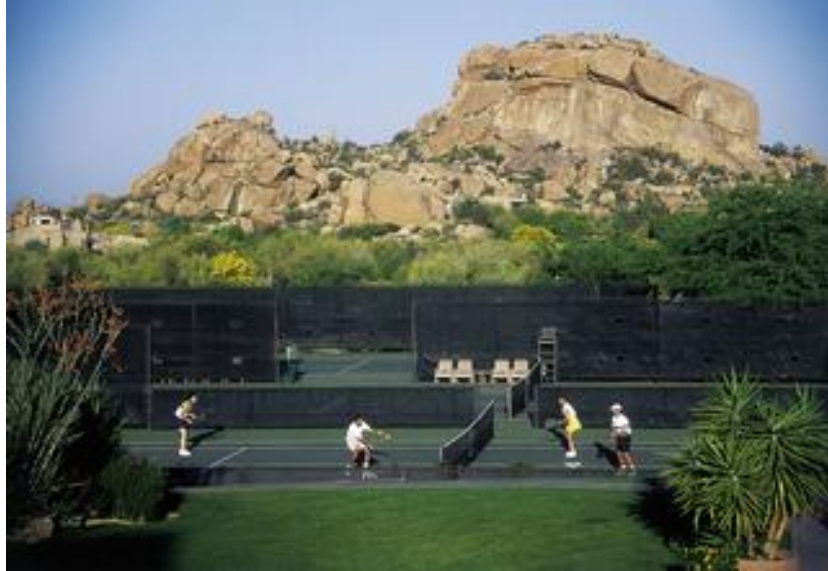


*Enjoy one of the world's favorite games at one of the world's most celebrated resorts in a truly breathtaking setting for tennis...*




## **The Boulder's Tennis School**

The Boulders Tennis School approach to tennis is simple, because it is our belief that simple is powerful, it works! The School offers a unique approach to coaching and teaching with an emphasis on an organic approach to player development. We see everyone as possessing an athlete within and we are committed to developing that unique potential.

At the Boulders Tennis School, we approach everyone's development holistically to facilitate their improvement and success. The emphasis is on stroke mechanics, sportsmanship, sound nutrition, personal development, self-respect, strategy and tactics, fitness and wellness.

We are inspired through our commitment to provide the highest level of tennis teaching available. This is accomplished in an environment where each player can grow and develop as a person, learning valuable lessons every step along the way. Our goal is to bring purpose, possibility and a plan that facilitates game development, personal growth and individual expression.

## About our Staff

	<p><b>Dale Light - Tennis Professional, Director of Tennis</b></p> <p>Dale is a former # 1 Collegiate Player and Division 1 Men's and Ladies Coach. Dale loves to teach and works with players of all ages and abilities. He has been a teacher of tennis and life for over 31 years. Dale is dedicated to a holistic teaching approach and strives to work with each player on developing a wellness plan on and off the court. Dale is USPTA Pro and is certified in exercise Kinesiology and Golf Biomechanics. He is a certified USTA High Performance Coach and certified Transformational Life Coach. Dale has dedicated his life to walking the path of the peaceful warrior.</p>
	<p><b>Jheng Wekow - Tennis Professional</b></p> <p>Jheng was born in Manila in the Philippines. Her father, Nikolai introduced her to tennis at the age of 14. She moved to Arizona in 1986 and played college tennis at SCC. Jheng lived in Belgium from 1991 to 1999. She studied foreign languages (French, German, Dutch and Spanish), learned French and Belgian cooking, and taught tennis in a small club in Limal, Belgium called the Tennis Club St. Louis. Jheng is USPTA certified. She loves to ski and spend her free time with family, friends and her dog Zoe.</p>
	<p><b>Jarek Jabczynski – Tennis Professional</b></p> <p>A native of Austria, Jarek came to Scottsdale five years ago. He served as Director of Tennis and Head Professional at several top country clubs in Texas and Florida for Club Corporation of America. He travelled the European Circuit and represented Poland in the Davis Cup. After arriving in the US, Jarek briefly achieved a world ranking of 200. Fluent in several foreign languages, he earned an MA from Columbia University and worked for 6 years for Chase Manhattan Bank. Since returning to tennis as a coach, he developed expertise in training techniques, sports nutrition and fitness. Jarek is married and has two boys, Allan and Kari. Jarek is certified with USPTA.</p>
	<p><b>Tony Reyes – Tennis Professional</b></p> <p>Tony moved to Arizona in 1999 after serving as tennis coach at a couple small Midwest colleges. He has developed a passion for teaching tennis to children. He has taught thousands of kids the fundamentals in group lessons. Tony is the founder of Phoenix After School Sports - PASS. PASS is an award winning program that rewards disadvantaged students with tennis lessons in exchange for classroom achievement. Tony is certified with USPTA.</p>
	<p><b>Rustam Urmeev - Tennis Professional</b></p> <p>Rustam began his tennis journey in Russia where he was a standout junior player competing in international tennis tournaments. He had an outstanding US collegiate tennis career playing #1 singles and #1 doubles and honored with Division 1 Mid-Continent Conference Player of the Year award. Since returning to coaching and teaching, Rustam's greatest passion is to bring the joy of playing tennis to all, while helping each find the athlete warrior within and achieving body mind mastery. Rustam is a USPTA coach and has been involved with the game of tennis as a competitive player for over 20 years.</p>

## **What is Player Development in a Holistic Environment?**

- It's Organic, where each player is treated as an Individual.
- It's Total, covering every aspect of a player's development.
- And of course it's Fun, because it is a Journey, and to stay on the Journey one must enjoy both Successes and the Challenges.

## **Our Coaching and all our Training Programs emphasize:**

- Balance, Footwork and Quickness.
- Stroke Mechanics, Functional and Efficient.
- Knowledge and Execution of different Strategies and Tactics.
- Fitness, Flexibility and Suppleness, Strength and Agility.
- Concentration and Self Awareness Behavior Modules.
- Life style (nutrition, sleeping habits, organizational and communication skills).

## **Development is facilitated and enhanced through the following tools:**

- Functional Stroke and Biomechanical Development
- Advanced Video Analysis
- Challenging Practices and Match Play Simulations
- Physical Skill Development Classes
- Concentration and Self-Awareness Exercises
- Creation of Performance Nutrition Plan
- Breathing work to relax, clear and focus
- Communication skills to enhance play and purpose

**We are committed to helping you achieve your personal tennis and life goals!**

## The Boulder's Tennis School offers

- Boulders Jr. Training from Beginner level to Advanced National level players
- Jr Camps, Competitive Play Sessions and Supervised Match play
- Adult Training for All Levels including USTA Teams and League play
- Men's 5.0 - 5.5 Competitive Training Camp with Advance Video Analysis
- Personalized Video Packages
- Fitness, Wellness and Individualized Life Transformational Sessions
- Social events built around tennis (i.e. birthday parties, holidays, etc)
- Customizable Corporate Retreat Programs

**The new term starts September 22nd, 2008. Please ensure you reserve your place early as enrollment is limited.**

The Boulders Resort and Golden Door Spa is consistently in Tennis Magazine's Top 50 Resorts and ranked by Tennis Resorts Online as #2 in the World's Top Ten Places to Play. It also ranks Boulders as #1 in the World for Best Spa/Fitness Center, #4 for Best Tennis Staff and #4 for Best Game Matching.

### Investment:

Investment	Jr. All Stars		Jr. Training		Competitive Team		
	4 sessions		6 sessions		8 sessions		
1 x per week	45 mins	\$45	1.5 hrs	\$160	1.5 hrs	\$200	\$30 pr/wk
2 x per week	90 mins	\$90	3 hrs	\$300	3 hrs	\$300	\$50 pr/wk

- Video Sessions/Game Analysis is \$90 per hour.
- Private Coaching is \$65 per hour. (on and off the court)
- Conditioning Training Sessions are \$12 for 45 minute sessions with 3 other players.

### Weekly Time Investment:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jr.All Stars			Jr.All Stars	Adult & Jr. Open wk night	One-on-Ones	One-on-ones
3:45-4:30			3:45-4:30	3:30-5:00	11-12	11-12
Junior Training	Comp. Training	Junior Training	Comp. Training		Tennis Video Sessions	Tennis Video Sessions
3:30-5:00	4:00-5:30	3:30-5:00	4:00-5:30		12-1	12-1
					Junior Team Match Play & Training	Supervised Comp. Match Play and Assessment
					1-3	1-4
					Doubles workout	Doubles workout
					3-4	3-4

## **Boulders Open Day:**

**Boulders Tennis Open day – Saturday September 13th and Sunday September 14th**

**Boulders Tennis School** presents **Tennis Open Day** to showcase new programs at the club.

**Where:** Tennis Garden at The Boulders Resort and Golden Door Spa

**Time:** 8 am to 10:30 am

**Activities:**

- Free coaching for children/adults from our international certified tennis coaches
- Video Analysis
- Prize giveaways
- Try out the new range of Wilson Demo rackets

Sign up for the new term of children/adult tennis courses on the Open Day and received discounted course fee.