

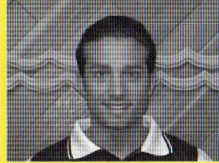
Waiver

I understand that some activities that my child may be involved with, while in the program, may be physical in nature, thereby understanding that injuries could occur. I will not hold Nashua Swim and Tennis Club or its staff liable for such injuries. I also hold harmless and indemnify Nashua Swim and Tennis Club and its staff for any accidents or injuries incurred by my child while on the Club premises. I understand that NSTC is not responsible for participant's belongings.

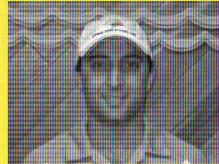
Signature of Parent or Guardian

Date

The Teaching Staff



Leigh Schachter
USPTA

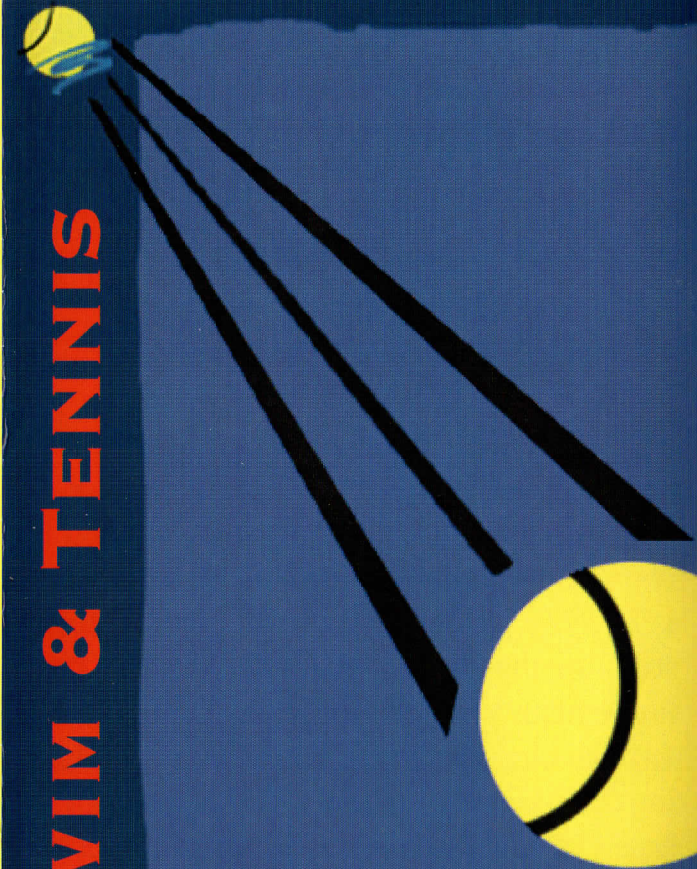


Robb Schachter
USPTA



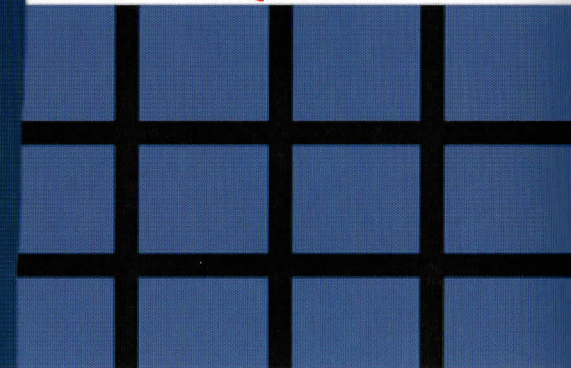
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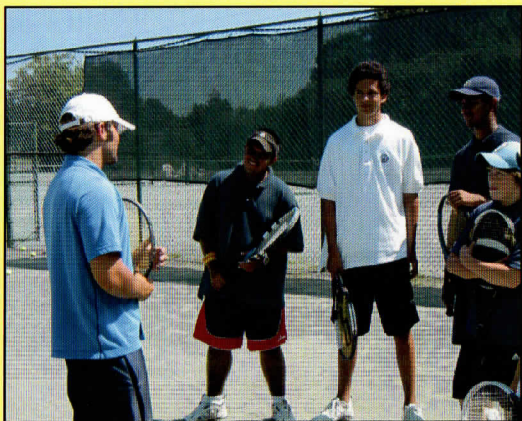
TENNIS ACADEMY



NASHUA SWIM & TENNIS

High Impact Tennis





Nashua Swim and Tennis, the premier tournament club in New England, is committed to providing high quality tennis instruction, giving juniors the skills needed to excel in the “sport for a lifetime”. Those studying the game at NSTC’s Summer Tennis Academy will not only have fun, they will develop athletically and socially. During the program, students will reach higher levels of fitness while developing the techniques and strategies necessary to win.

Students in our weekly program are taught by top quality USPTA certified instructors and New England’s most experienced tournament directors. Whether a seasoned tournament player or relatively new to the game, at NSTC, we give every player our fullest attention.

The first half of each day consists of intense drilling and fitness followed by lunch and free swim. After lunch is supervised match play during which students

are encouraged to use what they have learned so far while developing strategy and match toughness. Video analysis will allow students to actually see what they are doing thus accelerating their learning curve.

The program focuses on the essential elements of competitive tennis. These are fitness and movement, stroke production, strategy, and mental toughness. Each day will build upon the skills acquired during the previous days so that by the end of the week each student will have a



solid understanding of each aspect of competitive tennis. At the end of each week, students will receive a progress report to help gauge their improvement and identify areas that need more work. Most importantly, students will have fun and make new friends along the way.

Daily Schedule

9:45-10:00	Warm-up
10:00-12:15	Stroke Production & Drills
12:15-1:00	Lunch & Swim
1:00-3:00	Supervised Match Play
3:00-5:00	Free Time & Pickup
Early drop off and late pickup by arrangement	

Application

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Cell _____

Email _____

D.O.B. _____ M ___ F ____

All fees must be paid at least one week prior to start of each weekly session.

Members \$300/week
Non-Members \$325/week

Deduct \$25 per week if paid by 6/1
Prepay 3 weeks or more deduct \$25/week
Deduct \$25/week for 2nd child

Weeks Available
(pro rate) 6/22-6/25__ , 6/28-7/2__
7/5-7/9__ , 7/12-7/16__
7/19-7/23__ , 7/26-7/30__ ,
8/2-8/6__ , 8/9-8/13__ , 8/16-8/20__

of Weeks__ @\$_____/wk=\$_____

Please make check payable to:
Nashua Swim and Tennis
140 Lock St.
Nashua, NH 03064
www.nashuaswimandtennis.com
(please see other side)