



Grand Traverse Team Tennis and Sports Academy

Frequently Asked Questions

1. What do we do if it rains? If it is raining, the plan is to go inside this year if you are part of the Sports Academy or the tennis only 8:30 - 10:00 class. If you are in the 10:30-12:00 **"TENNIS ONLY"** class, you will want to call the hotline at 534-6787 to see if class is cancelled. If class is cancelled, we will leave a message on the opening announcement. The 10:30 - 12:00 **"TENNIS ONLY"** class will be made up on Friday of that week from 10:30-12:00 Noon. **You can also go to our Facebook page at Grand Traverse Team tennis and Sports Academy and we will have weather updates there too.**

If you are unable to make up a day on the scheduled makeup day, you can always make it up in another session!

2. What Sports are there this year? We have tennis everyday followed by, Soccer, Tae Kwon Do, Volleyball, Basketball, Baseball, Lacrosse, Gymnastics and Football

3. What about the snack? You are responsible for bringing a snack and for disposing of your wrappers in the appropriate bins located at court-side.

4. Do I need to bring any equipment? If you have a baseball mitt, you will want to bring that on the day that we play with Doug Mirabelli. Other than that you should be all set.

5. What can I do to get more involved in a sport if I like it? You will get a sheet at the end of the session asking which sports you liked and a permission form to fill

Let's Still Get Moving! Let's Get Moving Northern Michigan is taking a break, but we are not! Our goal is to continue to educate players on the importance of living a healthy lifestyle and applying basic principles to our daily lives.

Karen Merrill, the American Council on Exercise (ACE) Trainer of the Year has put together a simple program to help educate players on the importance of being active and healthy utilizing ACE's national FitKids Curriculum. This will be cover at the "snack break" from 10:00-10:30 for Sports Academy players

6. What is with the smaller nets? The USTA has come up with a new National format and has changed tennis forever for the younger players (ages 10 and under). It is now similar to the progressions one might take as a baseball player (t-ball—coach pitch---player pitch...etc). 6 and under will use a 36' court with the foam balls in competition. 8 and under will use a 60' court with the new transition balls and 10 and under will use full court with green balls. This allows the players much more success, a faster learning curve, the ability to hit a "normal" shot from a "normal" height, the ability to use modern strokes now and not have to change, less injury, and the ability to compete, successfully, right away. This fall, there will be "non-elimination" tournaments with this same set-up.

Check out the website at www.grandtraversetennis.com for details, pictures and video of this. Of course, if your level dictates you to move up, you will.

7. What are the tickets for? Tickets are for the \$2000 prize drawing that we do at the end of the summer at the carnival. You earn tickets by coming to class and doing healthy things. See handout.

8. When is the Carnival? The carnival this year is scheduled for Friday, August 8th from 10:30-12:00 Noon at **TC West**. This is where we will do the drawing for prizes too after an hour of stations where you can earn even more tickets. If it rains, we will do the drawing online at our website (www.grandtraversetennis.com , go to the 'Tennis Academy" tab).

9. Can we sign-up for more sessions? Of course! Remember that if your family signs up for a combination of 3 sessions, you will get a fourth session absolutely **FREE!** If you decide that you would like to sign-up for future sessions, go online to sign-up or mail your registration or drop it off at the registration desk in an envelope. Please include both the form and your payment

10. When do we get our goodies? We will be passing these out during the second week of the Academy. This way we can get things going the first week.

www.grandtraversetennis.com