

## 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 5th, 2017 and end June 16, 2018. Two 15-week adult sessions begin September 5th, 2017 and end April 14th, 2018.

**HOLIDAYS:** No adult or junior clinics will be held on Thursday, November 23rd, or on Friday November 24th, 2017. No adult classes will be held from December 17th, 2017-January 1st, 2018. No junior classes will be held from December 24th, 2017-January 1st, 2018. ALL OTHER CLASSES WILL BE HELD AS SCHEDULED, INCLUDING ALL RELIGIOUS AND NATIONAL HOLIDAYS.

**PAYMENT:** All program fees are non-refundable with the exception for an injury credit. Injury credits must be approved by Marilee Stafford. Payment in full is due at time of application.

## 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 FOR MORE DETAILS.**



2813 East-West Highway  
Chevy Chase, MD 20815-3861

[tennistar.com](http://tennistar.com)

# 2017-2018

# TENNISTAR® 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  
[sportandhealth.com](http://sportandhealth.com)



# TenniStar<sup>®</sup>

at **sport&health**

BETHESDA

## TenniStar<sup>®</sup> DIRECTORS

**Mitch Henkin** is President/Director of **TenniStar Sports<sup>®</sup>** which runs the tennis program at **Sport&Health**. In addition, he is the **tennis director at The Promenade Tennis Club**, also in Bethesda. **TenniStar<sup>®</sup>** operates summer sports camp programs at Sport&Health 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 at **Sport&Health**, 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** 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. He teaches year-round at the club working with all ages and abilities but specializes in the advanced player.

**Nader Mehran**, director of the **TenniStar<sup>®</sup>** Summer Camp at Bethesda Sport&Health, he was a member of the Division III men's varsity team at Franklin and Marshall College. In addition to directing the summer camp, he teaches year-round at the club, working with players of all ages and ability levels both individually and in groups. Previously, he worked at Kenwood Country Club and at Landon School's Grand Slam Tennis Camp.

AFTER-SCHOOL JUNIOR CLINICS					
DAY	TIME	LEVEL	AGE	MEMBER	NON MEMBER
SUN	1-3pm	Adv. Int	12-18	\$530	\$587
SUN	3-4pm	Int.	10-14	\$265	\$294
SUN	4-5pm	Beg/Adv.Beg	6-9	\$265	\$294
MON	4-5pm	Adv. Beg/Int.	10-14	\$265	\$294
MON	5-7pm	Adv.	12-18	\$530	\$587
TUES	4-5pm	Int.	12-16	\$265	\$294
TUES	5-7pm	Adv.	12-18	\$530	\$587
THURS	4-5pm	Beg/Adv.Beg	5-9	\$265	\$294
FRI	4-6pm	Adv.	12-18	\$530	\$587
SAT	1-3pm	Adv.	12-18	\$530	\$587
SAT	3-4pm	Beg/Adv.Beg	7-10	\$265	\$294
SAT	4-5pm	Adv. Beg/Int.	10-14	\$265	\$294

### REGISTRATION DATES:

**Session 1 (9/5-11/11)**      **Session 3 (1/28-4/7)**

**Session 2 (11/12-1/27)**      **Session 4 (4/8-6/16)**

Four 10-week sessions begin Sept 5th, 2017 and end June 16th, 2018.

## ADULT CLINICS

ADULT SCHEDULE				
DAY	TIME	LEVEL	MEMBER	NON MEMBER
MON	10:30am-12pm	B	\$630	\$698
TUES	9-10:30am	B	\$630	\$698
TUES	10:30am-12pm	B	\$630	\$698
TUES	12-1:30pm	B/C	\$630	\$698
TUES	7:30-9pm	B	\$630	\$698
TUES	7:30-9pm	B/C	\$630	\$698
WED	9-11am	B	\$690	\$764
WED	7:30-9pm	A/B	\$630	\$698
WED	7:30-9pm	B	\$630	\$698
THURS	7:30-9pm	A/B	\$630	\$698
THURS	7:30-9pm	B	\$630	\$698
FRI	9-11am	A	\$690	\$764
SAT	9:30-11am	B	\$630	\$698

### REGISTRATION DATES:

**Session 1 : (9/5/17-12/16/17) (15 wks)**

**Session 2: (1/2/18-4/14/18) (15 wks)**

Clinics for Fall and Winter will be held from September 5th, 2017 to April 14th, 2018. Clinics will be held in 2 sessions.

## TenniStar<sup>®</sup> 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<sup>®</sup>** 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.**