

Official Sign Up Form

NAME _____

PHONE(cell) (____) _____

(hm) (____) _____

ADDRESS _____

CITY _____ ZIP _____

EMAIL _____

QuickStart Tennis

8 & under \$10 per class (30 minutes)*

10 & under \$15 per class (45 minutes)*

*Classes on Tue & Thurs starting at 3:30 PM

Quickstart Tennis Racket \$25 (includes tax)

Adult Beginning Clinic

9-10 AM Wednesday \$20 (Brad)

10-11 AM Thursday \$20 (Hanna)

Tennis is one of the few sports you can play as a family for the rest of your life. We encourage mom's and dad's to learn the game for their own enjoyment and the opportunity to play tennis with their children and some day their grandchildren.

Tennis is also a great form of exercise and will keep you young, healthy and vibrant.

“Play tennis for the Health of it”.

1414 Tennis Club Drive
Encinitas, CA 92024
760-942-9725



San Dieguito Tennis Club
Junior Program

Quickstart Tennis 2009

Don Nann- Teaching Professional
USPTR Certified
Junior Tennis Program

Hanna Pajunen – Teaching Professional
USPTA Certified
Junior Tennis Program

Brad Humphreys - Director, Teaching Professional
USPTA Certified
USPTA San Diego Pro of the Year 1992
USTA San Diego Pro of the Year 1990
Idaho State University Sports Hall of Fame 2006

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“TENNIS IS THE SPORT OF A LIFETIME”

DIRECTOR OF TENNIS

Brad Humphreys has been teaching tennis at the San Dieguito Tennis Club since 1970, graduated from Idaho State University with a Bachelor of Science Degree and a Master of Education (Counseling) Degree, is the author of "Manual for Beginning Contract Tennis Players", and is past President of the San Diego Professional Tennis Association. Brad is a USPTA Certified Teaching Professional who has earned awards as USPTA SAN DIEGO PRO OF THE YEAR 1992, USTA SAN DIEGO PRO OF THE YEAR 1990, and was inducted into the IDAHO STATE UNIVERSITY SPORTS HALL OF FAME 2006.

Quickstart DIRECTORS

Don Nann served as the Head Tennis Pro South Yarmouth Tennis Club 2002-2006; Head Tennis Coach Dennis Yarmouth High School, Connecticut; and Head Boy's Tennis Coach, Francis Parker Charter School-winner of Division III CIF Championship. A USPTR Certified Tennis Professional, Don has enjoyed working with juniors the last 10 years focusing on enhancing their tennis games as well as their lives.

Hanna Pujunen, "Tennis is my Passion!"

Hanna is a United States Professional Tennis Association Certified Teaching Professional who was ranked #1 in San Diego and top 20 in Southern California when she was playing junior tennis. She played on the tour in Europe right out of high school, and later attended California Polytechnic State University, San Luis Obispo on a full scholarship where she played #1 singles and doubles at the Division I school.

PHILOSOPHY

Tennis is a fantastic game for young and old, neophytes and experts, individuals and teams, high school or Davis Cup. Our philosophy:

First, we want the student to have fun. To become a good player one must have a love for the game.

Second, we teach the basic fundamentals of the game. If a young person learns the fundamentals, they can apply those skills throughout their tennis careers.

Third, "SPORTSMANSHIP." What an important lesson to learn in life! "It is not whether you win or lose, but rather how you play the game."

"Quickstart Tennis"
"Pee Wee Tennis"
"Mommy and Me"
"Little Tennis"

These are all Programs designed to introduce young children to the game of tennis—"The Sport of a Lifetime!"

Quickstart Tennis

The Quickstart Tennis format works by getting kids into the game immediately. Within the first hour of stepping onto the court, they are actually playing the game, rallying with one another, moving around and having fun. Scaling the game down to their size helps make the learning process easier and a lot more fun.



The shorter and narrower courts give kids the confidence and ability to cover the entire court. Kids have trouble controlling full-sized racquets because they are too long, too heavy and the grips are too large. Junior racquets are proportionate in length and weight and have the grips that fit smaller hands. This makes it easier to control. And balls that bounce at a height equal to kids' playing abilities allows for better and longer rallies and allows them to build all-court games.



The majority of youth sports have followed this very formula for years. Baseball begins with smaller bats, smaller fields and progresses from tee ball, to coach pitch, to player pitch. Basketball and soccer also employ similar methods, including shortened playing surfaces and appropriate sized equipment. That helps ensure that your kids' first experiences in the sport will leave them overjoyed not overwhelmed.

