

## REGISTRATION

### NEW WAY TO REGISTER:

Sign up online at [www.topnotchtennis.com](http://www.topnotchtennis.com)

**Questions?** Please contact us at 703-559-5887 or [Chesterbrook@topnotchtennis.com](mailto:Chesterbrook@topnotchtennis.com)

## EARLY BIRD DISCOUNT



Receive a **FREE TopNotch T-Shirt and \$20 OFF EACH Registration** within the same family when you register by **March 1st.** (Applies to both Sessions) (Does not include Create Your Own Clinic or Junior Camp.)

## LESSON INFO

### Private Lesson: 1:1 ratio

Glenn – Mem: \$80 Non-Mem: \$90  
James – Mem: \$70 Non-Mem: \$80  
Nima – Mem: \$70 Non-Mem: \$80

### Semi-Private Lesson: 2:1 ratio (Price is per person)

Glenn – Mem: \$45 Non-Mem: \$50  
James – Mem: \$40 Non-Mem: \$45  
Nima – Mem: \$40 Non-Mem: \$45

### Create Your Own Clinic: 4:1 ratio

### Programs: 6:1 ratio



## MEET YOUR COACHES



**Mani Barajas-Alexander**  
*Director of TopNotch Tennis*  
[Mani@topnotchtennis.com](mailto:Mani@topnotchtennis.com)

Mani has been coaching for 16 years at some of the areas' premiere tennis facilities. Mani has extensive experience working with players of all ages and skill levels. He played Division 1 collegiate tennis at Longwood University where he was a 4-year starter, singles and doubles MVP, and team captain. In addition, he coached high school tennis for 7 years, and helped lead the Potomac School Boys varsity team to two state championships in 2014 and 2017. Mani is a certified Coach with both the United States Professional Tennis Association (USPTA) and United States Professional Tennis Registry (USPTR).



**Glenn Gerbino**  
*Director of Adult Programs*  
[Glenn@topnotchtennis.com](mailto:Glenn@topnotchtennis.com)

Glenn was the Director of Tennis at El Paso CC, Troon CC and Carefree Resort & Conference Center in TX and AZ for 22 years. He coached High School tennis for 10 years. He started teaching at Saddlebrook Resort with the Harry Hopman International Tennis Academy. He has been a USPTA Elite Professional for 26 years and serves as the District Coordinator for the DC/Maryland USPTA Mid Atlantic Division. Glenn received the USPTA Southwest Division "Pro of the Year" award in 2008 and the USPTA Southwest Division "High School Coach of the Year" award in 2009.



**James Kneussl**  
*Head Tennis Professional*  
[James@topnotchtennis.com](mailto:James@topnotchtennis.com)

James has been a USPTA certified Elite Tennis Professional for 15 years. After graduating from the University of Maryland, he served as Assistant Director of Tennis at River Falls Swim and Tennis Club in MD for almost 10 years. In San Diego he worked as Assistant Director of Junior Programing with West Coast Tennis Academy at Rancho Valencia Resort and Spa, a Five-Star, Triple Diamond hotel and the nation's #1 rated tennis resort. In 2015, he was offered the Director of Tennis position at The Bridges at Rancho Santa Fe, one of the country's most exclusive country clubs.



**Nima Golshan**  
*Tennis Professional*  
[Nima@topnotchtennis.com](mailto:Nima@topnotchtennis.com)

Nima has 7 years of teaching experience in developing players of all ages and skill levels. He has trained and worked at other top tennis clubs in the area including 4 Star Tennis Academy at Four Seasons and IMG Tennis Academy in Bradenton, FL. He played 4 years of varsity tennis leading his team to district, regional, and state championships. He is currently a USPTA certified instructor.

## GENERAL INFO

### Missed Classes

There are no refunds on missed classes. Rain cancellations will be made up on the alternative day the class is offered or at the end of the session.

### Inclement Weather/Make Up Policy

An e-mail will be sent out by TopNotch Tennis 1-2 hours before the class start time or as soon as courts are deemed unplayable. You may also contact us at [Chesterbrook@topnotchtennis.com](mailto:Chesterbrook@topnotchtennis.com) or 703-559-5887.

### Class Adjustments

All classes must have at least four pre-registered students (this excludes make-up students) in order for the class to start. Class times may have to be adjusted to gain the proper number of students. All camps must have at least 6 pre-registered students (this excludes make up students) in order for the camp to start.

### Camps

Campers should dress in athletic clothing attire (i.e. shorts and T-shirt) with sneakers. Please do not wear dark soled shoes that will mark the courts. Campers are recommended to wear sunscreen and bring their own water bottle, drinks and snacks.

### Contact Information

**TopNotch Tennis:**  
703-559-5887  
[Chesterbrook@topnotchtennis.com](mailto:Chesterbrook@topnotchtennis.com)  
  
Mani Barajas-Alexander, Site Director  
703-217-2924  
[mani@topnotchtennis.com](mailto:mani@topnotchtennis.com)

### Chesterbrook Swim & Tennis Club:

1812 Kirby Road  
McLean, VA 22101  
703-356-4471  
[www.chesterbrookclub.com](http://www.chesterbrookclub.com)  
[www.topnotchtennis.com](http://www.topnotchtennis.com)

 "LIKE US" on FACEBOOK at:  
[www.facebook.com/topnotchva](http://www.facebook.com/topnotchva)

**TopNotch**  
TENNIS  
Chesterbrook

# Junior & Adult PROGRAMS SPRING 2018



HEAD


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SOLINCO  
HEAVEN STRINGS



## DEVELOPMENTAL JUNIORS

Developmental Programs are for players who are just learning to rally, serve and have not played a competitive match.

 When: **Session 1:** 4/2–5/6 **Session 2:** 5/7–6/10



### Munchkins: Ages: 3–4

A great way to introduce your child to tennis! This class develops: hand-eye coordination, balance, movement, basic racquet skills, and lots of fun! Equipment is scaled to size and ability of the children.

#### Time Slots:

- Mon 1:30–2:15 pm
  - Tues 5:30–6:15 pm
  - Sun 4:00–4:45 pm
- Members:** \$80  
**Non-Members:** \$100

### Hotshots: Ages: 5–6

Introduces the sport and develops: agility, balance, hand-eye coordination, movement and racquet skills. Covers the strokes: forehand, backhand and volleys. Teaches basic stroke fundamentals in a fun play-based format. Equipment is scaled to size and ability of the children.

#### Time Slots:

- Mon 5:30–6:30 pm
  - Wed 5:30–6:30 pm
  - Sun 4:00–5:00 pm
- Members:** \$100  
**Non-Members:** \$125

### Bigshots: Ages: 7–10

Continues developing: agility, balance, hand-eye coordination, running, catching, throwing and basic stroke fundamentals. Covers the strokes: forehand, backhand, volley and serve. Introduces fundamental racquet, footwork and rallying skills. Kids also enjoy team tennis competitions and games in a fun environment.

#### Time Slots:

- Tues 5:30–6:30 pm
  - Wed 5:30–6:30 pm
  - Sun 4:00–5:00 pm
- Members:** \$100  
**Non-Members:** \$125

### Spinners: Ages: 11–15

Covers the strokes: forehand, backhand, volley and serve. Develops fundamental racquet, footwork, and rallying skills. Fun drills, games, and team competitions are incorporated each class to help reinforce stroke fundamentals.

#### Time Slots:

- Tues 5:30–6:30 pm
  - Sun 5:00–6:00 pm
- Members:** \$100  
**Non-Members:** \$125

## COMPETITIVE JUNIORS

Competitive Programs are for players who can rally, serve proficiently, and have played competitive matches in any of the following: USTA tournaments, USTA junior team tennis, club team tennis, or high school tennis.

 When: **Session 1:** 4/2–5/6 **Session 2:** 5/7–6/10

These programs help competitive junior tennis players achieve success in competitions and tournaments:

- Improves point play by teaching how to develop patterns and court awareness through live ball drills, point play, and matches.
- Develops tennis specific fitness
- Develops mental toughness for all competitions
- Includes TopNotch T-shirt, evaluation, and 30 min goal-setting session

**\*Note:** Must be evaluated and/or approved by Coach Mani for participation in the Rising Stars and Rippers programs. Evaluations help players find the program that suits their needs and goals.

### Rising Stars: Ages: 8–11\*

Students build on the fundamentals learned in our developmental programs. Players receive advanced technical and tactical instruction, with a review of stroke production and execution. Students have the opportunity for match play for added practice of class topics.

#### Time Slots:

- Thurs 5:30–7:00 p.m.
  - Fri 5:00–6:30 p.m.
- Members:** \$150  
**Non-Members:** \$190

### Rippers: Ages: 12–16\*

This class focuses on the tactical and mental aspects of tennis. Players learn to take a competitive approach to the game by being exposed to situations that enhance decision making. Competitive match play will be part of each class. Players review the fundamentals of stroke production and execution.

#### Time Slots:

- Thurs 5:30–7:00 p.m.
  - Fri 5:00–6:30 p.m.
- Members:** \$150  
**Non-Members:** \$190



## JUNIOR CAMP

 When: 3/26–3/30 & 4/2–4/6

### Spring Break Camp: Ages: 6–13

Great for beginner and intermediate players who want to learn, develop their skills, and have FUN! Instruction focuses on the following areas: stroke production, rallying skills, cardio tennis, court strategy, games, matches, and a pro-exhibition match. Groupings and drills will be tailored to campers' age and ability levels. Some age groups will use the QuickStart tennis program developed by the USTA.

#### Time Slots:

- Monday thru Friday
  - 9:00 a.m.–12:00 p.m.
- Members:** \$210  
**Non-Members:** \$250



## FAMILY PROGRAM

 When: **Session 1:** 4/2–5/6 **Session 2:** 5/7–6/10

### Parent & Child Clinic:

Two separate classes at one convenient time! We've paired our fun Developmental Junior Classes with an adult class so both you and your child can get tennis instruction at the same time. This is a great way for the entire family to get involved in this healthy life-long sport! **Junior Clinics are age specific. Choose the adult time slot matching the Junior Clinic for your child's age.**

#### Time Slots:

- Wed 5:30–6:30 p.m.
- Sun 4:00–5:00 p.m.


#### Members:

\$100 per participant

#### Non-Members:

\$125 per participant

## ADULT PROGRAMS

 When: **Session 1:** 4/2–5/6 **Session 2:** 5/7–6/10

### Cardio Tennis: (All Levels)

Are you ready for some heart pumping action! Drill and game-based themes designed to burn calories and reach players' optimal heart rate zone. This is a non-instructional class focusing on movement, strokes and fun! ***This class requires that you have been playing tennis regularly. If you're looking to get back into the game, we strongly recommend taking Beginner 101 or 102 first.***

#### Time Slots:

- Wed 10:30–11:30 a.m.
- Tues 7:00–8:00 p.m.

#### Members:

\$100  
**Non-Members:** \$125

### Beginner 101:

For players who are picking up a racquet for the first time. We'll cover all the basic strokes, grips, movements, terms and rules of the game. Get ready to hit a lot of balls and fall in love with the game!

#### Time Slots:

- Thurs 7:00–8:30 p.m.

#### Members:

\$150  
**Non-Members:** \$190

### Beginner 102:

Designed for players who have taken a Beginner or Beginner 101 class, or have taken lessons in the past and want to be reintroduced to the game. This class focuses on developing purposeful stroke mechanics, consistency, footwork, court awareness and introduces winning strategies for singles and doubles.

#### Time Slots:

- Thurs 7:00–8:30 p.m.

#### Members:

\$150  
**Non-Members:** \$190

### Intermediate/Advanced:

Designed for players looking to improve their strokes and develop game playing singles and doubles strategies. This clinic focuses on adding versatility and purpose to your game by understanding shot selection and tactics. A great follow up from the Beginner 102 class, or for a player who knows basic stroke mechanics and is looking to take their game to the next level.

#### Time Slots:

- Tues 7:00–8:30 p.m.

#### Members:

\$150  
**Non-Members:** \$190

### Create Your Own Clinic:

Can't find a junior or adult class that fits your schedule? Did you ever want to take a class with just your friends? Sign up today for the opportunity to design your own 1 hour, 4-week class! Your TIME, your FRIENDS, and a PRO! (3-4 participants only).

#### Time Slots:

- Set-up case-by-case

#### Members:

\$100  
**Non-Members:** \$125