

Determine Your NTRP Rating

1-1.5.....Just beginning

2-2.5.....Gaining familiarity with the game, can sustain a slow rally with others of the same ability; has some stroke weaknesses, court coverage weak.

3.0.....Consistent with medium paced shots; not comfortable with all strokes; lacks control when trying for directional intent, depth or power.

3.5.....Improved depth and direction on moderate shots, lacks variety. Exhibits more aggressive net play, improved court coverage and strategy.

4.0.....Dependable strokes from both sides, including directional and depth control; able to use lobs, approach shots and volleys successfully. Serve is effective and occasionally forces opponent errors.

4.5.....Beginning to master all phases of the game; handles pace, spin, and depth; fundamentally sound. Serves with power and control.

5.0.....Maintains form and control in match play. Hits winners or forces errors on short balls. Creates opportunities and exploits

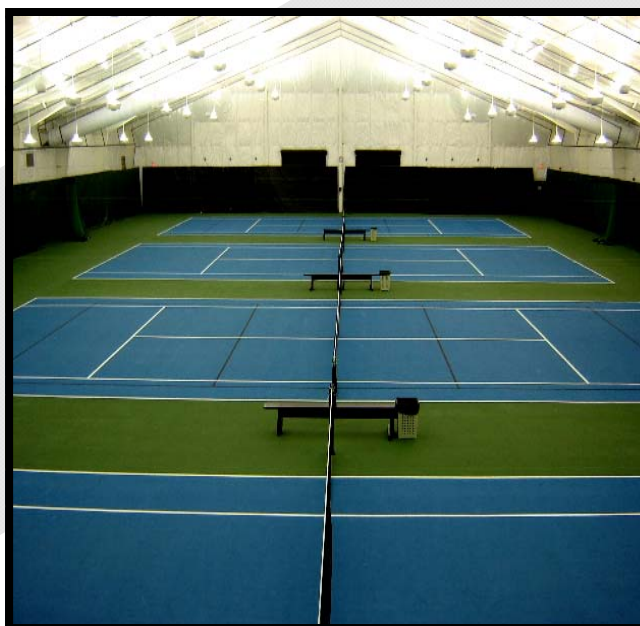
TOTALFITNESS
CONNECTION
Physical Therapy & Fitness

Offering You Over
25,000 Square Feet
Of
INDOOR TENNIS

TOTALFITNESS
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Physical Therapy & Fitness



542 Three Springs Rd
Bowling Green, KY 42104
(270)782-3503



Total Fitness Connection is proud to bring you the BEST Indoor Tennis Complex In South Central Kentucky

TFC can supply all of your tennis needs.

Whether you are a beginner or a pro,

TFC is the place.

[Court Rental](#) - [League Play](#) - [Tournaments](#)

[Private Tennis Lessons](#) - [Group Tennis Lessons](#)

[Youth Programs](#) - [Adult Programs](#)

Class Descriptions

- 1) All classes are offered in 4 week sessions
- 2) Students have the option of coming 1 or 2 times per week
- 3) Classes must have a minimum of 4 students to begin.

Form, Fundamentals & Shot Selection

- 1) Instruction based clinics designed for beginner & advanced beginner students, (NTRP 1.0 thru 2.5).
- 2) Classes are grouped by ages & abilities, with students being tested & evaluated before & after each session.

Strokes, Strategy, and Shot Selection

- 1) Drill & competition based on clinics designed for intermediate & advanced players interested in improving their competitive skills, (NTRP 3.0 thru 4.5).

LOOK!!!!

Spring Break Academy

Fall Break Academy

Christmas & New Years Break Academy

Contact

Coach True at 791-9830 for Academy information.



Tennis Pro Jeff True

Call for lesson rates. 270-791-9830



As Western Ky. University's Director of Tennis, Jeff has been the head men's coach since 1981 & women's head coach since 1999. Jeff is a certified professional with USPTR & the tournament director and referee of well over 40 USTA sanctioned junior tennis tournaments throughout the Warren County area earning him KTA Family of the Year in 1999. Jeff is also an active doubles player with his own children. Coach True & his son Kyle were the USTA National Father & Son indoor champions in Philadelphia in 2000. Since coming to Bowling Green in 1981, True has taught tennis to hundreds of junior & adult players throughout south central Kentucky, earning him Ky. Tennis Association Pro of the Year honors in 1992. Coach True would like to be your coach.

Customize Your Game Plan

Leagues - Lessons - Ladders - Cardio - Tournaments

Under the direction of coach True, TFC is proud to offer a full range of tennis programs designed to meet the needs of each individual tennis player. Whether your personal goal is to enjoy exercise benefits & social aspects of tennis or to improve, compete, & have success at the local, state, or national level, TFC has the entire package of training opportunities available. Consult with coach True about your specific tennis goals & aspirations & he will customize a game plan for you.

How to Get Started

- Step 1 Call coach True 791-9830
- Step 2 Obtain your NTRP rating
- Step 3 Be evaluated & tested
- Step 4 Put together a game plan
- Step 5 See what TFC & Coach True can do for you

Reserving Courts & Rates

Courts can be reserved in advance with a valid credit card. Early reservations are strongly recommended for preferred times due to our peak winter season. 24hrs. notice is required for cancellation. Non - members must pay a guest fee to play or use the facility. Guest fee is \$10.

Court rates are as follows:

Peak Times — \$30/hour

Non Peak Times — \$25/hour

Court times are as follows:

Peak Times — 8am until 12pm

6pm until 9pm

Non Peak Times — 5am until 8am

12pm until 6pm

Ball Machine Rental:

Half hour — \$7

One Hour — \$10

Special Services

Childcare

TFC provides childcare for members & paid guest. Mon.—

Fri. 8am — 12pm/ 4pm—8pm

& Sat. 8am—11am.

Special Events

A variety of tournaments, club get togethers, and camps will be scheduled throughout the season. Watch for more information on our reader boards & in the mail. Our facility is equipped with the finest lighting & sound system around. Members can take advantage of our observation deck while sipping on one of our homemade smoothies from the juice bar or finish up their tennis workout on one of our state of the art treadmills or strength training equipment. Whether it's a group outing; competition; or a workout, Total Fitness Connection is the place to be when it comes to your tennis needs.

ADULT TENNIS LEAGUES

Adult Fall League Sign Ups..... 8/1 thru 8/31

Adult Fall League Begins..... 9/3 thru 12/31

Adult Winter League Sign Ups.... 12/1 thru 1/20

Adult Winter League Begins..... 1/22 thru 5/26