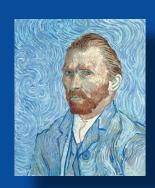
Promotional Flyers for Tennis Related Events/Clinics

Compiled by
Hans Römer
USPTA Master Professional
PTR 5A Professional
USTA High Performance

"What would life be if we had no courage to attempt anything?"

Vincent van Gogh Famous Dutch painter



WEXFORD SEA PINES COUNTRY CLUB

DOUBLES CHAMPIONSHIP



MEN'S & WOMEN'S

2.5 - 5.0

MIXED

5.0 - 9.0

Register online at www.sctennis.com or stop in the pro shop for more information. (Tournament ID: 700024914)

WEXFORD WOMEN'S TENNIS

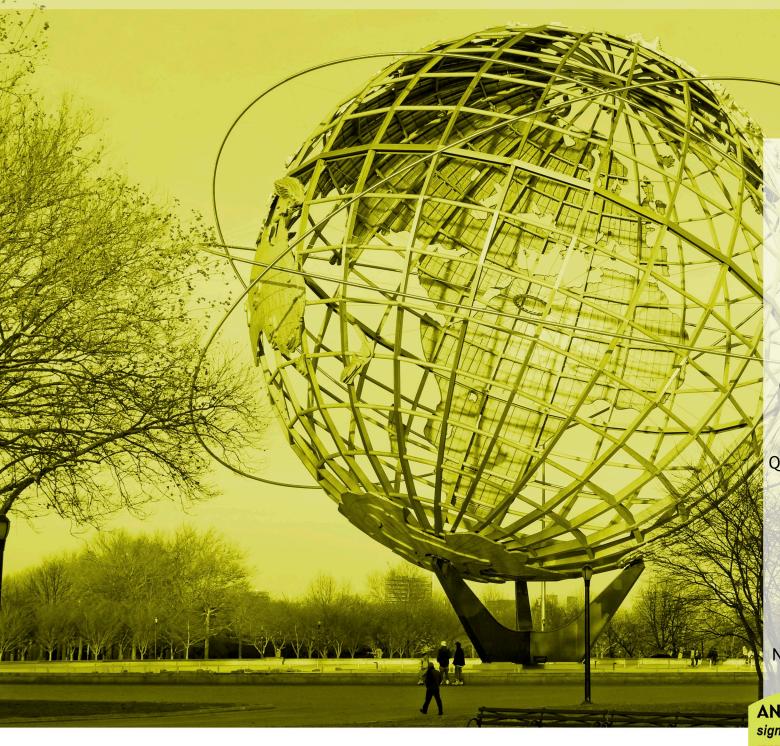
BCCAMP

August 25-26-27 8:30am-10:30am \$20/day or \$55/week





5th Annual Amateur Tennis Tournament October 11-12, 2014



GOLD SPONSOR: Poler Contracting Inc.

SILVER SPONSOR: Klenosky Paint Marvel Design Corp.

BRONZE SPONSORS:

A.R.P. Co.

Dudax Plumbing
Extech Building
TM Select Corp.

O&J Construction Group Inc.
Nikolay Kaklamanov
Painting & Design
Davo Contracting Inc.

Queensboro Floor Services Inc.
SMC Stone International Inc.

FRIENDS:
ARM Mechanical
Manela & Pressman,LLP
Andrzej Sochacki
Ryszard Zablotny

MEDIA SPONSORS: Nowy Dziennik Gazeta Polska SuperExpress

AND for the KIDS, sign up online for our

FUN, FREE KIDS' PROGRAM

with PIZZA PARTY on SUNDAY!

Kid's Program PC sponsored by



Tournament Patron



USTA Billie Jean King National Tennis Center

Flushing Meadows Corona Park Flushing, NY 11368

INFORMATION & REGISTRATION at POLONIAOPEN.US





SPRING BREAK TENSIS CAMP

Looking to Play Tennis Over Spring Break?

JOIN US FOR TENNIS CAMP

at The Phoenix Country Club Tennis Courts

MARCH 17-21 & APRIL 21-25

For Children Ages 7-13 / \$65 for the Week

MONDAY-FRIDAY 3:30-4:30

Tennis Camp is a FUN approach to learning the fundamentals of the game through hand-eye coordination exercises, games and drills.

To Register Your Child, Please Contact Brian at 602.636.9841.

PCC SPRING BREAK TENNIS CAMP REGISTRATION FORM

Please fill out form and return to Brian Edwards.

Child's Name: Last:_______ First:______ Age:____ Gender:_____

Addtl. Child: Last:______ First:______ Age:____ Gender:_____

Billing Name: _______ Email: ______

Emergency Contact: ______

Please contact Brian Edwards at 602.636.9841 or bedwards@phoenixcc.org for questions.

Food Allergy: NO YES :





Begins the week of January 6th!

The Spring Program will be divided into two 10-week sessions. You can sign your child up for one or both days in a session.

PEE WEES (AGES 4-6) 10-WEEKS:

Mondays, Wednesdays: 4:00 to 5:00 PM Monday Session: \$160 / Wednesday Session: \$160

BIG SHOTS (AGES 7-9): 10-WEEKS:

Mondays, Wednesdays: 5:00 to 6:00 PM Monday Session: \$160 / Wednesday Session: \$160

CHAMPS (AGES 10-15) 10-WEEKS:

Tuesday, Thursdays: 4:00 to 5:30 PM
Tuesday Session: \$240 / Thursday Session: \$240

SATURDAY STARS (AGES 5-9) 10-WEEKS:

Saturdays: 9:00 to 10:00 am / Session: \$160

JUNIOR INTERCLUB:

We will be having junior interclub with PVCC, ACC, and DC Ranch. (Watch for details at a later date.)

TO REGISTER: Please call the tennis shop at 602-636-9840 or email bedwards@phoenixcc.org.







ADULT & CHILD TOURNAMENT

Hosted at the Jim Reffkin Tennis Center

Adult (19+) & Junior (18 & Under) Doubles Team

Doubles Teams do NOT Have to be Related

Beg, Adv-Beg, Int & Adv Levels

Not USTA Sanctioned—ALL Players Welcome

(Guaranteed 3 Matches—Each Match is a Set)

Saturday, March 28th

One-Day Event Just 3 Hours!

10:00 am - 1:00pm

ENTRY DEADLINE: Friday, Mar. 20th

Register Online!

www.tctpforkids.org



Tournament Director: Meghan Houk (520) 791-4896

www.tctpforkids.org

\$50<u>00</u>
Entry Fee



Tucson Community Tennis Program has provided free tennis instruction to the city's youth since 1993. Each year, TCTP serves < 1,000 Tucson children in areas of the city where resources are minimal.





Mail Entry Form To:
Jim Reffkin Tennis Center
50 S. Alvernon Way ● Tucson, AZ 85711
(520) 791-4896 ● ReffkinTennis@gmail.com

Name:		
Phone:	 	
Email:		
Partner:		
Address:		
Zip:	City/St	tate:
	Method:_	
Please Check ☑		
☐ BEGINNER (60ft Court-Orange Ball) 2.5 and Below NTRP Level		
		NED
	NCED-BEGIN 1-3.5 NTRP LEVEL	NEK

TIMELINE:

Player Check-in — 9:30am Tournament — 10am-12:30pm Awards/Lunch — 12:30pm

4.5+ NTRP LEVEL

□ ADVANCED



per Doubles

Team





··· THURSDAY ··· OCTOBER 17TH, 2013 6:30 PM - 8:30 PM

ROUND ROBIN FORMAT \$25.00 PER PERSON

JOIN US FOR A FUN EVENING OF TENNIS, MARGARITAS AND GREAT MEXICAN FOOD.

REGISTER AT PHOENIXCC.ORG
OR BY CALLING 602.636.9842

LADIES NIGHT OUT

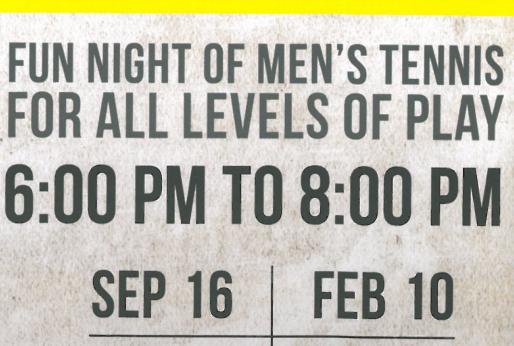


FUN NIGHT OF LADIES' TENNIS FOR ALL LEVELS OF PLAY 6:00 PM TO 8:00 PM

SEP 09	FEB 17
OCT 21	MAR 24
NOV 11	APR 21
DEC 02	MAY 12
JAN 20	



MEN'S NIGHT OUT



SEP 16	FEB 10
OCT 14	MAR 17
NOV 18	APR 14
DEC 16	MAY 19
JAN 13	JUN 09





CHAMPIONSHIPS

MENS AND WOMENS

A & B DIVISIONS

(SINGLES AND DOUBLES)

\$10 COST PER EVENT

Draws will be made the 1st week in March.

Participants set up match times with their opponents.

SIGN UP DEADLINE IS FEBRUARY 28TH

RESERVATIONS REQUIRED

Visit www.phoenixcountryclub.com or contact Director of Tennis, Brian Edwards at 602.636.9841





Round Robin Pool Format

First Place and Runner Up Awards for Each Division

Gift Exchange

Please Bring a Wrapped Holiday Ornament



"Junior Match Play Clinic"



Saturday August 22, 2020
12:30pm - 2:00pm
Kids Ages 9-14



- Strategy
- Tactics
- Rules & Etiquettes
- Supervised Match Play
- Awards

Sign Up Online NOW!!! Conducted by Hans Römer Only \$20 p.p.







BRING 3, PRO 4 FREE!

Every Monday, Wednesday and Friday you will have an opportunity to play doubles or mixed doubles with our new Tennis Pro Hans Römer at **NO CHARGE!**

Monday 8:00am - 9:00am Wednesday 8:00am - 9:00am Friday 8:00am - 9:00am

This is how it works. Please send an email to address below and indicate what day (mon, wed or fri) you would like to play. Please provide a total of three players and our Tennis Pro Hans Römer will be your fourth!



During this match play, Hans will provide tips and strategic suggestions to all three players and make it an informative, yet casual instructional hour.

Please provide email addresses of all three players. Once selected you will be notified asap. In case more groups sign up we will select randomly, but will keep a fair rotation going throughout the season. Email: hansromer@icloud.com

USPTA NEW ENGLAND SPRING CONFERENCE 2019



ALL STARS SPORTS CAMP

AUGUST 4-7, 2014



The Dunes Club Summer 2014



Junior Player of the Week

Awesome!
Good job!
Well done!



August 1, 2014



Mac Gimeno



This summer Director of Tennis Hans Römer and his staff will select a weekly "Junior Player of the Week". What are we looking for? Dedication, sportsmanship, cooperation, teamwork, enthusiasm, tenacity, commitment, devotion and love for the game! The "Junior Player of the Week" will receive the much desired "Rubber-Chicken" key chain. Will you be the next "Junior Player of the Week?"







What: Instructional Tennis Clinic

Where: Mid-Coast Rec Center

When: Saturday December 6 from 2:00pm – 3:30pm

Level: USTA 3.5+ Adult Male & Female Players

Coach: USPTA Master Professional Hans Römer

Cost: Only \$25 p.p.

Bring: Water, extra towel, and your smile!

Maine's only USPTA Master Professional **Hans Römer** will personally conduct this unique one-time clinic at Mid-Coast Rec Center. Hans is currently Director of Tennis at The Dunes Club in Narragansett, RI and is the founder of tennis207.com, teaching classes in Falmouth, ME. He can also be seen on the Tennis Channel hosting "On-Court with USPTA".













Fourth of July Junior Tennis Extravaganza Wednesday July 4th, 2018 10:30am-12:30pm Tennis / Pizza / Drinks



All kids (ages 4 through 10) are welcome to join our annual tradition! Sign up in Pro Shop, or call us at 401-360-2059 Only \$35 p.p. Happy Birthday America!











Monday January 18, 2016 Noon to 1:30pm LADIES
Tuesday January 19, 2016 12:30pm to 2:00pm MEN'S
Only \$25 p.p. / Sign Up Now



Are you

- ... mentally tough?
- ... focused consistently?
- ... playing in the zone?
- ... nervous during your matches?
- ... having difficulties concentrating?
- ... a genuine competitor?
- ... playing up to your potential?
- ... always reaching for the stars?

If you answered NO to one, or more, of these questions this seminar could benefit YOU!

HEADGAMES101



HEADGAMES101™ is a dynamic, interactive, informative and fun program designed to enhance and improve your mental skills



Hans Römer is a USPTA Master Professional and is currently the Director of Tennis at The Dunes Club in Narragansett, RI. He is a frequent speaker at various tennis conventions and has also been featured on the TennisChannel® hosting "On-Court with USPTA."











"Tennio Pizza Movie" night



FRIDAY JULY 21, 2017 5:00PM TO 9:00PM

The evening that both kids and parents are looking forward to! Go have dinner together and we'll take care of the kids from 5:00pm to 9:00pm! Tennis Professional Jameson will conduct a FUN tennis clinic, provide pizza and drinks and show a "kidfriendly" movie* in our **Tennis Shop Movie Theatre**.

Don't forget to bring a racquet, sleeping bag and a pillow!

SIGN UP NOW

Only \$50 per child. Sign up in Tennis Shop, or call us at 401-360-2059. Or email us at thedunestennis@gmail.com / Please respect our 24 hr cancelation policy *Appropriate movie choice will be announced based on average age of participants

Sunday June 28 at 3:00pm

Warming up 2:30pm

Woods &





Step back in time and join our first annual **Woods & Whites**

Formerly known as the Bathrobe Tournament



Wear your best 'whites' during this event and perhaps you will win the **Most Authentic Outfit Award** and a chance to receive our traditional bathrobe!



Sign up in Tennis Shop, call us at 401-783-7370 or email at thedunestennis@gmail.com Please indicate if you will bring your own racquet, or if we need to provide you with one.

Come & Join Us!

ALL STAR SPORTS CAMP #1



Monday June 29 through Thursday July 2

Join us for our super popular **All Stars Sports Camp.** Hans, Dillon, Pedro and Josh are offering an exciting and creative Camp that will allow all kids 6 & up to participate in a 4-day, 10:00am to 3:00pm Program from Monday through Thursday.

Daily Schedule



Rain or Shine

10:00am-noon Tennis Instruction, Drill, Games & Match Play

noon-1:00pm Lunch*

1:00pm-3:00pm Sports Activity:

Wiffle Ball, Capture the Flag, Soccer, Ping Pong, Foosball, Relay Races, Trivia, Beach Tennis and more...

Sign up at Front Desk or at Tennis Shop. Please call us for more information at (401) 783-7370 or email at thedunestennis@gmail.com

^{*} Lunch is on your own, but tennis staff will escort children to lunch. We continue at 1:00pm



Wednesday July 4th 10:30am to 12:30pm

YES! Our popular Junior Fun Program "TOUCH THE FENCE" starts again!
Summer Schedule will be announced



We have a new "Touch The Fence" - Sheriff in town!

Mad Max is looking forward to your enthusiastic participation!





Instructional Programs 🧶







Clinics*

Junior Program • Ladies Drop-In Clinic • Men's Work Out Round Robins • Social Events • Tournaments & more...

* Please check web site and facebook for times, fees and updates

Private Clinics

Member Non-Member 60 min. 3 players \$23 p.p. \$28 p.p. 90 min. 3 players \$35 p.p. \$40 p.p. 60 min. 4 players \$18 p.p. \$23 p.p. 90 min. 4 players \$27 p.p. \$32 p.p. 5 players \$15 p.p. \$20 p.p. 60 min. 90 min. 5 players \$22 p.p. \$27 p.p. 60 min. 6 players \$12 p.p. \$17 p.p. 90 min. 6 players \$18 p.p. \$23 p.p.

"We are ready to serve you!"



Hans Römer • USPTA Master Professional

- USPTA/PTR/USTA/KNLTB certified
- USPTA NorCal 2012 "Pro of the Year"
- USPTA NE 2008 Regional "Pro of the Year"
- Tennis Channel Host
- Formerly ranked Nationally and Sectionally
- USPTA NE 2008 Player of the Year 45's
- BA Degree Phys. Ed. CIOS Sport College
- HEAD/Penn National Advisory Staff

All lessons & clinics include court fees • Rates are subject to change • 24-hour cancellation policy



tennis207.com



Private Lessons

Member Non-Member Director of Tennis 60 min. Pvt \$70 \$60 30 min. Pvt \$35 \$40 \$40 p.p. 60 min Semi-Pvt \$35 p.p. 60 min. Pvt Head Tennis Pro \$50 \$60 30 min. Pvt \$30 \$35









60 min Semi-Pvt \$30 p.p.





\$35 p.p.



Ladies Sunset Clinic Mondays 6:00pm to 7:30pm



Can't make the daytime clinics, or would like to attend an extra clinic? We got you covered. This session will cover ground strokes, volleys, serves, strategy and match play. Bring a friend!





Join our new Tennis Professional Hans Römer for an hour of exciting tennis drills, followed by 30 minutes - supervisedmatchplay. (Min. of 4 players - Max 8 players)









Coaches Seminar

TV Griffensteyn Zeist Dinsdag 21 mei, 2019 10:00 tot 13:00

- 2 Seminars
- Incl. Lunch
- Slechts €35





10:00-11:00 Frank Korting KNLTB

"Fysieke Performance voor Wedstrijdspelers" In deze interactieve presentatie zullen de deelnemers kennismaken met de importantie van de zgn. "Core Functionality". Leerzaam en uitdagend!

11:00-12:00 Hans Römer KNLTB | USPTA

"Ontwikkelen van DIEPTE als Wapen"
Diepte in tennisslagen is belangrijk. Maar hoe kun je dit
effectief in de training implementeren met een
eenvoudig en begrijpelijk systeem. Doe mee en ontdek!







Schrijf in op: https://tennisleraren.nl en verdien 2 PO Punten



Tennis Coaches Workshop Sunday December 22, 2019 Amherst, MA

from 1:00pm to 4:00pm

1-2pm

3-4pm

Brian Lomax

2-3pmA

Adam Brady All participants **Developing Competitive Focus on the Court** "The Game between the Points" Common Tennis Injuries - How to prevent and manage them

Drill Exchange (Share & Learn) - Moderated by Mike Kolendo



Rrian Lomax

- · USPTA Professional · Sport Psychology
- **Consultant**

Brian is an expert mental skills trainer, competitive tennis player, and **USPTA** Professional. He is also the author of The Mentally Tough Competitor: Mindsets and Perspectives to Achieve Excellence. His students include locally and nationally ranked junior players as well as a number of Division 1 college sports teams.



Adam Brady

· Physical Therapist

Adam is a physical therapist who specializes in sports and performance injuries. He uses exercises and movement training to facilitate quicker healing. He frequently works with athletes, both professional and recreational, for healing acute injuries and optimizing performance.

Earn 1.5 Educational credits by attending this 3-Hour Workshop

Bay Road Tennis Club Hosting Pro Jamie Morrell USPTA 893 West Street Amherst, MA 01002 413-559-5785



Sign up by contacting: Mike Kolendo USPTA m kolendo@charter.net 413-374-9738



TENNIS COACHES WORKSHOP FALMOUTH, MAINE FERSIDE FITNESS & TENNIS

SUNDAY DECEMBER 22, 2019 FROM 1PM TO 4PM

1-2PM 2-3PM 3-4PM WAYNE ST PETER HANS RÖMER ALL PARTICIPANTS DRILLS THAT BUILD A SUCCESSFUL JUNIOR PROGRAM IMPLEMENTING DEPTH AS A WEAPON DRILL EXCHANGE (SHARE & LEARN)



WAYNE ST PETER
USPTA ELITE PROFESSIONAL

WAYNE ST PETER, FOUNDER AND OWNER OF GRAND SLAM TENNIS, RECENTLY RECEIVED THE 2019 USTA NEW ENGLAND ORGANIZATION OF THE YEAR AWARD



HANS RÖMER
USPTA MASTER PROFESSIONAL

HANS RÖMER, EXECUTIVE DIRECTOR FOR USPTA NEW ENGLAND, RANKED IN THE USPTA NATIONAL TOP 10 FOR EARNING EDUCATIONAL CREDITS IN 2018

EARN 1.5 EDUCATIONAL CREDITS BY ATTENDING THIS 3-HOUR WORKSHOP



NO SIGN UP REQUIRED, JUST WALK IN

FORESIDE FITNESS & TENNIS
196 US ROUTE 1
FALMOUTH. ME 04105







'Shot of the Wes

USTA Men/Women 3.5+







Every Tuesday from 10:30am to 12:00pm

Lessons are personally conducted by USPTA Master Professional Hans Römer

Sign up weekly by emailing hans@tennis207.com. All participants will receive confirmation/cancelation email-notification 48 hrs in advance. Full payment due at first session. Cost \$30 p.p. Please make checks payable to Tennis207. Major credit cards accepted.



















New String Machine for the 2021 Tennis Season!





String Menu 2021

Has it been over 2–3 months that your racquet was restrung? Then it's time for NEW strings!

MY PERSONAL CHOICE

\$35



HEAD Synthetic Gut PPS Gauge 17 Power - Control Multi-Filament

\$38



HEAD Velocity MLT Gauge 17 Comfort - Feel - Touch Multi-Filament

\$42



Tecnifibre NRG2
Gauge 17
Power - Feel - Touch
Multi-Filament
Official String of ATP Tour

\$42



Solinco Tour Bite
Gauge 17
Power - Spin
Polyester (Mono-Filament)
String for Advanced Players++



"TOURNAMENT OF RESOLUTIONS"

Doubles and Mixed Doubles 3.5

MONDAY JANUARY 1, 2018 NOON TO 3:00PM

LIMITED SPACE

Start the New Year with some FUN TENNIS! Enough partying those last few weeks in 2017! Time to get active again! Let's PLAY TENNIS!

By the Numbers:

- Number of Courts in Action!
- Minutes of Tennis!
- Number of Percentage of Guaranteed FUN!
- Friends who you'll hang out with!
- Pays left in 2018 that you can play Tennis!



Foreside Fitness & Tennis - 196 U.S. Route One, Falmouth, ME 04105 Sign up by emailing Hans Romer at hansromer@icloud.com or text 207-310-8656 Payments are due at Sign Up to secure spot Checks or Cash accepted (Only \$40 pp)











DOUBLES AND MIXED DOUBLES 3.5

LIMITED SPACE

Start the New Year with some FUN TENNIS!
Enough partying those last few weeks in 201 Time to get active again! LET'S PLAY TENNIS!

By the Numbers:

Number of Courts in Action!

180 Minutes of Tennis!

Number of Percentage of Guaranteed FUN! 100

Friends who you'll hang out with!

364 Pays left in 2019 that you can play Tennis!



Foreside Fitness & Tennis - 196 U.S. Route One, Falmouth, ME 04105 Sign up by emailing Hans Romer at hansromer@icloud.com or text 207-310-8656 or visit: https://go.teamsnap.com/1976601/schedule/view_event/181571321 Payments are due at Sign Up to secure spot Checks or Cash accepted (Only \$40 p.p.)













FREE TENNIS CLINIC



Let's play!

Backhands Beating Breast Cancer

What? FREE TENNIS CLINIC*

When? October 26 from 10am to 11:30am

Who? All Adult Tennis Players 3.0+

Where? Foreside Fitness & Tennis

Coach? USPTA Master Pro Hans Römer

Cost? Bring a donation**

Attire? Smile

- Foreside Fitness & Tennis is donating tennis courts and Hans Römer is donating his time
- All proceeds of this event will be donated to the Breast Cancer Research Foundation <u>bcrfcure.org</u>

lack FriDal

Your choice: ShoP? Or Play TenNis?

FRIDay November 29 from 4:00pm to 6:00pm

dRiLLs:: sTrategY:: mAtCh plAy swEat::rUn::fuN







BEST DEAL TOWN

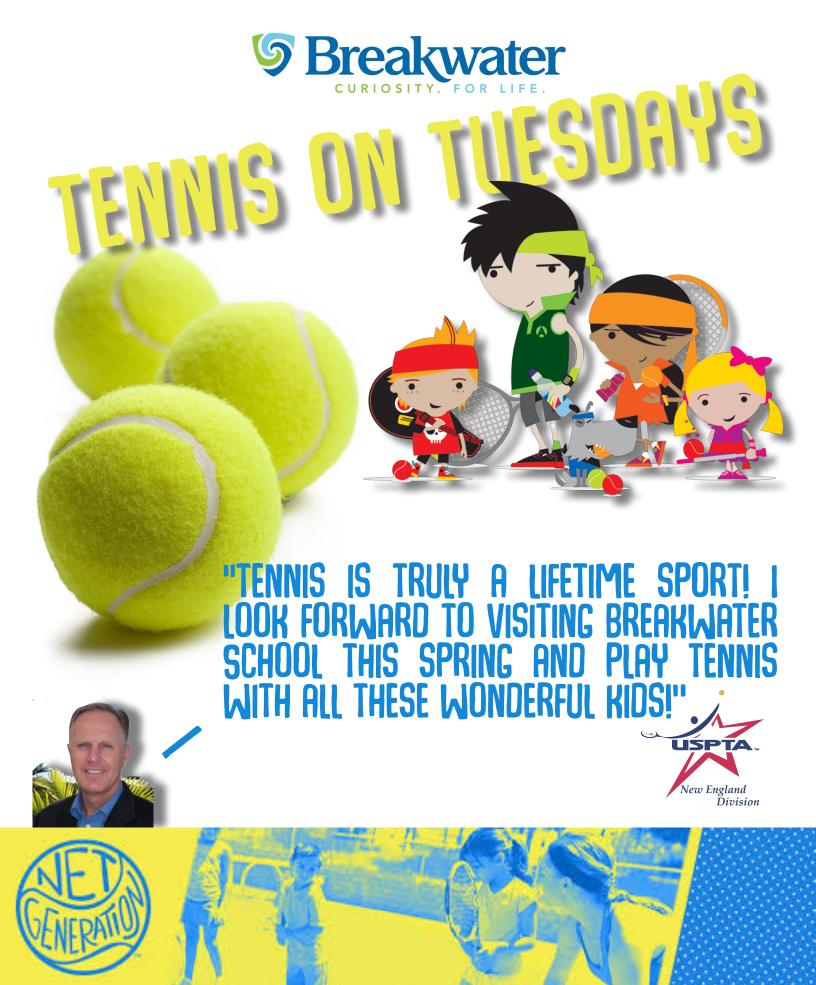
Limited space!!!



3.5 - 4.0 mixEd cliNic onLy \$40 siGn up viA eMail hansromereicloud.com



Conducted by Maine's only USPTA Master Professional Hans Römer







BRING 3, PRO 4 FREE!

Every Monday, Wednesday and Friday you will have an opportunity to play doubles or mixed doubles with our new Tennis Pro Hans Römer at **NO CHARGE!**

Monday 8:00am - 9:00am Wednesday 8:00am - 9:00am Friday 8:00am - 9:00am

This is how it works. Please send an email to address below and indicate what day (mon, wed or fri) you would like to play. Please provide a total of three players and our Tennis Pro Hans Römer will be your fourth!



During this match play, Hans will provide tips and strategic suggestions to all three players and make it an informative, yet casual instructional hour.

Please provide email addresses of all three players. Once selected you will be notified asap. In case more groups sign up we will select randomly, but will keep a fair rotation going throughout the season. Email: hansromer@icloud.com





Come & Join Us!

ALL STAR SPORTS CAMP



Monday July 20 through Thursday July 23

Join us for our super popular All Stars Sports Camp. Hans, Dillon, Pedro and Josh are offering an exciting and creative Camp that will allow all kids 6 & up to participate in a 4-day, 10:00am to 3:00pm Program from Monday through Thursday.

Daily Schedule



Rain or Shine

10:00am-noon

Tennis Instruction, Drill, Games & Match Play

Lunch* noon-1:00pm

Sports Activity: 1:00pm-3:00pm

> Wiffle Ball, Capture the Flag, Soccer, Ping Pong, Foosball, Relay Races, Trivia, Beach Tennis and more...

Sign up at Front Desk or at Tennis Shop. Please call us for more information at (401) 783-7370 or email at thedunestennis@gmail.com

^{*} Lunch is on your own, but tennis staff will escort children to lunch. We continue at 1:00pm



Sign up only by emailing hans@tennis207.com :: Minimum participation is 4 players All participants will receive confirmation/cancelation 48 hrs in advance Only \$20 p.p.

All Cardio Classes will be personally conducted by USPTA Master Professional Hans Römer



tennis207.com



















"European Tennis Academy"

Saturday April 27, 2019 from 1:00pm to 3:30pm

1:00pm-3:30pm M/W USTA(3.5/4.0)







A 150-min Instructional Clinic covering ground strokes, volleys, serves, approach shots, transition play and strategy. Followed by active, educational & exciting match play (Doubles & Mixed Doubles)



CLINICIAN: Hans Römer | USPTA Master Professional

Sign up by emailing Hans Römer at hansromer@icloud.com or call/text at 207-310-8656. Cost is only \$40 p.p. for 150 minutes of consecutive tennis! Space is limited to 16 motivated players!

























Fereside FUN!damentals

tennis instruction beyond tennis...

ages 4-6 A unique 6-week introduction to the great game of tennis. A modern European Physical Education approach connects 'movement fundamentals' with 'basic tennis skills'. Resulting in your child/ren developing into a

young athlete while creating a foundation for tennis and many other sports. Agility, balance, footwork, reaction, hand-eye coordination, footwork, social skills and physical skills go hand-in-hand while emphasizing **FUN**!



Saturday 10-11 am Nov 1, 8, 15, 22 Dec 6 & 13 Friday 4-5pm Nov 7, 14, 21, 28 Dec 5 & 12 Friday 5-6pm Nov 7, 14, 21, 28 Dec 5 & 12



All Junior Classes will be personally conducted by Maine's only USPTA Master Professional Hans Römer

FREE Junior Racquet included!

Sign up* for one specific day by emailing hans@tennis207.com, or by calling 207-310-8656 Only \$140 p.p. Full payment due at first session - Cash, checks and credit cards accepted























Friday Night Forehands in Falmouth

and we hit backhands too...

6:00pm-7:30pm M/W USTA 3.5+

SIGN UP NOW



Starting October 3, 2014 through December 19, 2014 * Except 11/28

A 90-min *Instructional Clinic* covering ground strokes, volleys, serves, approach shots, transition play, strategy, & much more! All followed by active, educational & exciting match play.



Lessons are personally conducted by USPTA Master Professional Hans Römer Sign up weekly at only \$30 p.p. per session or save money by pre-paying all 10 weeks for only \$275. All participants will receive confirmation/cancelation 48 hrs in advance. Full payment due at first session. Please make checks payable to Tennis 207. Major credit cards accepted.





















Welcome Back to Maine Hans Römer USPTA/PTR

Foreside Fitness & Tennis welcomes back Hans Römer. With an extensive and creative coaching background Foreside Fitness & Tennis is excited to have Maine's only USPTA Master Professional on their teaching staff for the 2014/2015 winter season.

Please check out his new programs starting soon, and/or visit his personal web site at tennis207.com









GA GEZELLIG MET ONS MEE NAAR ZON, TENNIS EN ZEE



"Met trots presenteren wij onze eerste officiële "tennis trip". Een combinatie van een sterk tennisprogramma in de zon en het bezoeken van de mooiste plekken op Ibiza, zorgen voor een onvergetelijke experience. Wie gaat er met ons mee?" ~ Frank & Christian

DESTINATION: IBIZA 2019

Slechts €949 p.p.

- Incl. Retourvlucht
- Incl. Hotel (gebaseerd op 2-persoonskamer
- Incl. Tennisprogramma
- Incl. Tennistoernooi
- Incl. Tennis Party

Voor meer informatie stuur een email naar info@one2tennis.nu of info@heinermantennis.nl Inschrijving kan direct op ibizatennisreizen.nl



East Coast - West Coast Tennis Camp





5th year





Sunday July 23, 2017 10:00am - 11:30am

HEAD Racquets are more popular than ever! With the successes of Novak Djokovic and Andy Murray, this is your chance to try out the latest models. Please join New England Representative Mike Gersky on Sunday July 23 on court #1 from 10:00am to 11:30am and receive quality information :: PRIZES and GIVE AWAYS!





TV Griffensteyn Zeist









Ben jij

- ... mentaal sterk?
- ... altijd geconcentreerd?
- ... vaak in je "zone"
- ... bekend om je kalmte?
- ... voor langere periodes gefocused?
- ... een echte vechter?
- ... een speler die altijd optimaal presteeert
- ... iemand die naar perfectie streeft?

Als je antwoord NEE is op één, of meerdere vragen, dan is deze workshop is speciaal voor JOU!

HEADGAMES101

HEADGAMES101™ is een dynamisch, interaktief, informatief en leuk programma, ontworpen om jouw mentale vaardigheden naar een hoger plan te brengen.



Hans Römer is USPTA Master Professional en USTA High Performance Coach, met een KNLTB C-Licentie. Hij is momenteel Director of Tennis op "The Dunes Club" in Narragansett, Rhode Island USA. Hans presenteert regelmatig op tennisconferenties en was zelfs te zien op Amerikaanse tv als presentator voor het TennisChannel® programma "On-Court with USPTA".

























MENTAL TOUGHNESS TRAINING

FRIDAY 18 JANUARY, 2013 5:00PM-6:30PM

- HAVING A HARD TIME CONCENTRATING?
- SOMETIMES A LITTLE NERVOUS?
- USING THE WORD S..T ONCE IN A WHILE?
- GOING THROUGH MENTAL DIPS?
- YOUR RACQUET SAILS CLEARS THE FENCE OFTEN?

WAS YOUR ANSWER YES TO ONE, OR MORE, OF THESE QUESTIONS?





BRING WITH YOU:

- PEN / PAPER
- RACQUET
- HUMOR & OPEN MIND



Hans Römer

KNLTB-C **USPTA Master Professional** Certified Mental Coach® Owner/Director of Tennis Monterey Bay Racquet Club



Mora Tamis With



MADMAX

What College-Style Tennis Drills for Juniors

When Tuesday morning and Sunday afternoon

7/6, 7/13, 7/20, 7/27, 8/3, 8/10 and 8/17

9:00am to 10:30am and 10:30-Noon

Where The Dunes Club Upper Tennis Courts

Who Mad Max Tennis Pro

COST \$25 for 90 minutes

Package Deal: Buy 7 lessons get 1 free -

\$150





USTA High Performance Program for Adults

USTA Men & Women 3.5+

Saturday November 4, 11, 18 & 25 1:00pm-3:30pm Saturday December 9 & 16 1:00pm-3:30pm

YES! You read it correctly! 150 minutes of consecutive tennis!

You are taking your tennis serious! You are putting in the hours! You are willing to work hard! You live and breathe tennis! You can't wait to play! Are you now ready to step **outside your comfort zone** and truly improve your game and take it to the next level?

Six Saturdays of 150 minutes of footwork, conditioning, coordination, timing, stamina, strategy, stroke production, technique, mental toughness, match play and much more...

Price per player is only \$295 (pre-paid). Space is limited, don't wait. Too many Saturdays? Why not "share" with another ambitious player and participate in only 3 sessions each?



All classes will be conducted by Hans Römer. Maine's only **USPTA** Master Professional and **USTA** High Performance Coach













SUPERBOWL SCUFFLE



SATURDAY FEBRUARY 4, 2012 FROM 10AM - 1PM

ARE YOU TOUGH ENOUGH?

AN EXCITING, CREATIVE, COMPETITIVE, FRIENDLY AND FUN TOURNAMENT.

JOIN NOW!

BRING YOUR FAVORITE SUPERBOWL SNACKS, WE'LL PROVIDE THE DRINKS!

MEMBERS \$10 | NON-MEMBERS \$18











NEW IN 2012

LADIES DROP-IN CLINIC

GROUND STROKES - NET PLAY - SERVE & RETURN - STRATEGY - FOOTWORK - AND MORE ...



EVERY FRIDAY MORNING
FROM 9:30AM TO 10:30AM
FOLLOWED BY MATCH PLAY

STARTS JANUARY 13, 2012

NO SIGN UP REQUIRED, JUST SHOW UP, COME WITH A SMILE AND PLAY!

CONDUCTED BY USPTA MASTER PROFESSIONAL HANS ROMER

MEMBERS \$14 | NON-MEMBERS \$20











WEDNESDAY WARRIORS



TENNIS CLINIC

1/11 - 1/18 - 1/25 - 2/1 - 2/8

6:00pm - 7:45pm

GROUNDSTROKES / NET PLAY / STRATEGY
TOP SPIN - SLICE / COMBINATION DRILLS



CONDUCTED BY USPTA MASTER PROFESSIONAL HANS RÖMER

MEMBERS \$85* / NON-MEMBERS \$95*

SIGN UP IS LIMITED TO 8 PLAYERS!

*PRE-PAY TO RESERVE YOUR SPOT

831.657.6695 MONTEREYBAYRC@GMAIL.COM













CLINIC SCHEDULE JANUARY 2013



DEPENDING ON GROUP SIZE AND LEVEL, INSTRUCTION WILL COVER GROUNDSTROKES, VOLLEYS, OVERHEADS, SERVES, SPECIALTY SHOTS,

WED 6:00pm - 7:30pm Wednesday Warriors (3.5/4.0) / OPEN

(JAN 9, 16, 23)

THU 5:00PM - 6:00PM JUNIOR PROGRAM

THII 6:00PM - 7:00PM

THU 6:00PM - 7:00PM ADULT INTRODUCTION PROGRAM

(JAN 10, 17, 24)

FRI 9:30AM - 11:00AM LADIES DROP IN / OPEN

(JAN 11, 18, 21)



Not sure what clinic is right for you? Please contact us and allow us to assist you in finding the appropriate clinic.

ALL CLINICS WILL BE PERSONALLY CONDUCTED BY HANS RÖMER / USPTA MASTER PROFESSIONAL AT THEI



MONTEREY BAY RACQUET CLUB

1 OLD GOLF COURSE ROAD

MONTEREY, CA 93940 :: 831.657.6695

MONTEREYBAYRACQUETCLUB.COM

FACEBOOK.COM/MONTEREYBAYRACQUETCLUB



http://montereybayracquetclub.com

60 MINUTE CLINIC MEMBERS \$12 :: NON-MEMBERS \$15 90 MINUTE CLINIC MEMBERS \$16 :: NON-MEMBERS \$22

DEALIO #1: PRE-PAY* 5 X 60 MINUTE CLINIC MEMBERS \$55 :: NON-MEMBERS \$70 DEALIO #2: PRE-PAY* 5 X 90 MINUTE CLINIC MEMBERS \$70 :: NON-MEMBERS \$100

PRE-PAID SESSIONS NEED TO BE COMPLETED WITHIN 3 MONTHS OF PURCHASE



















CLUB CHAMPIONSHIPS DOUBLES

APRIL 28* & 29*, 2012

"WITH LARGE DRAWS, SOME MAY HAVE TO PLAY 1" SOUND ON FRIDAY 4/2"



Make history

MEN'S AND WOMEN'S DOUBLES ONLY

FIND A PARTNER AND SIGN UP NOW!

DNLY SIGN UP WITH CONFIRMED PARTNER

ALL MATCHES WILL BE PLAYED ACCORDING TO OFFICIAL USTA RULES. TWO OUT OF THREE SETS, THIRD SET WILL BE PLAYED AS A 10-POINT SUPER TIE-BREAKER.

MEMBERS ONLY \$10











CLUB CHAMPIONSHIPS MIXED DOUBLES

JULY 28* & 29*, 2012

WITH LARGE DRAWS, SOME MAY HAVE TO PLAY 1 PROUND ON FRIDAY 7/27

HONEY, YOU LOOK GREAT IN YOUR WHITES!



THANKS! BUT LET'S TALK STRATEGY...

FIND A PARTNER AND SIGN UP NOW!

ONLY SIGN UP WITH CONFIRMED PARTNER

ALL MATCHES WILL BE PLAYED ACCORDING TO OFFICIAL USTA RULES. TWO OUT OF THREE SETS. THIRD SET WILL BE PLAYED AS A 10-POINT SUPER TIE-BREAKER.

MEMBERS ONLY \$10

















SINGLES (M/W) CLUB CHAMPIONSHIPS

NOVEMBER 17 & 18*, 2012





Hre you next?

MEN'S AND WOMEN'S SINGLES ONLY

BRING YOUR A-GAME AND SIGN UP NOW!

ALL MATCHES WILL BE PLAYED ACCORDING TO OFFICIAL USTA RULES. TWO OUT OF THREE SETS. THIRD SET WILL BE PLAYED AS A 10-POINT SUPER TIE-BREAKER.

MEMBERS ONLY \$10



















Congrats to our new Club Champions!

WOMEN'S DOUBLES **APRIL 2012**



SHELLEY MCFADDEN & CECILE STARR

MEN'S DOUBLES APRIL 2012



PHILLIP HOLMES & HAKAN ERDING



















SPOOKTAGULAR



DEVTIO

OCTOBER 25-31, 2012

FILA APPAREL 40% DISCOUNT





HEAD RACQUETS 25% DISCOUNT



















:: FREE ::

SERVICE CLINIC

SATURDAY 3/31/12 @ 9:30AM

STRUGGLING WITH YOUR SERVICE? CAN'T GET POWER? NO PLACEMENT? PEOPLE LAUGH AT YOUR SPIN? YOUR PARTNER IS A TARGET?

THIS CLINIC IS JUST FOR YOU!

FOR 1 HOUR YOU WILL PRACTICE YOUR SERVICE, WHILE RECEIVING INSTRUCTION AND VALUABLE TIPS FROM SPECIAL GUEST USPTA PROFESSIONAL, FORMER WTA TOUR PLAYER LISA DODSON



"Please join us!"

NO SIGN UP REQUIRED, JUST COME TO THE CLUB WITH AN OPEN MIND!





MAY TENNIS MONTH



LEARN A NEW SPORT MAKE NEW FRIENDS

::ADULT INTRODUCTION COURSE::

THURSDAYS 6:00PM - 7:00PM (5/3, 5/10, 5/17, 5/24 & 5/31)

\$12 MEMBERS / \$16 NON-MEMBERS

DEAL: PREPAY ALL 5 LESSONS AND ONLY PAY \$55 MEMBERS / \$75 NON-MEMBERS

ALL CLINICS WILL BE PERSONALLY CONDUCTED BY HANS ROMER / USPTA MASTER PROFESSIONAL AT THE:

MONTEREY BAY RADQUET CLUB 1 DLD BOLF COURSE ROAD MONTEREY, CA 93940 II 831.657.6695 MONTEREYBAYRACQUETCLUB.COM

FACEBOOK.ODM/MONTEREYBAYRACQUETCLUB























MEMORIAL MIXER





SUNDAY MAY 27

11:00AM - 3:00PM

FOREHANDS, FRIENDS & FUN

SOCIAL DOUBLES & MIXED DOUBLES

BRING SOME OF YOUR FAVORITE FOODS AND SNACKS, WE'LL PROVIDE THE DRINKS

SIGN UP NOW!

MEMBERS \$10 / NON-MEMBERS \$18















tennis in school is KUUL



What? One FREE Introductory Tennis Clinic

For all kids who love playing : conducted by USPIR Master Professional Hans Romer

At School play ground, or at the Monterey Bay Racquet Club Where?

When?





USPIA Master Professional Hans Römer - owner of the Monterey Bay Racquet Club - knows how to get kids excited about this life time sport! His contagious enthusiasm has attracted many new players to the healthy game of tennis. He has conducted successful school tennis in California, Maine, Mexico and in his

native Retherlands. Hans is a frequent speaker at International Tennis Conventions and is currently hosting his own local radio show "talksos with hans".

For more information please contact Hans at montereybayrc@gmail.com or call 831.717.4450













ST. PATTY'S MIXER

SATURDAY MARCH 17, 2012 FROM 10AM - 2PM



LET'S GO GREEN

AN EXCITING, CREATIVE, COMPETITIVE, FRIENDLY AND FUN TOURNAMENT.

JOIN NOW!

BRING YOUR FAVORITE IRISH SNACKS, WE'LL PROVIDE THE BEER!

MEMBERS \$10 | NON-MEMBERS \$18











Spring into Spring

Junior Program Let's Play Tennis!





Fun & Fundamentals • Agility • Coordination Balance • Footwork • Racquet Skills • Match Play Games • Rules & Etiquettes • Footwork • Games Advanced Techniques • FUN!

Wednesday 4/2 - 4/9 - 4/16 - 4/23 - 4/30

from 4:00pm - 5:00pm





Sign up by emailing hansromer@icloud.com, or by calling the A-Copi Tennis & Sports Center at 207-213-6286

Only \$50 for members / \$60 for non-members :: Full payment due at first session - Payable to Tennis207















Lessons are conducted by Hans Römer at the A-Copi Tennis Sports Center - 23 Leighton Road - Augusta, ME 04330



Spring into Spring

Junior Program Let's Play Tennis!

ages **4-7**



Introduction to the game • Fun & Fundamentals
Agility • Balance • Coordination • Footwork
Racquet Skills • Social Skills • Games • Basic Strokes
"Situational" Drills • FUNI

Monday 3/31 - 4/7 - 4/14 - 4/21 - 4/28



Sign up by emailing hansromer@icloud.com, or by calling the A-Copi Tennis & Sports Center at 207-213-6286

Only \$40 for members / \$50 for non-members :: Full payment due at first session - Payable to Tennis207















Lessons are conducted by Hans Römer at the A-Copi Tennis Sports Center - 23 Leighton Road - Augusta, ME 04330

join us!



Earn 10 Stars!



ALL STAR SPORTS CAMP year





Monday August 4 through Thursday August 7

Join us for our Inaugural All Stars Sports Camp. Hans, Dana, and Dillon are offering an exciting new and creative Camp that will allow all kids 6 & up to participate in a 4-day, 10:00am to 3:00pm Program from Monday through Thursday.

Daily Schedule





Tennis Instruction, Drill, Games & Match Play 10:00am-noon

noon-1:00pm Lunch*

1:00pm-3:00pm Sports Activity:

> Wiffle Ball, Capture the Flag, World Cup Soccer, Relay Races, Trivia, Beach Tennis and more...

Sign up at Front Desk or at Tennis Shop. Please call us for more information at (401) 783-7370 or email at thedunestennis@gmail.com * Lunch is on your own. We release your child(ren) at noon and reconvene at 1:00pm The Dunes Club Summer 2014



Junior Player of the Week

Awesome! Good job! Well done!









This summer Director of Tennis Hans Römer and his staff will select a weekly "Junior Player of the Week". What are we looking for? Dedication, sportsmanship, cooperation, teamwork, enthusiasm, tenacity, commitment, devotion and love for the game! The "Junior Player of the Week" will receive the much desired "Rubber-Chicken" key chain. Will you be the next "Junior Player of the Week?"







Friday Night Forehands in Falmouth

and we hit backhands too...

6:00pm-7:30pm M/W USTA 3.5+





Starting October 3, 2014 through December 19, 2014 * Except 17/28

A 90-min *Instructional Clinic* covering ground strokes, volleys, serves, approach shots, transition play, strategy, & much more! All followed by active, educational & exciting match play.



Lessons are personally conducted by USPTA Master Professional Hans Römer Sign up weekly at only \$30 p.p. per session or save money by pre-paying all

Sign up weekly at only \$30 p.p. per session or save money by pre-paying all 10 weeks for only \$275. All participants will receive confirmation/cancelation 48 hrs in advance. Full payment due at first session. Please make checks payable to Tennis 207. Major credit cards accepted.















Foreside Fitness & Tennis - 196 U.S. Route One, Falmouth, ME 04105 Phone 207.899.9897



9:00am to 10:00am 12:00pm to 1:00pm 8:00am to 9:00am

Sign up only by emailing hans@tennis207.com :: Minimum participation is 4 players
All participants will receive confirmation/cancelation 48 hrs in advance Only \$20 p.p.

All Cardio Classes will be personally conducted by USPTA Master Professional Hans Römer



tennis207.com



Thursday

Saturday













Foreside Fitness & Tennis - 196 U.S. Route One, Falmouth, ME 04105 Phone 207.899.9897