

MEET YOUR COACHES



Mani Barajas-Alexander, Director of Tennis

Mani has been coaching for 15 years at some of the area's premiere tennis clubs. He played Division 1 collegiate tennis at Longwood University where he was a 4-year starter, singles and doubles MVP and team captain. In 2014 & 2017, he helped lead the Potomac School Boys Varsity team to a State Championship. In 2012, he helped coach the McLean Boys Varsity team to an undefeated season and earned a District Championship. He was nationally ranked and a top ranked junior player in the USTA Mid-Atlantic section. Mani is a certified professional with USPTA & USPTR.



James Kneussl, Head Tennis Professional

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 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, 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 INFORMATION

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 the Tennis Program Manager 1-2 hours before the program start time. You may also call the TopNotch line at 703-559-5887 if you have any questions regarding a cancellation and arranging a makeup.

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.

Contact Information

Site Director:

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JUNIOR & ADULT
PROGRAMS
FALL 2018
SEPT. 10 - NOV. 4



DEVELOPMENTAL JUNIORS

- Munchkins: Ages: 3–4** A great way to introduce your child to tennis! This class helps develop: hand-eye coordination, balance, movement, racquet skills, and lots of fun!
- Hotshots: Ages: 5–6** Introduces your child to the sport and helps develop: hand-eye coordination, agility, balance, movement, racquet skills, and lots of fun! All equipment is scaled to the size and ability level of the children. Fundamental tennis skills will be taught in a play-based format.
- Bigshots: Ages: 7–10** Continues developing the physical skills: agility, balance, hand-eye coordination, running, catching, and throwing. Enthusiastic drills and games develop technical fundamentals. Kids will enjoy team tennis competition in a fun environment.
- Spinners: Ages: 11–15** Covers the strokes: forehand, backhand, volley, serve, and overhead. Develops fundamental technique and rallying skills. Drills and games improve: reaction, anticipation, coordination, and decision-making skills.

Members: \$120
Non-Members: \$150
Time Slots:
• Mon 4:45–5:30 p.m.
• Sat 3:00–3:45 p.m.

Members: \$160
Non-Members: \$200
Time Slots:
• Sat 3:00–4:00 p.m.
• Sun 2:00–3:00 p.m.

Members: \$160
Non-Members: \$200
Time Slots:
• Wed 5:30–6:30 p.m.
• Sat 4:00–5:00 p.m.

Members: \$160
Non-Members: \$200
Time Slots:
• Tues 5:30–6:30 p.m.
• Wed 5:30–6:30 p.m.

COMPETITIVE JUNIORS

- EXCLUSIVE: Junior Team Training:**
Ages: 8–16 Off-season training program for our junior team members that focuses on: stroke production, consistency, situational singles and doubles drills, strategy, tennis specific fitness, and match play. Program is designed for committed junior team players looking to improve skills in the off-season and prepare for USTA junior tournaments.

Members: \$240
Non-Members: \$300
Ages 7-10 Time Slots:
• Mon 5:30–7:00 p.m.
• Sun 3:00–4:30 p.m.
Ages 11+ Time Slots:
• Tues 5:30–7:00 p.m.
• Sun 4:30–6:00 p.m.

ADULT PROGRAMS

- Parent & Child Clinic:** 2 separate classes at one convenient time! We've paired fun Junior Clinics with an adult Cardio class so both you and your child get tennis instruction at the same time. A great way for the entire family to get involved in this healthy lifelong sport! *Junior Clinics are age specific. Choose the Adult time slot matching the Junior Clinic for your child's age.*

Members: \$160 per participant
Non-Members: \$200 per participant
Time Slots:
• Sat 3:00–4:00 a.m.
• Sun 2:00–3:00 p.m.

- 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!

Members: \$240
Non-Members: \$300
Time Slots:
• Wed 10:00–11:30 a.m.
• Wed 7:00–8:30 p.m.

- Beginner 102:** For those who have taken a beginner or "Beginner 101" clinic. We'll continue to review and develop all strokes, stances and movements. Emphasis is on stroke production, footwork, consistency, and rallying. More live ball drills are incorporated to help get you closer to the intermediate level!

Members: \$240
Non-Members: \$300
Time Slots:
• Wed 10:00–11:30 a.m.
• Wed 7:00–8:30 p.m.

- Intermediate/Advanced:** Emphasizes stroke production, shot selection, strategy and tactics, singles and doubles strategy, and match play. Feeding drills and live ball play will develop and reinforce the technical and tactical components.

Members: \$240
Non-Members: \$300
Time Slots:
• Tues 10:30 a.m.–12 p.m.
• Wed 7:00–8:30 p.m.

- Cardio Tennis:** Are you ready for heart pumping action! Combines drill and game-based themes to burn calories and reach players' optimal heart rate zone. This non-instructional class focuses on movement, strokes and fun for those that play tennis regularly. If you're looking to get back into the game, we strongly recommend signing up for Beginner 101 or 102 first.

Members: \$160
Non-Members: \$200
Time Slots:
• Tues 7:00–8:00 p.m.
• Thur 10:00–11:00 a.m.

- 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! (Minimum 4 participants).

Members: \$100 **Non-Members:** \$125
Time Slots: Set-up case-by-case



REGISTRATION

NEW Way to Register:

Sign up online at www.topnotchtennis.com

Questions? Contact us at:

703-559-5887 or Chesterbrook@topnotchtennis.com

INTRODUCING FLEX PASS!

Want to take a class but can't fit it into your schedule?

Flex pass allows a participant to pay for 5 classes of your choice!

Any class is transferable to any one of our sites and within your own family! All that is required is **48 hours' notice** before

attending the class of your choice to our Tennis Program Manager. All flex pass classes must be used up in the season they are purchased.

- 5 Class Flex Pass 1 hour Classes: Mem \$130 & Non-Mem \$160
- 5 Class Flex Pass 1.5 hour Classes: Mem \$190 & Non-Mem \$235

EARLY BIRD DISCOUNT



Receive **\$20 OFF EACH** Registration within the same family when you **register by August 20.** (Does not include Create Your Own Clinic or Flex Pass)

LESSON INFO

- Private Lesson: 1:1 ratio**
Mani – Mem: \$80 Non-Mem: \$90
James – Mem: \$70 Non-Mem: \$80
Nima – Mem: \$70 Non-Mem: \$80
- Semi-Private Lesson: 2:1 ratio**
Mani – Mem: \$45 Non-Mem: \$50
James – Mem: \$35 Non-Mem: \$40
Nima – Mem: \$35 Non-Mem: \$40

- Clinics: 6:1 ratio**