class. This class is for all H.S. students new to tennis or those that have not passed skills test 2. **Future Goals:** Playing H.S. J.V. matches and placement into C-5A.

**C-4A Advanced Future Champs-** (*Ages 11 to 14, advanced beginners*). Emphasis on continuing to improve the basic strokes and footwork involved in tennis. Continued work on understanding tennis rules and proper court etiquette. **Requirements:** Must pass skills test 1. **Future Goals:** Playing PNW Division Rookie Tournaments, placement into C-7 or C-5A

**C-4B Future Champs-** (*Ages 11 to 14, beginners*). Emphasis on a true introduction to the game of tennis. Students will learn what the basic shots in tennis are and the footwork involved in executing those shots. Students will learn the basic rules of tennis and proper court etiquette. Fun games related to tennis will be the norm. **Future Goals:** Placement into C-4A.

**C-3A1 Little Champs Baseliners-** (*Ages 8-10*). Emphasis is on developing full court skills serving and playing from the baseline. A game-based environment will help develop full court singles and doubles skills, as well as understanding basic rules and court etiquette. **Requirements:** Must pass skills test I.

**C-3A2 Little Champs Baseliners-** (*Ages 8-10*). Emphasis same as C3A1, but now developing singles and doubles patterns of full court play adding depth, spin and power to their established levels of consistency. **Requirements:** Must pass skills test II. **Future Goals:** Junior Team Tennis and PNW Division Rookie Tournaments.

**C-3B1 Little Champs Service Liners-** (*Ages 7&8, beginners*). Emphasis same as C-4B but geared for the younger player. More games with fun in mind.

**C-3B2 Little Champs Service Liners-** (*Ages 9&10, beginners*). Emphasis same as C-4B but geared for the younger player. More games with fun in mind.

**C-2 Future Little Champs-** (*Ages 5&6, beginners*). Emphasis same as C-3 with even more age-appropriate games and a bunch of fun in mind..

**C-1 Tiny Champs-** (*Ages 3&4, beginners*). For the very little ones new to tennis. Emphasis is on hand-eye coordination drills, getting familiar with the court with fun games and more fun!

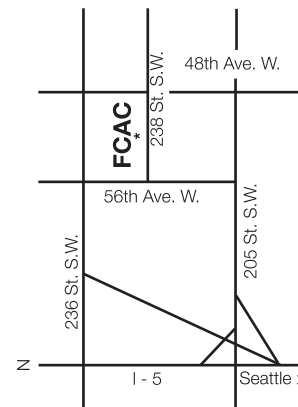
## FOREST CREST ATHLETIC CLUB

[www.forestcrest.com](http://www.forestcrest.com)

Mailing Address: P.O. Box 411

Street Address: 4901 - 238th St. S.W.

Mountlake Terrace, WA 98043



# FOREST CREST ATHLETIC CLUB

## 2010

## Adult / Junior Membership Information & Programs



### Office Hours

Monday thru Friday

Sept. thru June-9:00 am to 3:00 pm

June thru August-9:00 am to 12:00 pm

### Mailing Address:

**P.O. Box 411**

**Street Address:**

4901 238th St. SW

Mountlake Terrace, WA 98043

Phone: 425.774.0014

Fax: 425.774.7454

[www.forestcrest.com](http://www.forestcrest.com)

email: [forestcrest@gmail.com](mailto:forestcrest@gmail.com)

### For Further Information Contact

Ted Sayrahder

Manager / Director of Tennis

USPTA Certified

USA Specialist in Competitive Player Development

## FOREST CREST ATHLETIC CLUB

- Three indoor and outdoor tennis courts
- Two remote ball machines
- Over 2,000 practice balls
- Outdoor basketball hoop
- Two outdoor pickleball courts
- Small pro shop offering stringing service within 48 hrs & demo racquets
- **24 hour court availability**
- Certified teaching professionals, USPTA & PTR

## ACTIVITIES

- **48 hour guaranteed match setup-doubles or singles**
- Lessons-private or group
- Junior development program
- Rotational singles & doubles competition
- Team tennis leagues (CLUB, USTA & CUPS) all ages groups - juniors, adult & seniors
- Men’s & women’s doubles flights, day & evening
- Women’s team doubles, during the day
- Club social parties with tennis play
- Club tournaments - members & guest only
- Saturdays & Sundays organized workouts
- Stroke clinic of the week

**Note:** *Certain activities have additional fees charged in addition to monthly dues. Example-Organized flight costs will vary depending on the duration of the flight. This covers administrative fees and balls. Most activities are open to non-members at non-member rates.*

### Women’s Doubles Flights-Days

Women’s Doubles Flights run Tuesday-Thursday from 9:00 am until 10:30 am. Organized flights for all abilities. For further information contact the club.

### Women’s Team Doubles Flights-Days

Women’s Team Doubles Flight run on Mondays. Organized team doubles for all abilities. For further information contact the club.

### Men’s & Women’s Singles & Mixed Doubles Rotational Flights

Members playing in an organized 3 to 4 month session. Match times are flexible. Contact the club for further information.

### Doubles Flights-Evenings

Doubles Flights run Monday-Thursday during the evening 9:00 pm to 10:30 pm. Organized doubles offering play for all levels. Contact Ted Sayrahder at the club. Open to non-members if space available.

### Club Social Parties

Selected Saturday evenings 7:30 pm to 10:30 pm. This is an organized evening of tennis with various theme formats. Parties open to all adult members and all abilities. Food and beverages provided. Cost will vary.

### Club Tournaments

Forest Crest runs club non-sanctioned tournaments during the year. These tournaments are open to club members and **their guests**. Dates for tournaments will be posted at the club.

### Stroke Clinic of the Week

No reservations required. Every Thursday of the month (6:15 - 7:15 pm). Each week a specific stroke is covered in detail. Viewing DVD’s, using ball machine, etc., may be used during the clinic. Open to members and non-members.

COST	Member	Non-Member
	\$5.00	\$10.00

## TENNIS LESSONS

Forest Crest Athletic Club offers private, semiprivate, and group instruction by certified teaching professionals (USPTA, PTR). The lessons can be set up at a time convenient for both students and the pro. Call the club, 425.774.0014 between 9:00 am and 3:00 pm, Monday through Friday for lesson appointments.

COST	Ted <i>(tennis director)</i>		Glenn <i>(head pro)</i>		Other <i>(associate pros)</i>	
	Mem	Non Mem	Mem	Non Mem	Mem	Non Mem
Private 1/2 hr.	\$30.00	\$35.00	\$25.00	\$30.00	\$20.00	\$25.00
*Private 1 hr.	\$60.00	\$70.00	\$50.00	\$60.00	\$40.00	\$50.00
Semiprivate 1 hr. <i>(2 people)</i>	\$60.00	\$70.00	\$50.00	\$60.00	\$40.00	\$50.00
Group 1 hr. 15 min. <i>Three people</i>	\$25.00	\$30.00	\$20.00	\$25.00	\$15.00	\$20.00
<i>Four people</i>	\$20.00	\$25.00	\$15.00	\$20.00	\$12.00	\$15.00
<i>Five people</i>	\$15.00	\$20.00	\$12.00	\$15.00	\$10.00	\$12.00
<i>Six people</i>	\$13.00	\$15.00	\$10.00	\$13.00	\$8.00	\$10.00

\*Juniors will get \$10.00 off for 1 hr. lesson

### Lesson Package (Group Lessons) Novice to Advanced

Six week session weekday evenings. 6:1 student teacher ratio. Contact Glenn Delaney for details.

COST	Member	Non-Member
	\$99.00	\$115.00

### Skills & Drills (Every Saturday except major holidays)

Drop in only organized tennis drills workout for 1 hour. Ball machine may be used for some workouts. Levels and times will vary.

	2.5 and below	1:30-2:30 pm	3.0 - 3.5	2:30-3:30 pm	3.5+	3:30-4:30 pm
COST		Member \$10.00		Non-Member \$15.00		

### Cardio Tennis

1.5 hour fast pace workout on Saturdays and Sundays. Levels and times will vary. Contact Chris Samuel at the club for more information.

COST	Member	Non-Member
	\$15.00	\$20.00

*(\$5.00 off the cost if you sign up 24 hours in advance.)*

## MEMBERSHIP INFORMATION

Membership available for Juniors, Single Adults, and Families. Members pay monthly dues to cover court time, and an initiation fee (non-refundable / non-transferable). Fees can change at management’s discretion.

COST	INITIATION	MONTHLY DUES
Junior <i>(Special restrictions apply)</i>	\$150.00	\$50.00 + tax
Adult Single	\$350.00	\$80.00 + tax
Family <i>( Family= two adults and juniors under 22 living at same residence.)</i>	\$500.00	\$92.00 + tax
Guest Fees	\$10.00 per person	\$15.00 non-registered guest

**ONE TIME ONLY - NEW MEMBERS**  
can pay one year’s dues in advance to waive initiation fees. This advance payment is non-refundable.

## JUNIOR TENNIS DEVELOPMENT PROGRAM

### Junior Program: Goals, Objectives & Purpose

First and foremost, we want to introduce tennis to all juniors, regardless of age, ability, interest or need. No matter what your junior’s interest in the sport, we hope that in offering an organized and structured program, his or her needs will be fulfilled. Tennis is a sport that can last a lifetime, and our job is to get the junior thinking that way.



## ABOUT THE PROS

### TED SAYRAHDER Manager / Tennis Director

- 25 + years Teaching Experience
- Certified P1 (USPTA)
- USA High Performance Coaching Specialist
- USTA National Recreational Coach Clinician
- USTA National Senior Development Coach
- USPTA PNW Tester
- 2003 USPTA PNW Pro of the Year
- 2003, 2006 & 2008 USPTA PNW Tester of the Year
- 2007 & 2009 USPTA “Star Award”
- Head Tennis Pro “Goodwill Tennis Tours” Annual Tennis Clinics and Testing throughout the Philippines since 1999.
- Graduate in Business & Physical Education Eastern Washington University / University of Washington

### GLENN DELANEY Head Pro

- Director of 10 & under Junior Program at FCAC
- 25+ years Teaching Experience
- Certified P1 (USPTA/PTR)
- 2001 USPTA PNW Assistant Pro of the Year
- Graduate, University of Washington

### ANDY PAIGE Associate Pro

- 3+ years Teaching Experience
- Assists in Junior Program
- USPTA Certified in 2006

### TRACIE MITCHEM Associate Pro

- USPTA / PTR Certified
- USTA National Trainer RCW & QST
- SONA National Facility

All associate pros giving private or group lessons at FCAC must be certified through the USPTA or PTR. Associate pros may vary throughout the year.

Forest Crest Athletic Club, for its size, has one of the largest and most successful Junior Programs in the Northwest. Many of FCAC juniors have had high ranking in the Northwest and have gone on to play college tennis, some on scholarships.

### Eligibility

The Junior Program is open to all boys and girls, ages 4 to 18 years. Juniors from the general public are welcome to participate at non-member rates.

### Program Rules & Regulations

- Students must comply with all requirements of the teaching pro regarding conduct, etc. If unable to comply, student will be asked to leave.
- Students are required to pay a total session fee during the first week of class.
- **Unused lessons will not be carried over to the next session.**
- No refund or makeup classes for unused lessons.
- No makeup days for class lessons that are scheduled on holidays
- Students buying lessons in the previous session will have first priority in buying lessons for the upcoming session.
- Students joining during session the cost will be prorated.
- The pro will assign students to classes based on age, ability, interest and goals. The pro’s permission is required for advanced level placement. **Testing is required for placement above beginner class with a written and on court skills exam.**

*Note: Jr. Programs 11+ age fees payable to Ted Sayrahder. 10 and under fees payable to Glenn Delaney.*

### Junior Program Tennis Session Schedule

Session 1	9/13/10 - 11/5/10
Session 2	11/8/10 - 12/17/10
Session 3	1/4/10 - 2/26/10
Session 4	3/1/10 - 4/23/10
Session 5	4/26/10 - 6/18/10
Session 6	7/5/10-8/27/10

*Note: Classes will not be held on major holidays. Dates will be posted at the club. Class sessions will be prorated.*

*Online Registration is available through Active.com*