

821 November Schedule

November 2024	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1.	2. 8:00 AM Fundamentals Groundstroke Basics 9:00 AM Intermediate Volley Point Play 10:00AM Advanced Volley Overhead Grind
		4. 7:15 AM Intermediate Groundstrokes Balance & Targets 8:15 AM Fundamentals 2.0 Forehand & Backhand Target 9:15 AM: Intermediate Depth & Recovery 5:00 PM Intermediate Backhand Grind	5. 7:15 AM Fundamentals 2.0 Backhand Focus	6. 7:15 AM Intermediate Groundstrokes: Building Points 8:15 AM Fundamentals Backhand Basics 9:15 AM: Intermediate Forehand Grind 5:00PM Cardio Tennis	7. 7:15 AM Fundamentals 2.0 Power, Speed & Point Play	8. 7:15 AM: Intermediate/Advanced Combo – Offense/Defense Groundstrokes	9. NO Clinics Friendsgiving 2024: 3-6pm
GroundStrokes	3. 8:00 AM Fundamentals Forehand Groundstrokes 9:00 AM Intermediate Rally Accuracy & Control 10:00AM Advanced Depth, Pace & Shot Selection						
Volleys + Groundstrokes	10.	11. (Veterans Day)	12.	13.	14.	15.	16.

November 2024	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>8:00 AM Fundamentals</p> <p>Volley Basics</p> <p>9:00 AM Intermediate</p> <p>Volleys & Groundstroke Transition</p> <p>10:00AM Advanced</p> <p>Net Domination & Point Play</p>	<p>7:15 AM Intermediate</p> <p>Volleys and Overhead Point Play</p> <p>8:15 AM Fundamentals</p> <p>Volleys and Overhead Intro</p> <p>9:15 AM: Intermediate</p> <p>Reflex Volley & Point Play</p> <p>5:00 PM Intermediate</p> <p>Volley Control & Placement</p>	<p>7:15 AM Fundamentals 2.0</p> <p>Volley Targets & Point Play</p>	<p>7:15 AM Intermediate</p> <p>Approach Shot and Volley Targets</p> <p>8:15 AM Fundamentals</p> <p>Volleys Point Play/Reflexes w/footwork</p> <p>9:15 AM: Intermediate -</p> <p>Approach Shot and Volley Targets</p> <p>5:00PM Cardio Tennis</p>	<p>7:15 AM Fundamentals 2.0</p> <p>Volley Reflex w/Overheads</p>	<p>7:15 AM: Intermediate/Advanced Combo</p> <p>–</p> <p>Offense and Defense Point Play</p>	<p>8:00 AM Fundamentals</p> <p>Serve Intro</p> <p>9:00 AM Intermediate</p> <p>Groundstrokes & Serves</p> <p>10:00AM Advanced</p> <p>Volleys, Overheads & Serves</p>
Groundstroke, Overheads + Serves	<p>17.</p> <p>8:00 AM Fundamentals</p> <p>Groundstroke & Overhead Basics</p> <p>9:00 AM Intermediate</p> <p>Groundstrokes & Serve Practice/Point Play</p> <p>10:00AM Advanced</p> <p>Full Skill Set Day</p>	<p>18.</p> <p>7:15 AM Intermediate</p> <p>Serves & Rally</p> <p>8:15 AM Fundamentals</p> <p>Groundstroke Basics</p> <p>9:15 AM: Intermediate</p> <p>Groundstrokes & Overheads</p> <p>5:00 PM Intermediate</p> <p>Groundstrokes & Point Play</p>	<p>19.</p> <p>7:15 AM Fundamentals 2.0</p> <p>Serve Basics & Point Play</p>	<p>20.</p> <p>7:15 AM Intermediate</p> <p>Overheads & Games</p> <p>8:15 AM Fundamentals</p> <p>Volley Basics</p> <p>9:15 AM: Intermediate -</p> <p>Groundstrokes & Serves</p> <p>5:00PM Cardio Tennis</p>	<p>21.</p> <p>7:15 AM Fundamentals 2.0</p> <p>Serves & Returns</p>	<p>22.</p> <p>7:15 AM: Intermediate/Advanced Combo</p> <p>–</p> <p>match play w/serves</p>	<p>23.</p> <p>8:00 AM Fundamentals</p> <p>Forehand Basics</p> <p>9:00 AM Intermediate</p> <p>Groundstroke, Volley, Overhead</p> <p>10:00AM Advanced</p> <p>Groundstroke & Attack Focus</p>

November 2024	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Groundstrokes & Point Play	24.	25.		27.			
	8:00 AM Fundamentals	7:15 AM Intermediate		7:15 AM Intermediate			30.
	Grounds Stokes & Game Day	Mixed Drills & Point Play	26.	Groundstroke Targets & Point Play (Julia):	28. Thanksgiving	29.	8:00 AM Fundamentals
		8:15 AM Fundamentals	7:15 AM Fundamentals 2.0	Rally Game Day	No Class	7:15 AM: Intermediate/Advanced Combo	Backhand basics
		Forehand Basics				- Groundstroke & Volley Point Play	
	9:00 AM Intermediate	9:15 AM: Intermediate		8:15 AM Fundamentals			9:00 AM Intermediate
	All Strokes Game Day	Forehand Grind		Forehand Basics (Julia):			Forehand Grind
	10:00AM Advanced	5:00 PM Intermediate		9:15 AM: Intermediate - Groundstrokes, Vo			10:00AM Advanced
	All Strokes Game Day	Rally & Game Day		lleys & Serves (Julia)			Forehand & Volley Grind