

Chabot Summer Adult Program

Session 2 (six weeks)
July 11th – August 21st

Doubles Evolution – Develop with your Partner

Costs = \$150/player (6 sessions)

Level	Day/time(1 HOUR)	Class Size	Pro
3.0	MONDAY 9:00AM	Limit 3 teams	WENDELL
3.5	WEDNESDAY 9:00AM	Limit 3 teams	ANNE
4.0	SATURDAY 9:00AM	Limit 3 teams	WENDELL

Designed to help you improve how you and your steady partner play doubles together. We will go into great detail with positioning, creating strategic patterns, and how to play best within your skill set and with your partner's style. If you need a partner; I can find you one. This clinic has 3 different offerings depending on your level, and it's open to mixed doubles too. Class size is best with at least 2 pairs of players.

Stroke Specifics – Under the Microscope:

Costs = \$150/player (6 sessions)

Level	Day/time(1 HOUR)	Class Size	Pro
3.0	WEDNESDAY 10:00AM	Limit 6 players	ANNE
3.5	MONDAY 11:00AM	Limit 6 players	WENDELL
4.0	MONDAY 6PM	Limit 6 players	STEVE

In this clinic we will take a deep, long look at a variety of shots. Steve will spend the first 20 minutes on a shot of his choice, the next 20 min is for a player to request a shot, and the last 20 minutes we will perform the two shots in live play or a situation. Each player will have the chance to pick the shot covered in the middle of the clinic. Learn all the important shots of tennis from the beginning to the finish concentrating on how we generate power and exercise control. Bring your questions and have them answered.

Stroke Production & Movement (workout)

Costs = \$180/player (6 sessions)

Level	Day/time(1 HOUR)	Class Size	Pro
3.0-3.5	SATURDAY 10AM	Limit 4 players	WENDELL
3.5	THURSDAY 5:30PM	Limit 4 players	STEVE
4.0	SUNDAY 9AM	Limit 4 players	WENDELL

This clinic is all about hitting and moving. The class size has been limited to 3 to keep the players active throughout the entire hour. It will be based on hitting patterns that occur in match play and will focus on how to change direction along with when to do so. This offering will cover some technique but is not intended to be a lesson. Instead, it will help player use what they already have the best way possible for positive results. We also offer a substitute position for those interested but not able to attend all 6 clinics.

Singles Strategies:

Costs = \$180/player (6 sessions)

Level	Day/time(1 HOUR)	Class Size	Pro
3.0	WEDNESDAY 11AM	Limit 4 players	ANNE
3.5	TUESDAY 12PM	Limit 4 players	STEVE
4.0	SUNDAY 10AM	Limit 4 players	WENDELL

This program offering covers all the elements of singles play. We will begin with serve (creating a weapon and hitting your spots) along with return (where to return to and when to change direction) while also spending time on positioning, recovery and approaching the net. The small clinic size will allow us to get into playing situations that will help players recognize single patterns and how to take advantage of them. Singles play is not only a good workout it is a great mental challenge as well. Singles players are also in great demand on our USTA Teams. We also offer a substitute position for those interested but not able to attend all 6 clinics.

Doubles Workshops:

Costs = \$150/player (6 sessions)

Level	Day/time (1 HOUR)	Class Size	Pro
3.0-3.5	MONDAY 5PM	Limit 6 players	STEVE
3.5	MONDAY 10AM	Limit 6 players	WENDELL
3.5	WEDNESDAY 5PM	Limit 6 players	STEVE
4.0	TUESDAY 5:30PM	Limit 6 players	STEVE

This class is specific to the game of doubles and will cover everything from technique to tactics, patterns to poaching, offense and defense. We will spend time on positioning as well as finishing. The basic goal is to apply your personal skill set the best way possible for different situations and to learn to adjust your play depending on your opponents. The clinic consists of drills, strategy situations and live play to help the player develop and retain these new ideas and skills. This is a very popular class.
