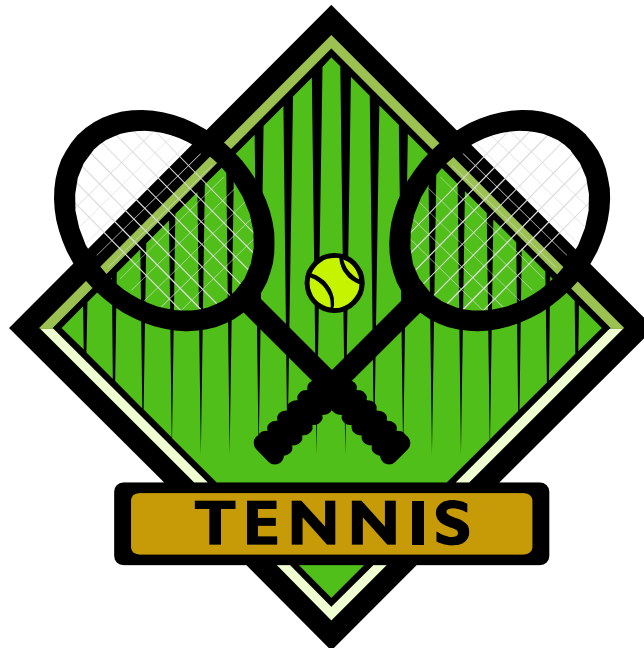


Kentlands Tennis Program



2018 Tennis Guide

The Kentlands Tennis Staff

Meet the Director, Marna Katzel

Marna Katzel, Kentlands Tennis Director and Head Tennis Professional, is a United States Professional Tennis Association Instructor, Elite Professional Level with more than 25+ years of teaching experience. Marna was a nationally ranked collegiate player in both Singles and Doubles. During her college playing career at William Paterson University she was awarded the All Eastern Conference Award. Marna has won many tournaments, including the New Jersey State Indoor Championship. Marna has taught juniors and adults at nationally recognized tennis camps and has coached many novices at private clubs in preparation for High School and College level competition. She has also guided her own children through successful junior and collegiate careers. In addition, she taught at Montgomery College in Germantown, Maryland and is currently teaching at The TennisPlex in Boyds, Maryland. Both adult and junior tennis players benefit greatly from Marna's expertise, teaching style, and experience.

Elite Professional

To become an Elite Professional, a USPTA member must be at least 22 years old, pass the written Elite exam, which covers business, programming, sport science and tennis operations, Elite stroke analysis exam and the Elite-level on-court exams. In addition, members must earn 16 specialty courses and 24 APC credits. Elite Professionals are required to earn 6 credits every three years to maintain their membership. This is the highest tested rating possible and is achieved by scoring in the 90th percentile on the USPTA Certification Exam.

Meet the Assistant Tennis Professional, Daryl Graham

ACE Certified Personal Trainer, CPR/AED Certified

2014-Present: Tennis Coach at Kentlands

Clarksburg Sports Association Tennis Commissioner from '08-'14

Tennis pro at Quince Orchard Swim and Tennis from '07-'14

Meet the Assistant Tennis Professional, Mehmet Yargici

USPTA Certified Instructor

2015-Present: Tennis Coach at Kentlands

Active in Tennis since 1991 as Coach, Instructor, Team Captain and Trainer.

2009 – present: Tennis Instructor,
City of Rockville, Recreation Department

2008 – 2014: Tennis Instructor,
MNCPPC, Cabin John

2007 – 2008: Team Captain,
Montgomery County Adult League

1991 – present: Instructor, Private Tennis classes - All ages, All levels

1991 – 1994: Team Captain, Coach, Trainer,
Interclub League, Swiss Bank Corporation,
Zurich, Switzerland

Meet the Assistant Tennis Professional, Corlyn Krinsky

Corlyn is a USPTA Certified Recreational Coach for youth 10 & under. She teaches the Tiny Tots, Munchkins, and Champs classes with Daryl in the Kentlands and is excited to return this spring and summer. Corlyn has played singles and doubles at the collegiate level, and also on a variety of USTA teams for the past 15 years. In addition, she has worked as a Community Outreach Coach for the Junior Tennis Champions Center (JTCC) in College Park, introducing tennis to at-risk and underserved youth at community sites in the DC area.

Customized Teaching Programs

Private Lessons: Private lessons let you learn one-on-one with a teaching professional while accommodating your busy schedule. Classes are offered for beginner, intermediate, and advanced players. The cost for private lessons is \$72 per hour with The Kentlands Head Professional, \$70 per hour with the Assistant Pro. Half-hour lessons are also available with the Head Professional and the Assistant Pro for \$38 and \$37, respectively.

Semi-Private Lessons: Semi-private lessons offer players of all levels the chance to continue individualized instruction for about half the cost of a private lesson. Bring a friend or get paired up with a player of comparable skill. The cost for a semi-private lesson is \$80/hr. (\$40/person) with Marna and Assistant Professionals.

Cancellation policy-private& semi- private lessons: 100% refunds will be given if a 48-hour notice is given, 24 hour and same day cancellation result in a 50% charge of the private/semi private lesson fee. Payment is expected either in advance or after the lesson is given. Special circumstances do occur and the Tennis Director will decide enforcement of these policies.

Clinics: Clinics consist of three or more people and are geared to all levels of play. You can improve your tennis game in the company of players with similar talent. Clinics enable each player to fully utilize his or her natural abilities while still receiving personalized individual attention while in a group setting. Clinics emphasize drills and incorporating the drills into competitive situational play. Clinics are a *great value* at \$27 per hour! Shop and compare our rates to other area clubs!

Tennis Class Descriptions

The following tennis classes will be taught by the Head Tennis Professional, Director Marna Katzel, and/or one or more of her Assistant Tennis Instructors.

Juniors

Tiny Tots (Ages 3-4): Youngsters are introduced to the very fundamentals of tennis in a "mini-court" setting. Two instructors provide "hands-on" teaching to ensure a fun-filled, positive environment for each class. Rackets and additional teaching equipment are provided. The Quick Start tennis format of lower nets and larger foam balls are utilized. Each class is 30 minutes long. Price: \$12/class

Munchkins (Ages 5-6): This junior program is designed for fun while students continue to gain confidence learning proper stroke techniques. We work on racket control, timing, and agility in the short court setting. Greater success is achieved while using transition balls, shorter (youth) rackets and learning on a smaller court. Rackets will be provided if needed. Come join the fun! Each class is 30 minutes long. Price: \$12/class

Champs (Ages 7-10): This class teaches all facets of the game. The children continue to learn the basics of all the strokes and play point-based games. Making tennis the "game of a lifetime" can start here. Roddick, the Williams sisters, and Agassi all played in this age group! Price: \$27/class

Custom Class (Ages 8-12): This special class was created to pool accelerated players together that exhibit a talent and seriousness for the game. Advanced drills and techniques are taught in this specialized class. Recommendation into this class is necessary. Price: \$27/class

Future Stars (Ages 11-13): It's still fun, but the learning gets more serious. All strokes are taught, analyzed, and perfected with consistency and precision. Come join in the excitement! This is the time to start mastering and refining strokes if you want to be a strong contender for your High School tennis team. The time is now! Price: \$27/class

Rising Star Program (Ages 14-18): These classes are for both experienced and inexperienced juniors. Classes can be taught at an introductory level for those novices new to tennis even in this older junior age group. Plenty of teenagers would be surprised how fast they could learn tennis by just transferring their natural athletic skills and abilities from other sports and applying them to the tennis court! Each junior receives a personalized game analysis. Price: \$27/class

PreTeam (10-year-old and under)

Looking for players 10 years old and under to compete against other local area tennis clubs. Players will learn how to play tennis matches under parental supervision in a fun and light-hearted way. Matches are on Sundays from 6 pm-8 pm starting in June and runs through July. Children must be enrolled in our weekday tennis classes and attend our Saturday 4 pm – 5:30 pm practices. Please call Marna at 301-540-8766 for questions and registration.

Junior Team Tennis

Calling for all interested players 10 yrs. old and above to compete on the Kentlands junior tennis team where we will be competing against other local clubs! Players should already know how to sustain a few rallies and have the basic skills of hitting volleys, overhead smashes, and serves. Prospective players must be enrolled in the children's classes or private lessons to maintain and enhance their skills throughout the playing season. Matches will be held on weekdays during the summer and parental assistance will be needed for transportation and supervision. Please call Marna at 301-540-8766 for questions and registration.

Adult Program

Beginner Adult - This class is designated for students who have never played tennis. Students learn warm up exercises; how to properly grip the racket, basic stroke techniques for forehands, backhands, volleys, overheads, and serves.

Advanced Beginner Adult - This level continues building on stroke development and mechanics. Students learn the different rules between singles and doubles and how to keep score.

Intermediate Adult - More technical aspects of stroke production are taught, such as topspin and slice. This level works on more advanced techniques, drills, tactics, and strategy. Drills and games will be faster paced to accommodate players who already possess match experience.

Doubles Strategy - Teams learn how to play higher percentage tennis by learning proper positioning and improved anticipation. Students will gain a greater understanding and confidence of the different angles and geometry of the court after running through many play based situational drills.

Parent-Child - Share some fun and special time with your child learning the fundamentals of tennis together. Play will be made easy using the soft transitional balls to enhance the skills and confidence of each child. Children and parents run through basic practice drills and sometimes compete with each other for consistency and targeting contests!

Now in our 13th year at the Kentlands-Cardio Tennis! The Kentlands is an Official Cardio Tennis Site

1. What is Cardio Tennis?

Cardio Tennis is a fun group activity featuring fitness, sprint and running drills, shadow swinging drills and live ball drills offering players a great cardio workout. It includes a warm-up, cardio workout, and cool down phases. If you want to find a healthy new way to get in shape and to burn lots of calories in one-hour, Cardio Tennis is the class for you.

2. What are the major benefits of Cardio Tennis?

Participants consistently elevate their heart rates into their aerobic training zone. You can burn more calories than playing a game of singles or doubles in this action-packed class. You get short cycles of high intensity workouts and periods of rest, almost like interval training. It is a fun group activity where players of all abilities enjoy tennis together. While you are "playing" tennis, the primary focus is on getting a great workout.

Kentlands Spring & Summer 2018 Tennis Lessons: Schedule & Charges

All participants must register and pay one week in advance for each session. Please check desired class(es) and mail your registration and payment to Marna Katzel at 18415 Ashmeade Road, Boyds, MD 20841. You can also contact Marna at 301-540-8766 or marnatennis@yahoo.com

*Tennis attire and sneakers are required.

Session I: April 16 - May12

***Please Note: Session 1 Junior classes meet only 1/week**

Tiny Tots (3-4 yrs. old)	Monday	4:00-4:30 pm	\$48
Munchkins (5-6 yrs. old)	Monday	4:30-5:00 pm	\$48
Champs (7-10 yrs. old)	Monday	5:00-6:00 pm	\$108
Custom Class (8-12 yrs. old) (Advanced)	Monday	6:00-7:00 pm	\$108
Beginner Adult	Monday	7:00-8:30 pm	\$162
Future Stars (11-13 yrs. old)	Tuesday	4:00-5:00 pm	\$108
Rising Stars (14-18 yrs. old)	Tuesday	5:00-6:00 pm	\$108
Advanced Beginner Adult	Wednesday	7:00-8:30 pm	\$162
Parent/Child (7-10 yr. old)	Thursday	6:00- 7:00 pm	\$108
Intermediate Adult	Thursday	7:00-8:30 p.m.	\$162
Cardio Tennis	Saturday	9:00-10:00 a.m.	\$80
Doubles Strategy	Saturday	10:00-11:00 a.m.	\$108

Session II: May 14 - June 9

***No classes on Saturday, May 26 & Monday, May 28 -
Memorial Day Holiday**

Tiny Tots (3-4 yrs. old)	*Mon. & Wed.	4:00- 4:30 pm	\$84
Munchkins (5-6 yrs. old)	*Mon. & Wed.	4:30- 5:00 pm	\$84
Champs (7-10 yrs. old)	*Mon. & Wed.	5:00- 6:00 pm	\$189
Custom Class (8-12 yrs. old) (Advanced)	*Mon. & Wed,	6:00-7:00 pm	\$189
Beginner Adult	*Monday	7:00-8:30 pm	\$121.50
Future Stars (11-13 yrs. old)	Tues. & Thur.	4:00- 5:00 pm	\$216
Rising Stars (14-18 yrs. old)	Tues. & Thurs.	5:00- 6:00 pm	\$216
Parent/Child (7-10 yr. old)	Tues. & Thurs	6:00-7:00 pm	\$216
Advanced Beginner Adult	Wednesday	7:00- 8:30 pm	\$162
Intermediate Adult	Thursday	7:00- 8:30 pm	\$162
Cardio Tennis	*Saturday	9:00-10:00 am	\$60
Doubles Strategy	*Saturday	10:00-11:00 am	\$81

Session III: June 11 - July 7

***No classes on Wednesday, July 4th - Independence Day Holiday**

Tiny Tots (3-4 yrs. old)	*Mon. & Wed.	4:00- 4:30 pm	\$84
Munchkins (5-6 yrs. old)	*Mon. & Wed.	4:30- 5:00 pm	\$84
Champs (7-10 yrs. old)	*Mon. & Wed.	5:00- 6:00 pm	\$189
Custom Class (8-12 yrs. old) (Advanced)	*Mon. & Wed.	6:00-7:00 pm	\$189
Beginner Adult	*Monday	7:00-8:30 pm	\$162
Future Stars (11-13 yrs. old)	Tues. & Thurs.	4:00- 5:00 pm	\$216
Rising Stars (14-18 yrs. old)	Tues. & Thurs.	5:00-6:00 pm	\$216
Parent/Child (7-10 yr. old)	Tues. & Thurs.	6:00- 7:00 pm	\$216
Advanced Beginner Adult	*Wednesday	7:00- 8:30 pm	\$121.50
Intermediate Adult	Thursday	7:00- 8:30 pm	\$162
Cardio Tennis	Saturday	9:00-10:00 am	\$80
Doubles Strategy	Saturday	10:00-11:00 am	\$108

Session IV: July 9 - August 18 (six weeks)

Tiny Tots (3-4 yrs. old)	Mon. & Wed.	4:00- 4:30 pm	\$144
Munchkins (5-6 yrs. old)	Mon. & Wed.	4:30- 5:00 pm	\$144
Champs (7-10 yrs. old)	Mon. & Wed.	5:00- 6:00 pm	\$324
Custom Class (8-12 yrs. old) (Advanced)	Mon. & Wed.	6:00-7:00 pm	\$324
Beginner Adult	Monday	7:00-8:30 pm	\$243
Future Stars (11-13 yrs. old)	Tues. & Thurs.	4:00- 5:00 pm	\$324
Rising Stars (14-18 yrs. old)	Tues. & Thurs.	5:00-6:00 pm	\$324
Parent/Child (7-10 yr. old)	Tues. & Thurs.	6:00- 7:00 pm	\$324
Advanced Beginner Adult	Wednesday	7:00- 8:30 pm	\$243
Intermediate Adult	Thursday	7:00- 8:30 pm	\$243
Cardio Tennis	Saturday	9:00-10:00 am	\$120
Doubles Strategy	Saturday	10:00-11:00 am	\$162

2018 Tennis Class Enrollment Form



All participants must register and pay one week in advance for each session. Please mail your registration and payment to Marna Katzel at 18415 Ashmeade Road, Boyds, MD 20841. You can also contact Marna at 301-540-8766 or marnatennis@yahoo.com

*Tennis attire and sneakers are required.

Class(es) Selection: _____

Total Amount \$ Enclosed: _____

Name _____

Address _____

City _____ State _____ Zip _____

Email: _____

Daytime Phone _____ Evening Phone _____

2018 Kentlands Spring/Summer Tennis Events



To register for events, please contact Marna Katzel, Director of Tennis at marnatennis@yahoo.com or 301-540-8766. Registration deadline is one week before the date of each event.

May

May 19 (Saturday)-Kentlands Opening Day for Children. Free tennis clinics from 10:00 a.m.-1:00 p.m. For Juniors 3-6 yrs. old (10:00-11:00 a.m.), 7-10 yrs. old (11:00 a.m-12:00) and 11 yrs. old and above (12:00-1:00 pm)

May 20 (Sunday)-Kentlands Opening Day for Adults. Free tennis clinics from 4:00-6:00 pm. Come out to the courts to enjoy some exciting tennis drills and fun games!

July

July 14 (Saturday) - Member/Guest Tennis Round Robin 3:00-6:00 pm at the Kentlands Tennis Courts, Residents are invited to bring their guests for some fun in the afternoon sun! Teams will play 4 games/round. Trophies will be awarded to the winning team! Meeting Place- Court #3!

2018 Kentlands Tennis League Information



Leagues offered for play for this year's season:

- **Mixed Doubles**
- **Men's and Women's Doubles**
- **Women's Doubles (Beginner Level)**
- **Men's Singles and Women's Singles**

Description: Each team or individual will play at least 6 matches in a 5-month period. This will allow for vacations and inclement weather. The league will begin on May 1st and all matches must be played by October 31st, 2018. All players must be able to commit and fulfill their obligation to the league by completing their entire match schedule(s) with their listed opponents. The winners and runner up winners will receive prizes at the end of our playing season. Please don't forget to let me know if you need a partner for doubles, as I will do my best to find you one.

All participants must register and pay in advance for each league selected. Each league is \$20/person/league or \$40/team/league. Please check or circle the desired league(s) and list partner names; and mail your registration and payment to Marna Katzel at 18415 Ashmeade Road, Boyds, MD 20841. You can also contact Marna at 301-540-8766 or marnatennis@yahoo.com

Kentlands Tennis League Registration Form

- Men's Singles
- Men's Doubles
- Women's Singles
- Women's Doubles
- Women's Doubles (Beginner Level)
- Mixed Doubles

Total Amount \$ Enclosed: _____

Name _____

Address _____

City _____ State _____ Zip _____

Email: _____

Daytime Phone _____ Evening Phone _____

Partner Information

Name _____

Address _____

City _____ State _____ Zip _____

Email: _____

Daytime Phone _____ Evening Phone _____

2018 Kentlands Tennis League Match Rules and Tennis Engine Overview

Each team or individual will play their matches in a 5-month period. This will allow for vacations and inclement weather. Each team or individual must play all their scheduled matches as listed in the round robin format. It does not matter in the order that the matches are played. Any missed matches that are not played by the October 31st time frame will result in a forfeit for that player or team. All disputes and special case situations will be determined by the league coordinator. Substitute players for doubles must get the approval from the league coordinator before match play can commence. The league will begin May 1st and all matches must be played by October 31, 2018. Each team or individual is required to bring a fresh can of tennis balls to each match with the winners keeping the new can of tennis balls.

Court time may be reserved at the Kentlands Clubhouse (301-948-2071) if you and/or your opponent is a Kentlands resident. Matches may be played at other local courts if necessary or if one of the players is a Lakelands resident, match play can be played there as well. All scores must be reported to Marna via email marnatennis@yahoo.com and/or report them to the Tennis Engine. The winners of each league will receive gift cards at the end of our playing season.

Scoring: Warm-up is 10 minutes. Each individual match shall be the best of 2 sets with regular scoring. A 12-point tie breaker will be used at 6 games all to determine the winner of each set. The 12-point tie breaker is the first player or team to win 7 points by a 2-point margin. For example: (7-0, 7-2, 7-5, 8-6, 10-8, etc.). In the event of splitting sets or when each player/team wins a set each, please again reinforce the 12-point tie breaker to determine the match winner.

*All players who have signed up for League play have committed themselves (except for the case of injury or personal matters) to play all intended matches. It is your responsibility to honor your commitment and to play your matches in a timely fashion. Please answer and return emails/phone calls for request of match play within a 24-48-hour timeframe. A non-response can result in a forfeiture of the match by the league administrator. Players are responsible for reporting all match play by email to marnatennis@yahoo.com and/or reporting match scores to Tennis Engine. Any questions, please call Marna at 301-540-9649. Please see example below.

TennisEngine.com

The Tennis Engine is an internet-based ladder system for tennis clubs and organizations or any group of tennis enthusiasts. Any club in the world that has web access can set up a league!

Similar to a traditional tennis ladder, the league is ongoing and matches are set up and played by league members at their convenience.

Access to the internet is required only for the **League Administrator** (usually a club pro or manager). A password-protected area allows the League Administrator to set up new leagues, edit league stats, add new players, enter matches, and distribute league-wide email.

Players are not required to have internet access, but those who do will enjoy some great features. Any player can go online to enter match results or get an update on other matches played. Since the rankings are continually updated, players get **instant feedback** on how the latest matches have affected the rankings! Players may also strategize online over player profiles, stats, and match histories.

Sample email sign-up generated from tennisengine

Marna Katzel (marnatennis@yahoo.com), your league administrator, has added you to the Kentlands - men's doubles league.

Please go to www.tennisengine.com to fill in some additional info to complete your registration.

Enter your username and password at the member login area:

Your Username: BruceK

Your Password: BK561825

On your personalized page you can view the league rankings and the latest match results. Plus, you can enter your own match results and see the effect on the rankings immediately. You can click the profile button beside any member to see their entire match history. You can also update your own profile and change your username & password. The rankings are based on all league matches played, in the order they are played.

Enjoy,
The Tennis Engine