



# HCC Adult Tennis Clinics Spring 2024

Clinic*	Day	Times	Member Rate
Beginner Drill & Play	Wednesdays	6:30-8:00pm	\$33
3.0-3.5 Drill & Play	Thursdays	10:30am-noon	\$33
Beginner Drill & Play	Thursdays	12:00-1:30pm	\$33
Cardio Tennis	Saturdays	7:30-8:30am	\$20
4.0+ Drill & Play	Saturdays	8:30-10:00am	\$33
3.0-3.5 Drill & Play	Saturdays	10:00-11:30am	\$33

## *Sign Up Policies for Weekly Tennis Clinics:*

Homestead members may sign up one week in advance.

\*Non-members will be added to the waitlist and will be notified if space is available. Non-members must pay a \$20 guest fee in addition to the clinic price.

All clinics must have a minimum of three players signed up for clinic to run. If one or two players sign up the pro will offer the option to continue with private/semi-private lesson rates.

## *Drill & Play:*

The pro sets up different playing scenarios in a fast paced drill. Working on both singles & doubles point play.

## *Cardio Tennis:*

A mix of tennis and on-court fitness designed for all abilities. Cardio Tennis is a high energy fitness activity delivering the ultimate full body workout.

## Meet Our Director



### ***Eric Meyer***

Eric is a Colorado native who has lived in the Vail Valley since 1977 and has been playing tennis for over 40 years. He graduated from Colorado College with a bachelor's degree in Business & Economics with a minor in Political Science and has his MBA from the University of North Carolina Business School. When Eric is off the court he enjoys lives life to the fullest skiing, golfing, playing paddle tennis, hiking, playing soccer, practicing yoga and pilates, traveling, and volunteering in the community. Contact Eric at 970-376-1104 or [emeyer@vail.net](mailto:emeyer@vail.net) to set up a lesson today!

### ***Tennis Lessons:***

Private and Semi-Private Lessons are available from certified USPTA professionals.

Rates: Member rate is \$85 per hour for a private lesson and \$50 per hour per player for a semi-private lesson. Non-Member rate is \$105 per hour for a private lesson and \$70 per hour per player for a semi-private lesson.

2.5	Learning to judge where the ball is going although court coverage is weak. Can sustain a short rally of slow pace with other players of the same ability.
3.0	Fairly consistent when hitting medium-paced shots, but is not comfortable with all strokes and lacks execution when trying for directional control, depth or power. Most common doubles formation is one-up and one-back.
3.5	Has achieved improved stroke dependability with directional control on moderate shots, but still lacks depth and variety. Starting to exhibit more aggressive net play, has improved court coverage and is developing teamwork in doubles.
4.0	Has dependable strokes, including directional control and depth on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. Occasionally forces errors when serving and teamwork in doubles is evident. Rallies may be lost due to impatience.
4.5	Starting to master the use of power and spins and beginning to handle pace, has sound footwork, can control depth of shots and is beginning to vary game plan according to opponents. Can hit first serves with power and accuracy and place the second serve. Tends to overhit on difficult shots. Aggressive net play is common in doubles.