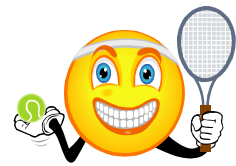


Tennis 2016

Equipment you will need.



1. Tennis Racket

Each player will need their own racket. It should be the lightest racket you can find (graphite is the lightest we know). The **racket grip** should not be too big (the player will need to be able to hold the racket when it is hit by the ball). The smallest grip size is preferable. As with all sports, fingernails should be kept short (girls, watch long nails when holding the grip; they could cut into your hand while holding the racket during play). The **racket size** can be determined by gripping the racket at your side and allowing it to hang down. The racket tip should hang down to your ankle (approximately) but not touch the ground.



2. Tennis Shoes

Must wear an athletic shoe—no loose or floppy shoes, no boots or open toed footwear. Your shoe should be lightweight and grip the court well. Padded booties/socks are recommended for cushioning.



3. Tennis Balls

Each player (ages 8 & up) will need one new (sealed) can of balls; put your name on each ball. Do not open the ball containers until you are ready to play as this will cause the balls to go “dead” sooner. Players, age 2 to 7 call for ball size.



4. Water

Each player will need plenty of water. So make sure you bring it to each practice, 32 oz or bigger!



5. T-Shirt or Sweatshirt & Shorts or Sweat Pants



Wear your PSP Sports t-shirts if you have one or wear a loose fitting tee shirt. Must be modest (see dress code)! Do not wear any kind of jeans. Wear loose-fitting clothing. Shorts must be below the knee (see dress code)!

6. Tennis is for the family—kids & adults

\$55.00 per player (pre-registration is \$50 thru 4/26/16) - 4 years thru college; 3 and under - half price. \$5 discount per player for membership in CHEA, HSLDA, & supporting FPM (\$40 annually-minimum). For ages 7 and under one parent must participate with their child(ren). Parents/Grandparents are free. **Registration/Orientation is Friday, May 13 at 5:30 pm**, Apple Valley Country Club, 15200 Rancherias Road, Apple Valley (enter off of Rancherias and drive to the back of the parking area).

Registration

5:30 pm

Lessons

6 – 8 pm

May 13

Friday

Lessons

6 – 8 pm

May 17

Tuesday

Lessons

6 – 8 pm

May 20

Friday

Games

6 – 8 pm

May 24

Tuesday

Games

6 – 8 pm

May 27

Friday