

Class registrations are handled by
the Avon Recreation Department

Important Links

[Online Registration](#)

[Expanded Class Descriptions & Objectives](#)

[Avon Recreation Department](#)

www.perfectracquet.com

Important Phone Numbers

Avon Recreation Department
Phone: 860-409-4332
Fax: 860-409-4334

Perfect Racquet
Avon Store: 860-674-1984
Tony Direct: 860-841-4510



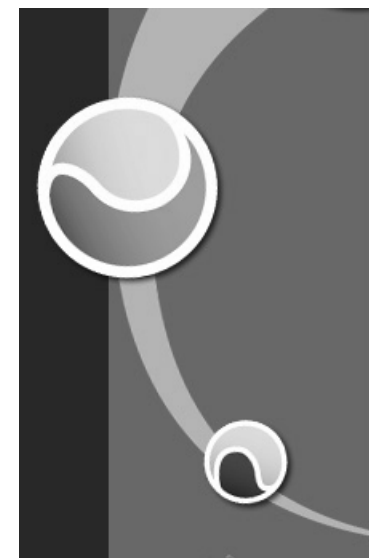
perfectracquet.com

Thompson Brook School Courts
150 Thompson Road
Avon, CT



Avon Recreation & CT Tennis Academy Present

**“Summer Tennis 2011”
At Thompson Brook School**



Tony Taverna
Academy Director
USPTA-1, USRSA MRT
25 Years of Professional Coaching Experience

Greg Schmidt, MD
Academy Physician
4.5 USTA competitor

Description

The CT Tennis Academy curriculum is designed to develop champions of tennis and champions of life. Early emphasis is placed on building a rock-solid foundation for every game component. As players master necessary foundational skills they will be brought to the next level through advanced physical, mental and tactical training.

Each player, regardless of age and ability, will be motivated and encouraged to become the very best player, competitor and person that he or she is capable of becoming.

2011 Junior Schedule

All sessions begin on Monday and end on Thursday. Rain make-up is Friday.

Session One	June 27-June 30
Session Two	July 11-July 14
Session Three	July 18-July 21
Session Four	July 25-July 28
Session Five	August 1-August 4

More sessions may follow

2011 Adult Schedule

Monday June 6th	6:30-8 PM	Beginner
Friday June 10th	6:30-8 PM	Intermediate
Monday June 13th	6:30-8 PM	Beginner
Friday June 17th	6:30-8 PM	Intermediate

More classes may follow

Levels & Times

Quickstart Tennis

Accelerated learning that's more fun!

- **9:00-10:00** \$65/week

Quickstart 6 & Under

Level 3 decompressed balls, mini nets, 21"-23" racquets. Emphasis on proper stroke mechanics and learning to rally through specialized games.

- **9:00-10:00** \$65/week

Quickstart 10 & Under

Level 3 decompressed balls, 60 ft court and full court, 25"-26" racquets. Emphasis on mastering ground stroke technique, learning proper volley/serve mechanics and intro to match play.

- **10:00-11:30** \$100/week

Accelerated Learning 16 & Under

Emphasis on mastering all basic strokes. Singles/doubles positioning and tactics. Footwork for all movements. Match play with strategy coaching.

- **2:00-4:00** \$150/week

Advanced training for High School Varsity Players and Level 7 tournament players

Advanced stroke production. Speed, strength and agility training. Basic and advanced tactics/strategy for singles and doubles play. Mental toughness training. Competitive match play coaching.

- **2:00-4:00** \$150/week

Premiere High Performance

Sectional and/or national ranking required. Advanced modern stroke production including mastery of specialty shots and spins. Daily speed, strength and agility training. Advanced tactics and strategy for all match play situations. Mental toughness training designed to improve focus, mental endurance and composure. Preparation for upcoming sectional and national events. *Players will be pushed in every way to be their best!*

About the Director



Tony Taverna—Director

Tony is a USPTA Level 1 tennis professional with over 20 years of coaching and teaching experience. He has 8 years experience coaching boys and girls high school varsity and has helped numerous juniors to reach high levels of competition, including 2010 Class M CT State champion Evan Sahlman. He is a USRSA Master Racquet Technician and co-owns & operates two tennis specialty stores in CT, one being right here in Avon. Tony teaches in the fall and winter at Farmington Farms Tennis & Fitness Club located on Brickyard Road in Farmington.

Tony will be assisted with the morning classes by Avon's number 1 singles player, Alex Dahlem. Alex is a senior at Avon High School and has been competing in USTA tournaments for over 4 years. Alex currently holds a New England ranking in the 18U division.

Tony will be assisted with varsity/high performance classes by Mitch Dobek. Mitch is a freshman at Southern New Hampshire University and plays #1 singles on the tennis team.

Tony can be reached by E-mail: tony@perfectracquet.com or direct at 860-841-4510