

## PRIVATE & GROUP LESSONS:

Private and group lessons for all ages and levels of play are available. Email [mstafford@tennistar.com](mailto:mstafford@tennistar.com) for rates and schedules.

## PROGRAM DATES & HOLIDAYS

Four 10-week sessions for juniors begin September 8, 2015, and end June 25, 2016. Two 15-week adult programs run from September 8, 2015, through April 16, 2016.

**HOLIDAYS:** No clinics will be conducted on Thursday, November 26 or on Friday, November 27, 2015. No classes will be held from December 20, 2015 – January 2, 2016. ALL OTHER SESSIONS WILL BE HELD AS SCHEDULED, INCLUDING ALL RELIGIOUS AND NATIONAL HOLIDAYS.

**PAYMENT:** All program fees are non-refundable. A \$200 deposit is due with the application. Balance must be paid in full by the session start date.

## TenniStar® POLICIES

- Parking is available in the underground garage. If the garage is full, there is an auxiliary lot down the street from the club on the right.
- In the case of inclement weather call Sport&Health at 301-656-9570 or email [mstafford@tennistar.com](mailto:mstafford@tennistar.com) to see if your class will be held.
- Make-ups are allowed in another class of the same level, provided space is available. Make-ups are not guaranteed and must be approved by our director and scheduled on court with your instructor. No refunds are provided for classes missed. Prolonged illnesses and serious injuries will be handled on a case-by-case basis.
- We have a no-refund policy. In the event of extenuating circumstances, email Marilee Stafford at [mstafford@tennistar.com](mailto:mstafford@tennistar.com).
- Sport&Health charges an activity fee for adult clinics, junior clinics, and private lessons, for nonmembers.

**VISIT [TENNISTAR.COM](http://TENNISTAR.COM) FOR MORE DETAILS.**



2813 East-West Highway  
Chevy Chase, MD 20815-3861  
**TENNISTAR.COM**

# 2015-2016

# TENNI STAR® SPORTS

# INDOOR PROGRAMS

**PLAY TENNIS. MAKE FRIENDS. HAVE FUN!**

**For more information email:  
[mstafford@tennistar.com](mailto:mstafford@tennistar.com)**

**[WWW.TENNISTAR.COM](http://WWW.TENNISTAR.COM)  
240-744-4317**

# sport&health

4400 Montgomery Ave • Bethesda, MD



# TenniStar®

at **sport&health**

BETHESDA

## TenniStar® DIRECTORS

**Mitch Henkin** has been a teaching professional in the Washington area for over 40 years. He is **president of TenniStar Sports®** and directs the tennis programs at Sport&Health. In addition, he is the **tennis director at The Promenade Tennis Club**, also in Bethesda. TenniStar® operates summer sports camp programs at Sport&Health and at Georgetown Visitation, St. Andrew's School in Potomac, and at other locations throughout the area. Mitch specializes in working with advanced juniors and adults, although he teaches players of all levels.

**Marilee Stafford, director of the adult and junior programs**, was the #1 ranked women's player in Maryland in 1996. She also competed nationally and graduated with a B.S. in Physical Education from ORU in Tulsa, Oklahoma. She organizes all of the tennis programs at Sport&Health and works with adults and juniors at every level. Marilee offers a tremendous personality on the court, creating a learning experience that is positive and fun.

## TEACHING STAFF

**Steve Parker directed the TenniStar® summer camp at Sport&Health for five summers.** Steve was a **high performance head coach and an area training and zonal coach** for the USTA. He was an instructor at the Bullis Tennis Center for seven years, running its junior elite program. Steve teaches many high school players, including a number from the BCC team. He has a Pro 1 certification from the USPTR.

**John Rene**, the current TenniStar® camp director and Mitch Henkin's lead assistant, is a **PTR-certified tennis professional** who has committed more than a decade to tennis instruction in Anne Arundel County. He works with players of all ages and ability levels and is an **expert stringer**, as well. John was head tennis professional for Severn Valley Tennis and Fitness Club, and has also instructed at Lakewood Country Club and the IMF's private club, Bretton Woods Recreation Center.

AFTER-SCHOOL JUNIOR CLINICS					
DAY	TIME	LEVEL	AGE	MEMBER	NON MEMBER
SUN	1-3pm	Adv. Int	12-18	\$490	\$590
SUN	3-4pm	Int.	10-14	\$240	\$290
SUN	4-5pm	Beg/Adv.Beg	6-9	\$240	\$290
MON	4-5pm	Adv. Beg/Int.	10-14	\$240	\$290
MON	5-7pm	Adv.	12-18	\$490	\$590
TUES	4-5pm	Int.	12-16	\$240	\$290
TUES	5-7pm	Adv.	12-18	\$490	\$590
THURS	4-5pm	Beg/Adv.Beg	5-9	\$240	\$290
FRI	4-6pm	Adv.	12-18	\$490	\$590
SAT	1-3pm	Adv.	12-18	\$490	\$590
SAT	3-4pm	Beg/Adv.Beg	7-10	\$240	\$290
SAT	4-5pm	Adv. Beg/Int.	10-14	\$240	\$290

### REGISTRATION DATES:

Session 1 (9/8-11/14)      Session 2 (11/15-2/6)

Session 3 (2/7-4/16)      Session 4 (4/17-6/25)

Four 10-week sessions begin September 8, 2015 - June 25, 2016.

## ADULT CLINICS

ADULT SCHEDULE				
DAY	TIME	LEVEL	MEMBER	NON MEMBER
MON	10:30am-12pm	B	\$590	\$690
TUES	9-10:30am	B	\$590	\$690
TUES	10:30am-12pm	B	\$590	\$690
TUES	12-1:30pm	B/C	\$590	\$690
TUES	7:30-9pm	B	\$590	\$690
TUES	7:30-9pm	B/C	\$590	\$690
WED	9-11am	B	\$645	\$780
WED	7:30-9pm	A/B	\$590	\$690
WED	7:30-9pm	B	\$590	\$690
THURS	7:30-9pm	A/B	\$590	\$690
THURS	7:30-9pm	B	\$590	\$690
FRI	9-11am	A	\$645	\$780
SAT	9:30-11am	B	\$590	\$690

### REGISTRATION DATES:

Session 1:      September 8-December 19 (15 Weeks)

Session 2:      January 4-April 16 (15 Weeks)

Clinics for fall and winter will be held from September 8, 2015, to April 16, 2016. Clinics will be held in two sessions.

## TenniStar® ADULT & JUNIOR PROGRAM REGISTRATION

ADULT       JUNIOR      IF JUNIOR, AGE: \_\_\_\_\_

NAME: \_\_\_\_\_

PARENT'S NAME: (if junior) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: (H) \_\_\_\_\_ (C) \_\_\_\_\_

EMAIL: \_\_\_\_\_

LEVEL: \_\_\_\_\_

SESSION DAY: \_\_\_\_\_ TIME: \_\_\_\_\_

SPORT&HEALTH MEMBERSHIP #: \_\_\_\_\_

CREDIT CARD #: \_\_\_\_\_

EXP. DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Clip this registration form, attach check made out to Sport&Health, and send to: Attn: Marilee Stafford, Tennis Director at Bethesda Sport&Health, 4400 Montgomery Ave., Bethesda, MD 20814

## AFTER SCHOOL JUNIOR CLINICS

Students may switch groups as they improve and are constantly challenged. Multi-participant stroke and footwork drills keep players moving. Even our youngest students progress rapidly through the tennis basics. Special programs for which TenniStar® is recognized will be an integral part of our indoor program.

- **Beginner:** Has never played before or has minimal experience.
- **Advanced Beginner:** Has had some lessons, knows ground strokes and serves, can keep score, and has an understanding of basic rules.
- **Intermediate:** Has some consistency on ground strokes, can keep serve in play and volley to specific areas.
- **Advanced Intermediate:** Lower level team players, may have participated in Futures tournaments, can participate in fast-paced drills, and has knowledge of strategy.
- **Advanced:** has specialty shots and can hit with spin, pace, and direction; has played in tournaments or on teams.

**ALL REGISTRANTS FOR ADVANCED CLINICS MUST BE APPROVED BY MARILEE STAFFORD.**