



Club/Junior Member: \$1462

THE RALEIGH RACQUET CLUB

SPRING ACADEMY 1 TRAINING

April 3, 2023-June 11, 2023 (10 WEEKS)

MONDAY-FRIDAY: 4:00 PM-6:00 PM | TENNIS TRAINING

RRC Academy 1 is designed to prepare our students for a successful transition into the RRC Academy 2 training program. The Academy 1 training regimen will mirror the RRC Academy training program.

RRC ACADEMY 1 TRAINING

- Various drills to improve ball striking ability, movement, shot selection, + shot tolerance
- Fitness, mental training, and goal-setting

REQUIREMENTS

- Must regularly attend a minimum of 8 hours per week of group training
- Must play a minimum of 10 tournaments per year
- Must be a Club or Junior member of RRC
- Must be 12 years old and under
- Returning students must participate in one session of Academy 1 prior to attending Academy 2

CLINIC INFORMATION

For clinic information and to set up a try-out contact
nic@rrctennis.com

MEMBERSHIP INFORMATION

For membership inquires contact jack@rrctennis.com

POLICIES

- Full payment is required with completed enrollment by Academy 1 Director, Nic Heavener
- Fee is non-refundable with the exception of medical issues
- Make-ups are allowed, but must be approved. Please contact Nic at nic@rrctennis.com
- Tennis Professionals have the right to change the participants class if they are enrolled in a clinic that is not suitable to their level
- By registering online, registrant understands and accepts that he/she is taking tennis lessons at his/her own risk. Registrant hereby expressly waives any claim of liability against the Raleigh Racquet Club, and staff for any personal injury, premises liability or other damages which occur to registrant during the above described tennis lessons.



THE RALEIGH RACQUET CLUB

SPRING ACADEMY 2 TRAINING

April 3, 2023-June 11, 2023 (10 WEEKS)

MONDAY-FRIDAY: 4:00 PM-6:00 PM | TENNIS TRAINING
TUES-THURSDAY: 6:00 PM-7:00 PM | FITNESS TRAINING

RRC Academy 2 is designed to prepare our students for a successful transition into the RRC Academy training program. The Academy 2 training regimen mirrors the Academy 3 training program.

RRC ACADEMY 2 TRAINING

- Various drills to improve ball striking ability, movement, shot selection, + shot tolerance
- Fitness, mental training, and goal-setting
- Regular fitness training (please bring a bag with a jump rope, yoga resistance band, yoga mat, and rope).

REQUIREMENTS

- Minimum of 3.0 singles UTR
- Must regularly attend a minimum of 10 hours per week of group training (including fitness)
- Must regularly attend a minimum of 2 fitness sessions per week
- Successful completion of our fitness test
- Must play a minimum of 10 tournaments per year
- Must be a Club or Junior Member of RRC
- Returning students must participate in one session of Academy 2 prior to attending Academy 3

Club/Junior Member: \$1781

CLINIC INFORMATION

For clinic information and to set up a try-out contact
andrea@rrctennis.com

MEMBERSHIP INFORMATION

For membership inquires contact jack@rrctennis.com

POLICIES

- Full payment is required with completed enrollment by Academy 2 Director, Andrea Terrill
- Fee is non-refundable with the exception of medical issues
- Make-ups are allowed, but must be approved. Please contact Andrea at andrea@rrctennis.com
- Tennis Professionals have the right to change the participants class if they are enrolled in a clinic that is not suitable to their level
- By registering online, registrant understands and accepts that he/she is taking tennis lessons at his/her own risk. Registrant hereby expressly waives any claim of liability against the Raleigh Racquet Club, and staff for any personal injury, premises liability or other damages which occur to registrant during the above described tennis lessons.



THE RALEIGH RACQUET CLUB

SPRING ACADEMY 3 TRAINING

April 3, 2023-June 11, 2023 (10 WEEKS)

MONDAY-FRIDAY: 4:00 PM-6:00 PM | TENNIS TRAINING

MONDAY-THURSDAY: 6:00 PM-7:00 PM | FITNESS TRAINING

RRC Academy 3 is designed to prepare our students for the highest level of competition and college tennis.

RRC ACADEMY 3 TRAINING

- Various drills to improve ball striking ability, movement, shot selection, + shot tolerance
- Fitness, mental training, and goal-setting
- Regular fitness training (please bring a bag with a jump rope, yoga resistance band, yoga mat, and rope).

REQUIREMENTS

- Must be a 4.5 UTR or above
- Must regularly attend a minimum of 10 hours per week of group training (including fitness)
- Must regularly attend a minimum of 2 fitness sessions per week
- Successful completion of our fitness test
- Must play a minimum of 10 tournaments per year
- Must be a Club or Junior Member of RRC
- Returning students must participate in one session of Academy 2 prior to attending Academy 3

Club/Junior Member: \$1885

CLINIC INFORMATION

For clinic information and to set up a try-out contact
Eric@rrctennis.com

MEMBERSHIP INFORMATION

For membership inquires contact jack@rrctennis.com

POLICIES

- Full payment is required with completed enrollment by Academy 3 Director, Eric Bratt
- Fee is non-refundable with the exception of medical issues
- Make-ups are allowed, but must be approved. Please contact Eric at eric@rrctennis.com
- Tennis Professionals have the right to change the participants class if they are enrolled in a clinic that is not suitable to their level
- By registering online, registrant understands and accepts that he/she is taking tennis lessons at his/her own risk. Registrant hereby expressly waives any claim of liability against the Raleigh Racquet Club, and staff for any personal injury, premises liability or other damages which occur to registrant during the above described tennis lessons.