

TENNIS GUIDE

2022-2023



REGISTRATION

Opens to Residents - 1st of the month
& Outside Racquet Members - 15th of the month

Questions about what level to sign up for,
contact one of our staff:

Matt Stillwagon, Mstillwagon@ashburnvillage.org
Erin Green, Tennis@ashburnvillage.org



Download the Ashburn Village Sports Pavilion app for the latest information!

Adult Tennis Program

AVSP TENNIS 101

New to tennis? This is the class for you. Drills will be a blend of stroke production, basic doubles and singles strategy and court coverage. The last 20 minutes is in-play coaching 8-1 ratio.

SINGLE'S STRATEGY

(Adults 2.5-3.0 & 3.5-4.0)

Singles requires a different strategy than doubles. Whether you already consider yourself a singles player or want to develop your game, you'll get the practice you need in this class.

WOMEN'S DOUBLES

Learn how to cover the court and work as a team. All drills are strategically based and build upon central themes. Drills are run in a 6-1 ratio. All players must sign up in advance in accordance with their USTA Rating.

(WOMEN 2.5, 3.0, & 3.5)

Drills will be a blend of stroke production, doubles strategy, and court coverage.

(WOMEN 4.0-4.5)

Drills will be focused around tactical and strategic drills in the doubles format. Drills are very advanced and fast paced. Lob volleys, drop shots, slice serves, and poaching will be emphasized.

EVENING DRILLS (18 AND UP)

Drills will be a blend of high intense doubles strategy and tactics. Players will drill for 1 hour and play the additional time with tactical in-play coaching.

CARDIO TENNIS (ADULTS ALL LEVELS)

Worry less about your strokes and more about burning calories! This class is the ultimate, high energy workout designed around tennis drills to keep you moving.

USTA TEAM TENNIS (ADULTS 2.5-4.5)

AVSP hosts several USTA team tennis opportunities throughout the year. In the Fall and Spring, team play includes Mixed Doubles, Men's & Women's Tri-Level, Singles, and other league play.

DAY/EVENING FLIGHTS (ADULTS 2.5-4.5)

To apply for a flight at your level, visit the Front Desk and request an application.

Men's Workout (3.0+ & 4.0+ level classes)

Hit the courts with a pro-directed 90-minute high intensity workout. Improve your game while you sweat and have fun at the same time.

Junior Tennis Program

TINY TENNIS, AGES 4-6

Program is for the true beginner to tennis. Motor skills and hand eye coordination are the primary focus. Beginning stroke mechanics will be introduced on the forehand, backhand, and serve. Age appropriate equipment will be used.

ACES AGES, 6-8

Program is for the true beginner to tennis. Motor skills and hand eye coordination are the primary focus. Beginning stroke mechanics will be introduced on the forehand, backhand, and serve. Age appropriate equipment will be used. All 6 year olds must have completed a minimum of a session of Tiny Tennis.

FUTURES, AGES 8-10

Class is designed for the player with a basic understanding of stroke mechanics. This player is beginning to move the ball and contact has improved. Stroke mechanics on the back-hand, forehand, and serve will be reinforced. Age appropriate equipment will be used. All 8-year-olds must have completed a session of Aces.

CHALLENGER, AGES 10-12

Class is designed for the player with a strong understanding of stroke mechanics. This player is moving to the ball and is learning topspin and point construction. Stroke mechanics on the backhand, forehand, and serve will be reinforced. All 10-year-olds must have completed a session of Futures.

JUNIOR INTRO, AGES 11-16

New to tennis? This is the class for you. Drills will be a blend of stroke production, basic doubles and singles strategy. The last 20 minutes is in-play coaching.

HIGH SCHOOL PREP

This class is designed for the player aspiring to play high school tennis. The program is a perfect fit for those desiring to keep his/her game tuned up in the off season. Drills will be designed around stroke execution along with improvement of the serve. Point play is also a regular training component. This is a live-ball class.

HIGH SCHOOL COMP

This program is designed for players who compete in a high school environment. Drills will be designed around point construction. New incoming players must be evaluated by our tennis staff.

HIGH SCHOOL TEAM

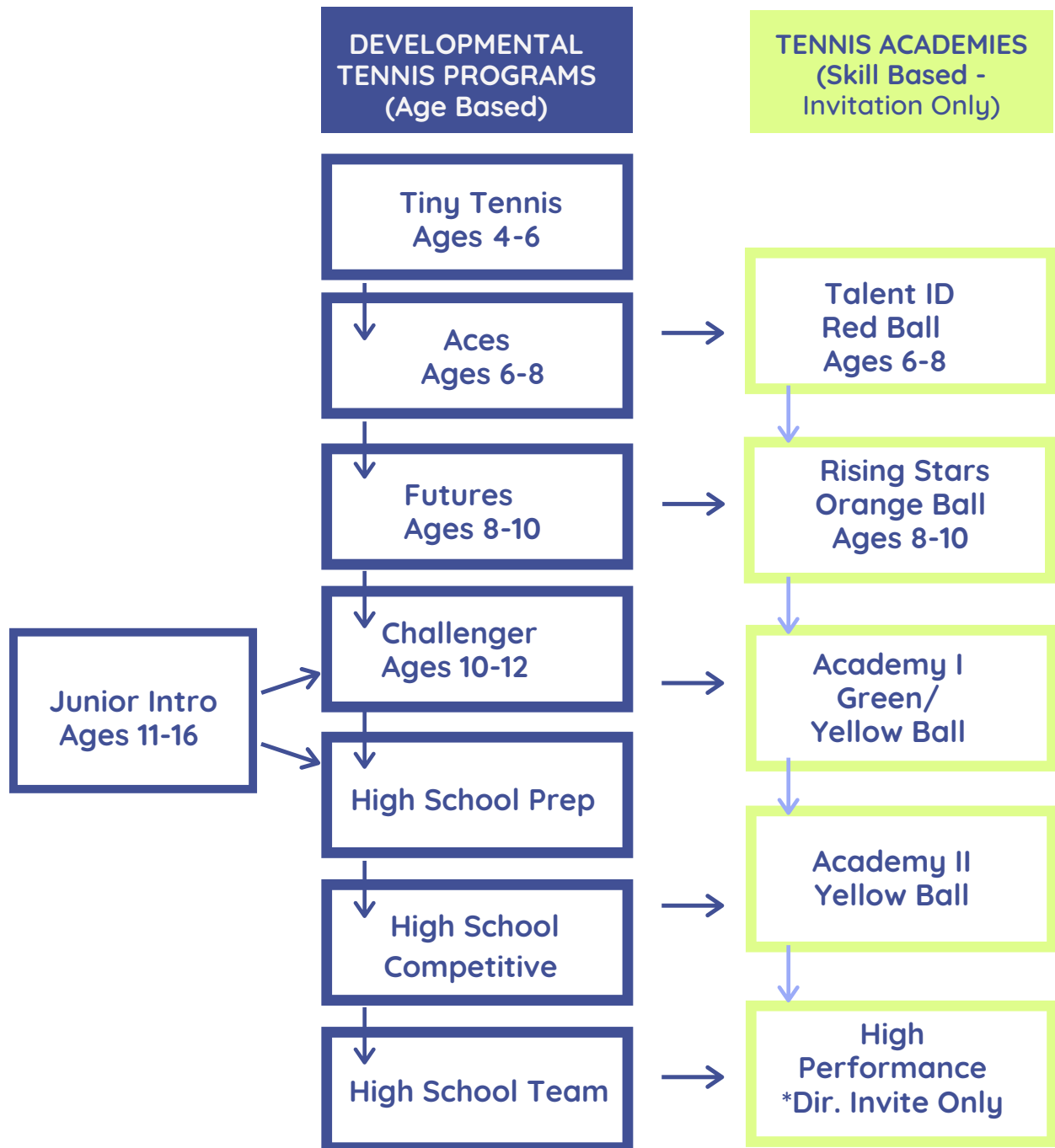
This class is designed for the advanced high school varsity player only. This is a very competitive program. Requires an evaluation by our head professional prior to registration.

CONTACT US!

Matt Stillwagon | Director of Racquet Sports | Mstillwagon@ashburnvillage.org
Erin Green | Racquet Sports Coordinator | tennis@ashburnvillage.org

Junior Program

Ashburn Village Sports Pavilion launched the junior tennis program in 2014. The direction of the program will emphasize skill-based development and earned advancement. Players will have the ability to decide which pathway best fits their goals and commitment level.



Participants in the Academy Program must meet minimum ranking requirements in order to participate. In addition, participants in the Rising Stars, Academy, and HP should be competing regularly in the USTA sanctioned tournaments. Failure to notify Academy Staff of a break from competitive play will result in the players need to re-apply for the program.

AVSP Tennis Program

HOURS OF OPERATION — INDOOR COURTS

Monday—Thursday: 5am-9:30pm

Friday: 5am - 8:30pm

Saturday—Sunday: 7am-5:30pm

OUTSIDE RACQUET MEMBERSHIPS

Not a resident of the Village? Purchase an Outside Racquet Membership (ORM) and get access to all of our racquet sports programs. An ORM is required to participate in AVSP racquet programs. ORM's are an annual membership with start date of enrollment and will automatically renew annually. Written notification via email is required 30 days prior to the anniversary date to cancel:

Family: \$380 Adult: \$199 Junior : \$139 (Aces-HS Team) Tiny: \$79 (Tiny Tennis Class Only)

COURT RESERVATIONS - INDOOR

Make indoor court reservations by calling the AVSP front desk at 703-729-0581 x0 or online with your account login. Ashburn Village residents and ORM's are allowed one, 1.5 hour, one-court reservation per day and may make additional "same day" reservations and/or extend to a 2-hour reservation, if available upon check-in. Guests must pay a \$10 guest fee.

Spot Time: Members may reserve courts 7 days in advance (5 days for ORM's). Courts not cancelled 24 hours in advance are subject to 100% of the court fees. Rates are per court, per hour and are paid at time of reservation.

NEW for 2023

Early Bird 5-8am (M-F) \$25 mem \$32 ORM

Standard 8am-9:30/8:30pm (M-Th/Fri) \$30 mem \$38 ORM

7am-5:30pm (Sat-Sun) \$30 mem \$38 ORM

Seniors 2pm-3:30pm (M-F) \$21 mem \$28 ORM

Same Day: Reservation

Early Bird 5-8am (M-F) \$22 mem \$29 ORM

Standard 8am-9:30/8:30pm (M-Th/F) \$25 mem \$32 ORM

7am-5:30pm (Sat-Sun) \$25 mem \$32 ORM

PRIVATE / SMALL GROUP LESSONS

AVSP staff believes private instruction is critical in player development. Please contact the Racquet Sports Director, Matt Stillwagon (703-729-0581 ext. 211) or Erin Green, our Racquet Sports Coordinator (ext.206), and our staff will be able to accommodate your request. Times and Dates are established between pro staff and client.

Rates are subject to change. Cancellation Policy is 24 hours.

PRIVATE TENNIS INSTRUCTION

MEM/ORM

60 min - Price Per Person

1-player \$80/\$85.50

2-player \$45.50/\$51

3-player \$35.50/\$41

4-player \$30/\$35.50

5+ players \$25.50/\$31

MAKE-UP POLICY

It is the responsibility of the player to notify the Director or Racquet Coordinator of any potential absences due to illness or injury prior to missing class. Every attempt will be made to schedule a make up, if a spot is available and it does not interfere with our pro to student ratio. Written permission from the Tennis staff is required to attend a makeup and must be presented before class - **no exceptions**. We do not offer make-ups or refunds for missed classes due to scheduling conflicts. A doctor's note is required to schedule a makeup in the case of an illness or for a refund due to injury.

RACQUET REPAIR

AVSP offers full service racquet stringing and grip replacement. Please drop off and pick up racquets at the front desk. Please consult a tennis staff member for recommendations. There is a 72 hr. turnaround on racquets.

Labor Only \$20 Labor & String \$40 (pro-premium), \$35 (mid-grade),

48 hr Turnaround +\$10, 24 hr Turnaround +\$15, Over grip \$3, Replacement grip \$15