

# St. Monica Tennis Club Information

## Parent Volunteers

St Monica Tennis Club is designed to be assisted by Parent Volunteers. Randall Ross Tennis will get the club started and organize volunteers to assist with Club responsibilities. There won't be much more than the need to have 2 badged parents present during club practice every other Sunday from 6-8 pm. Randall will always be available to consult with volunteers.

## Club Format

Gym will be set up 4-5 nets or tennis tape style nets (promotes beach ball tennis). Each session players will be asked to complete a list of "personal best" drills and record them on their personal score card. Personal best activities will can be completed in space around the gym or at station areas. Also, players will pair up to play tennis or beach ball tennis on one of the courts.

*Important Note: After we have operated the club for a period of time we may elect to divide the day into one hour sessions and split the group into grades 1-4 and 5-8 or some variation. Or, we may elect to split the group appropriately by grades and offer sessions every other week to each group.*

## Rules

2 Badged parents in the gym at all times  
All players must participate in pick-up throughout the session  
Players set up and put away equipment  
Rackets must be padded  
Safety First

## Dates

01/28/18, 02/11/18, 02/25/18/, 03/25/18 (A camp will be offered over Spring Break), 04/08/18, 04/22/18

## Randall Ross Tennis

Randall Ross Tennis, at the Rec Center is available for private and group lessons. Call or email Randall at 214-542-7981 or randallemiston@hotmail.com, Website: randallrosstennis.com

## Personal Best Test

Ball Down/Ball Up  
Wall Hit  
Start-off Target  
Shuttle Run  
Up and Back Run  
Side Step Run  
Throw and Catch Wall  
Underhand Toss Basketball  
Others TBD

## Session Games and Drills:

Team Rally  
Beach Ball Tennis  
Mini Tennis  
Feed and drill  
Others TBD



## **2018 SCHOOL YEAR**

# **ST MONICA**

# **TENNIS CLUB**

### **Announcing New Tennis Club at St Monica's**

To supplement our PE tennis program (all grades are participating in a week of PE tennis at school) we will now be starting a Tennis Club on Sunday's from 6 – 8 pm that will meet twice a month. Under the direction of Randall Ross Tennis from the Rec Center, the tennis program at St Monica is becoming a sports option your kids at St. Monica. Along with PE Tennis, and The annual Tournament, Tennis Club will give kids the opportunity to continue their tennis development at school.

**Start Date:**  
**01/28**

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**When/Where:**  
**Sunday 6pm-8pm**  
**Big Gym**

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**Who: All Students**  
**Grades 1-8**

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**Cost \$25 per**  
**semester**

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Click [Here](#) to register  
(fee paid through  
**FACTS**)

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**Club goal to be run**  
**by volunteers.**

**RANDALL ROSS**  
**TENNIS**

Walnut Hill Rec Center

[Randallrosstennis.com](http://Randallrosstennis.com)

[randall@randallrosstennis.com](mailto:randall@randallrosstennis.com)

214-542-7981