

UPPER SADDLE RIVER RECREATION

www.USRToday.org USRRecreation@aol.com phone: 201-327-3634



2023

ADVANCED SUMMER TENNIS PROGRAM

AFTERNOONS AT Wickersham Tennis Courts – Reynolds School

NEW PROGRAM 10 hrs of quality training to accelerate your match play to the next level.
Monday Tuesday and Thursday 1pm - 3pm Wednesday 1pm - 5pm

FEE: \$450 PER WEEK Payable to “USR Recreation Commission”

REGISTRATION BY MAIL or DROPP OFF AT BORO: 376 W. Saddle River Rd, Upper Saddle River, NJ 07458

COACH SHARON MATTIACE and **COACH JUSTIN HOGH ZERMANI** will work side by side with the players promoting

- **MENTAL STRATEGY** : Cognitive strategy is taught and learned through trial and error and needs to be remembered mentally and through muscle memory for the best outcome possible as situations unfold in split seconds.
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- **STAMINA** : Mental and physical ability to sustain the duration of each match
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- **ENDURANCE** : The body’s physical capability to sustain the duration of a match with strong cardiovascular and muscular support.
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- **GREAT PROGRAM FOR GIRLS AND BOYS TO CONDITION FOR HIGH SCHOOL TENNIS TRY-OUTS AND ALL LEVELS OF TOURNAMENT PLAY.**
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Rain Dates Fridays *Coach Sharon OR Coach Justin will text (given cell #) for rain delays and times*

You can also request to follow coach Sharon private instagram “coach_shas_ace” for photos and information

Please complete the following information

Mark with X
week

1- JUNE	26, 27, 28, 29	(max 20)	1 _____	\$450
2- JULY	3, 5, 6, Friday 7	(max 20)	2 _____	\$450
3- JULY	10, 11, 12, 13	(max 20)	3 _____	\$450
4- JULY	17, 18, 19, 20	(max 20)	4 _____	\$450
5- JULY	24, 25, 26, 27	(max 20)	5 _____	\$450
6- August	July 31, 1, 2, 3	(max 20)	6 _____	\$450
7- August	7, 8, 9, 10	(max 20)	7 _____	\$450
8- August	14, 15, 16, 17	(max 20)	8 _____	\$450

TOTAL \$ _____

Name: _____ Age: _____

Address: _____ Cell Phone: (____) _____

Email (print clearly): _____

Signature: _____

Note: I am signing for above participant whom is in good physical condition and has no illness or other condition that would preclude them from participating in this tennis program.

For more information please call the USR Recreation Department at 201-327-3634 or USRRecreation@aol.com
Mail registration and check to: 376 West Saddle River Rd, Upper Saddle River, NJ 07458