

Oak Knoll Country Club

Presents



****WORLD CLASS GUEST INSTRUCTOR Adult and Junior Tennis Clinics (VAN DER MEER HEAD PRO)**

Wednesday – Saturday, January 27 – 30, 2010

****Conducted by world renowned PTR Master Professional, Dr. Louie Cap
And Oak Knoll Country Club Tennis Director, Abrie du Plooy
(985) 542-5756 ext. 103 or 985 634-6229 Mailing:Box 38 Hammond 70403**

—▶ Up to 6 hours of USPTA/PTR certified tennis instruction and match play drills

—▶ Video analysis with personal stroke evaluation

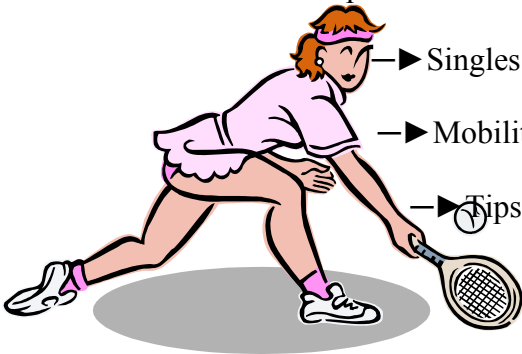
—▶ Emphasis on Stroke Production and Consistency in Match-Play Drills

—▶ Singles and doubles tactics and on-court strategies

—▶ Mobility and Footwork Drills and conditioning exercises

—▶ Tips on Mental Training and Sports Fitness and Nutrition

—▶ Light refreshments and drinks will be served.



Wednesday, 1/27

Junior Beginner 3:30 pm - 4:30 pm

Cost: \$10.00 m \$15nm

JUNIORS (Adv) 4:30 pm. – 7:30 pm.

Cost: \$45.00 m \$55 nm

Cardio Tennis – Adults all levels 7-8:30pm

Cost: \$15.00 m \$20 nm

Thursday, 1/28

Women's A Clinic 9:00 am – 12:00 pm

Cost: \$45 m \$55 nm

Junior Beginner 3:30 pm - 4:30 pm

Cost: \$10.00 m \$15 nm

JUNIORS (Adv) 4:30 pm. – 7:30 pm.

Cost: \$45.00 m \$55 nm

Friday, 1/29

Women's Clinic 9am – 12:00 pm

Cost: \$45 m \$55 nm

Junior Clinic 4:30pm – 7:30pm

Cost: \$45 m \$55 nm

Saturday, 1/30

Co-ed Adult Clinic 9:00am – 12:00 pm.

Cost: \$ 45 m \$55 nm

ADVANCED JUNIORS 1:00pm – 5:00 pm.

Cost: \$60 m \$70nm

