



UNITED STATES TENNIS ASSOCIATION

To promote and develop the growth of tennis.

QuickStart Tennis Workshop

The Recreational QST Workshop is a 3-hour, interactive, on-court training that provides an overview of the QST format. The Workshop is about helping children learn and develop the skills necessary to play tennis.

QuickStart Tennis (QST) is an exciting new play format for learning the game, designed to bring kids into tennis by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size. It's the fast, fun way to get kids into tennis...and keep them playing.

WHEN: Saturday, May 2, 2009 1 PM – 4 PM

WHERE: ALBANY TENNIS CLUB, RIDGEFIELD PARK

SIENA COLLEGE indoor tennis courts

Cost: \$10. Registration Due: at the Workshop

The Workshop is open to tennis teachers, recreational coaches, parents, volunteers, and anyone interested in learning about QST. It will cover the QST format, court setup, play situations and games, delivery of the Recreational QST Practice Plans, organizing and coaching a team match, and characteristics of a good coach. The Workshop will be conducted by a National QST Specialist, and all attendees will receive the QST Recreational Practice Plans and a Participant Manual.

Albany Tennis Club is located in Ridgefield Park, 316 Partridge Street, Albany, 12208. In case of rain, the Workshop will take place indoors at Siena College, 515 Loudon Road, Loudonville, 12211.

RSVP: Ed Mashmann 518-928-7507 or emashma1@nycap.rr.com

Please make checks out to "Albany Tennis Club" and mail to:

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