



Mansion House Club Tennis

The Mansion House Tennis Program is ready for a great 2022 season! All tennis classes and programs this year will be staffed by **SMASH TENNIS NOVA**.

Welcoming back Coaches Michael Cable and Sam Morgan!

Michael Cable and Sam Morgan will be sharing the role as head tennis coach for the 2022 summer season!

Sam is homegrown from Mansion House where he played on the team for 10 years! He is now a fully qualified tennis coach (PTR) as well as having USTA Net Generation Certification. He has been part of the Radford University Club team this past year after playing USTA tennis in the Mid Atlantic Region. Before joining Smash Tennis in 2021, Sam was an assistant coach with Blue Chip Tennis for 2 years. Sam was Captain of the Mount Vernon High School Tennis Team from his Sophomore year, achieving success for new players at district level.

Michael Cable, the Director of Smash Tennis Nova, is returning to us to coach both the HP and adult clinics. He successfully built up the tennis program at Mansion House for 2 years moving our team to greater success in the MVTL. Michael played for Robinson High School, before going on to play at the NCAA Division 3 school Bridgewater College where he was selected to all conference teams as well as being regionally ranked in doubles as a top 20 team. He holds a Professional Level certification from the Professional Tennis registry in Performance Development as well as a Master Racquet Technician certification from the United State Racquet Stringers Association. Michael has completed several courses in the Spanish Tennis method as well as attended the PTR International Symposium.

Registration: You can register online at the MHC website <https://mansionhouseclub.wildapricot.org/events-calendar>. Please see the Tennis Home page on the MHC website for updated information and details!

Adult Tennis Classes Offered Again This Summer!

Thursday evenings (June 16, 23, 30 and July 7, 14.)

\$75 for 5 weeks! Stroke of the Week 6-7 p.m. and Cardio Tennis 7-8 p.m.

*Must have at least 4 registered participants per class.

Due to high demand last year we will also be offering classes on Monday evenings (June 13, 20, 27 and July 11, 18.)

*Must have at least 4 registered participants per class.

VOLUNTEERS NEEDED! – We are looking for people to help assist the tennis program this year. **Contact Kitty Morgan for more info 703-328-9746 tennisrep@mansionhouseclub.com**

MHC Youth Tennis Program Descriptions

8 and Under—Ages 4-6: Red Ball 1

\$200 summer (Program Code: U8 4-6)

The newest players will learn tennis tailored to their size and age. This class will focus on developing fundamental athletic skills associated with the basic strokes of tennis. Special balls, nets, and court dimensions will be used to ensure everyone has fun and learns the fundamentals.

8 and Under—Ages 6-8: Red Ball 2

\$200 summer (Program Code: U8 6-8)

This is for the beginning younger player, but also serves as a continuation of U8 (age 4-6). This class still uses special balls and smaller court dimensions, but has some additional drills and games for the younger players that need a little more of a challenge.

Performance I—Ages 9+: Orange Ball

\$240 summer (Program Code: P-I)

For the beginner youth tennis player looking to learn the strokes, mechanics, and general footwork.

Performance II—Ages 9+ (with instructor approval): Green Ball

\$240 summer (Program Code: P-II)

For the intermediate youth tennis player looking to learn regular match play, along with basic and more advanced stroke play and footwork. Possible match play experience with local pools Wednesday mornings and Sunday afternoons.

High Performance—Ages 9+(with instructor approval): Yellow Ball

\$240 summer (Program Code: HP)

Intensive drills and match play for the advanced player. Match play with other local pool/tennis clubs in the MVCT league on Wednesday mornings and Sunday afternoons.

**2022 Mansion House Club Tennis Program
Schedule of Events**

Meet the Coach - Monday, May 30th 4 - 6 p.m.

Adult Tennis: Thursdays (5 weeks – June 16, 23, 30 and July 7, 14.) and

Mondays (5 weeks – June 13, 20, 27 and July 11, 18.)

Must Have at Least 4 Registered Participants

6:00 – 7:00 p.m. (Stroke of the Week – All Levels)

7:00 – 8:00 p.m. (Cardio Tennis – All levels)

Team Match dates Wednesday Mornings and Sunday afternoons TBC

Week #1 – From June 1 : Introduction classes - Afternoons

Wednesday June 1

Red Ball 1 - 4:00 - 4:45 p.m., Red Ball 2 - 5:00 – 5:45 p.m., Orange Ball - 6:00 - 7:00 p.m.,

Thursday June 2

Green Ball - 5:00pm to 6:00pm, HP - 6:00 - 7:00 p.m.

Week #2 –June 6 Afternoon Classes

Monday 6/6/22 and Wednesday 6/8/22 Classes

Red Ball 1 - 4:00 - 4:45 p.m., Red Ball 2 - 5:00 – 5:45 p.m., Orange Ball - 6:00 - 7:00 p.m.,

Tuesday 6/7/22 and Thursday 6/9/22 Classes

Green Ball - 5:00pm to 6:00pm, HP - 6:00 - 7:00 p.m.

Week #3 – June 13: Morning Classes

M, T, Th Classes

Red Ball 1 (8-8:45) Red Ball 2 (9-9:45) Orange Ball (10 -11)

Green Ball (11 -12) Yellow Ball (12-1)

Week #4 – June 20: Morning Classes

M, T, Th Classes

Red Ball 1 (8-8:45) Red Ball 2 (9-9:45) Orange Ball (10 -11)

Green Ball (11 -12) Yellow Ball (12-1)

Week #5 – June 27: Morning Classes

M, T, Th Classes Q1 (8-8:45) Q2 (9-9:45) P1 (10 -11) P2 (11 -12) HP (12-1)

Week #6 – July 4: Morning Classes No Class July 4th

T, Th Classes Q1 (8-8:45) Q2 (9-9:45) P1 (10 -11) P2 (11 -12) HP (12-1)

Week #7 – July 11: Morning Classes

M, T, Th Classes Q1 (8-8:45) Q2 (9-9:45) P1 (10 -11) P2 (11 -12) HP (12-1)

Thursday July 14: Team/Individual Picture Day

Week #8 – July 18 Morning Classes

M, T, Th Classes Q1 (8-8:45) Q2 (9-9:45) P1 (10 -11) P2 (11 -12) HP (12-1)

***MHC End of Season Ice Cream Social July 24**

***End of Season Round Robin Tournament TBD**