

# Fox Chapel RACQUET CLUB



Tennis Program  
2023



# LETTER FROM THE DIRECTOR

## **FCRC Tennis 2023**

The winter season has come to an end now it's time to get back to tennis at FCRC!!! My second season back home couldn't have gone better and I thank everyone for all of your support! Now that I am entering my third season at FCRC, I'm so excited to get back on our beautiful courts. Thank you for the opportunity to lead our wonderful staff at the best club in the area, FCRC!

We are fortunate to have a strong and enthusiastic staff coming to work at FCRC this season. John Kilmer will be returning as our Head Professional and Cam Cohen as our Assistant Head Professional. With a combination of new faces incoming and old returning, FCRC boasts the best staff in the area!

The tennis shop will be stocked with Yonex tennis racquets for adults and juniors, Yonex, SkullU, Xenon pickleball paddles, Fila clothing, and shoes. A wide variety of grips, dampeners, hats, and other tennis accessories, such as tennis balls and pickleballs. Special ordering items will also be available!!

We are looking forward to a fun, action-packed season on the courts!! All weekly clinic information, summer junior program, along with the calendar of events for the season are in the brochure including fun socials, doubles date nights, invitationals, and club championship events.

See you on the courts!

Keith T. Salmon  
Director of Racquet Sports  
Fox Chapel Racquet Club  
860.985.6952(c)  
[keith@foxchapelracquetclub.com](mailto:keith@foxchapelracquetclub.com)



## ***PRO SHOP***

The Pro Shop will be open seven days/week – 8:00 AM until 8:00 PM. The shop may close earlier on weekends depending on the level of activity. It may also close early some days due to rainy weather.

The shop will be stocked with appropriate tennis clothing for kids as well as adults, shoes, racquets, grips, etc. and will also offer racquet stringing. We sell Yonex and Fila products.

Contact the Pro Shop - 412.963.9626

# Tennis for Kids

## Summer Junior Tennis: Monday, June 5- Friday, August 4

To determine what class to attend, use your child's age on the 1st day of summer tennis, Monday, June 5th. Adjustments can be made as the summer goes on based on participation numbers and changes in level of play.

Little Grippers (ages 4-5): Mon, Wed, Fri 11:00am - 11:30am

Freshmen (ages 6-8): Mon-Fri 11:30am - 12:30pm

Jr. Varsity (ages 9-11): Mon-Fri 1:30pm - 2:30pm

Varsity (ages 12 & older): Mon-Fri 12:30pm - 1:30pm

Team (ages 8 & older): Mon-Fri 2:30pm - 3:30pm

### Collegiate (Pro Approval Required To Attend)

- Saturday (2:30pm - 4:00pm)
- Must have earned a spot on varsity tennis team or be approved by Keith
- Drills and point situations will be run with much higher intensity and focus on improving shot-making, footwork, speed and strategy/decision-making within the point
- Participants will have to sign a zero tolerance policy for misbehavior during clinics

### Drop-In Rates:

Little Grippers: \$12/session

Freshmen, Jr. Varsity, Varsity: \$20/session

Collegiate: \$30/session

Team: \$16/session

### Summer Pass Rates:

**All Passes must be purchased by JUNE 4th by noon!**

Little Grippers Pass: \$242 — Covers all Little Grippers Clinics for the summer

Team Pass: \$416— Covers all team practices

Clinic Pass: \$570— Covers all clinics (Freshman, Jr. Varsity, & Varsity)

**\*\*ALL MATCHES WILL BE BILLED SEPARATELY \*\* \$15.00 per match**

\*\*\* 10% discount for each additional pass purchased by same family, the 10% discount will apply to the least expensive pass purchased

***Registration for all Junior Clinic and Team Programs is online.***

***[www.foxchapelracquetclub.com](http://www.foxchapelracquetclub.com)***

**Parent-Child Round Robin Sunday July 16**

**Junior Club Championships Thursday August 10 & Friday August 11**



# Adult Clinics

## Adult Weekly Clinics

Sunday	11:00 am - Noon	2.5-3.0 Mixed
	Noon - 1:00 pm	3.5-4.0 Mixed
Monday	9:30 - 10:30 am	Mixed Beginner Clinic
Tuesday	10:00 - 11:00 am	Mixed Cardio
Wednesday	9:30 - 10:30 am	Mixed Singles Clinic
	5:00—6:00 pm	Mixed Cardio
Thursday	10:00- 11:00 am	Ladies Open Clinic
Friday	9:30— 10:30 am	Mixed Singles Clinic
Saturday	11:00 - Noon	Mixed Cardio
	Noon—1:00 pm	Stroke of the week
	1:00—2:00 pm	Spin to Win

## Adult Clinic Pricing

### 1 hour Clinics

4 + players \$23/hour

3 players \$30/hour

### 1 1/2 hour Clinics

4+ players \$35

3 players \$45

### Ball Machine Rental

\$10—for 30 minutes

\$18—for 1 hour

**\*\* Any open clinics with less than 3 players will be billed as lessons \*\***

**2 Player \$40 pp—1 Person \$80**



# 2023

# Season Calendar

## Special Tennis Events

May 10	Ladies Opening Night 6-7:30 pm
May 15	Men's Opening Night 6-7:30 pm
May 28	Scrambles 9:30 am
June 5	Junior Summer Camp Begins (9 weeks)
June 25	Junior Invitational 10am
July 9	Parent/Child 9:30 am
July 16	Breakfast at Wimbledon
July 23	Davis Cup 8-6 pm
August 4	Tennis Pro Challenge 6:00 pm
August 10	Mixed Junior Club Championship 9:00 am
August 11	Girls and Boys Junior Club Championship 9:00 am
August 13	Women's Invitational 9 –1 pm
August 13	Men's Invitational 2—6 pm

## Tennis Marathon Weekend

August 18	Kick-Off Party 6:00 pm
August 19	Women's and Men's Championships 9:00 am and 1:00 pm
August 20	Mixed Championships 10:00 am

*Sign up and find more information at the  
event calendar at*

*[foxchapelracquetclub.com](http://foxchapelracquetclub.com)*

## Weekly Socials

Monday	6:00—7:30 pm	Men's Night
Wednesday	6:00 -7:30 pm	Ladies Night

## Friday Night Fun - 6:00 pm

May 12	Happy Hour
May 12	Doubles Date Night 6-7 pm
May 19	Happy Hour
June 9	Doubles Date Night 6-7 pm
June 23	Happy Hour
June 30	Happy Hour
July 7	Doubles Date Night 6-7 pm
July 14	Happy Hour
July 21	Happy Hour
July 28	Happy Hour
August 4	Happy Hour
August 18	Tennis Kickoff Event—Pros vs Joes
August 25	Happy Hour
August 25	Doubles Date Night 6-7 pm
Sept 1	Happy Hour
Sept 8	Doubles Date Night 6-7 pm



## Adult Flex League

Are you tired of always playing matches against the same two to three people? Are you looking for ways to meet more people with a similar skill level? The Flex League is for you!

### Overview:

After you sign up and before the season begins, players are sent a kick-off email that contains important information about the league, along with an attachment containing contact information of all players in your skill level league. The number of different levels we run is solely based on the number of players enrolled for the league kick-off. We are hoping to be able to run three men's leagues and three women's leagues, with a Skilled-3.0, Competitive-3.5, and Advanced 4.0.

### Flexible Scheduling –

After the kickoff email is sent, it is the player's task to communicate and schedule matches with other players. Players should work with their league mates to find an agreeable time and date to play the match.

While we don't mandate your playing schedule, it is heavily recommended that players schedule at least one match per week. This is because, over the six-week-long season, you are required to play at least six matches to be eligible for the playoffs.

By request of the players, we will allow players to play one rematch in the regular season.

The regular season is all about playing as much as you can with as many members of the league as you can. So if you want to play five matches a week, you absolutely can!

### Playoffs –

In order to be eligible for the playoffs, you **MUST** have played in **AT LEAST** six matches and you **MUST** have won **AT LEAST** three matches to qualify. The league is set up like this in order to incentivize players to play as much as possible.

### Additional Notes:

This is a managed league! Any "borderline" players will be moved down a level by an unwritten rule. The pros watch all the lopsided results and will move players up or down a level even in-season if the results dictate. By three to five matches, we'll have you in the right division, so don't worry about where you start the year off.

### Tips for a Successful Season:

1. Always bring a new can of tennis balls to the match. The winner takes home the un-opened can.
2. Always try to schedule with a couple of players at a time. The more options you have the better the chance that your schedule will align with other players in the division.
3. Group Emails hardly work. Try phone calls and personal emails to schedule matches.
4. If a match has been scheduled several days out, always confirm your match within 24 hours beforehand.
5. Always have your opponent's phone number with you on the way to the match.
6. The best approach on the line calls is; if you're not sure then it most likely was in. If both players completely disagree, replay the point.
7. If you're losing daylight and the match is tied, you can play a regular set tiebreaker (first to seven) or a tiebreaker first to 10 points to determine the winner. Ties have no meaning in league play.
8. All scores should be reported by emailing John at [JohnK@foxchapelracquetclub.com](mailto:JohnK@foxchapelracquetclub.com) and a weekly standings email will be sent out





## Tennis Reservations & Lessons

Court Reservations can be made at the [foxchapelracquetclub.com](http://foxchapelracquetclub.com) **Court Scheduler** or by calling the Pro Shop\* at 412-963-9626.

Reservations may be made two days in advance beginning at 9 am.

Make Clinic and Event Reservations at the [foxchapelracquetclub.com](http://foxchapelracquetclub.com) **Event Calendar** or by calling the Pro Shop\* at 412-963-9626.

### **Schedule private lessons by contacting the pro directly:**

Director Keith Salmon 860-985-6952

[keith@foxchapelracquetclub.com](mailto:keith@foxchapelracquetclub.com) \$80/hour

Head Pro John Kilmer 248-247-9706

[johnk@foxchapelracquetclub.com](mailto:johnk@foxchapelracquetclub.com) \$75/hour

Head Pro Cam Cohen 202-285-1213

[cam@foxchapelracquetclub.com](mailto:cam@foxchapelracquetclub.com) \$75/hour

Lessons with Tennis Staff contact Keith or pro shop \$65/hour

Need a fourth for doubles or a hitting partner? Junior Instructors are available for \$40 per hour. Contact Keith or the pro shop.

## CLUB

- 1) Proper tennis attire, as determined by the Tennis Director, is required at all times. 80% White and proper tennis shoes are required.
- 2) Do not walk across someone's court. Use the gate whenever possible. Proceed quickly and quietly to assigned court.
- 3) Do not interrupt play while a point is in progress. Do not retrieve your ball from another court.
- 4) Return balls that roll onto your court immediately after you finish your point.
- 5) Do not return serves that are faults.
- 6) Make sure your calls are quick and clear. If you are not sure, the ball is considered good.
- 7) Do not make calls on your opponent's side.
- 8) Do not have sustained conversations on your court; it will bother the next court over.
- 9) After a match, shake hands with your opponent and thank them for playing.
- 10) Each of us should do our part to keep the courts and Club area neat and clean. Please pick up towels, paper cups, cans, etc.

### **REMINDERS**

- Courts will be ready for play from 9:00 AM until dusk.
- ***All players must register at the Pro Shop before using a court.***
- This rule will ensure fairness of playing time and will facilitate ***the*** maximum usage of the tennis courts by the maximum number of members.
- A complete set of tennis rules and regulations is available on the Club web site

Monday Night - **Men's Night** - 6:00 pm

Wednesday Night - **Ladies Night** - 6:00 pm

*Social Tennis & Food ~ Reservations not Required but helpful  
Beginning in June*