

# COURTSENSE

AT TENAFLY RACQUET CLUB

195 County Rd, Tenafly, NJ 07670  
(201) 569-1114

FOLLOW US:    

*“CourtSense has developed a highly unique, technically and scientifically sound approach to teaching the game of tennis while nurturing the spirit of each individual player.”*— Dr. James Loehr, Ed.D., world-renowned sports psychologist, bestselling author and Chairman/CEO of Human Performance Systems.

## PHILOSOPHY

- ✓ We care about our students being the best they can be - physically, emotionally and intellectually.
- ✓ It is key that they become “students of the game.”
- ✓ It is important that the CourtSense Team tap into the spirit of each player.
- ✓ It is vital that our students become complete athletes.
- ✓ We work diligently with our students, helping them develop a deeper commitment to patience, discipline, fitness and focus.
- ✓ We feel it is essential that our students learn life lessons in the process of learning tennis.
- ✓ We feel it is important that players find the fun in it all!

## METHODOLOGY

CourtSense believes that the most important part of the game of tennis is first played with the **MIND**, second with the **FEET**, and third with the **SWING**. CourtSense’s methodology is to teach these concepts in the opposite direction. We start by first making sure that all the aspects of the SWING are in order; the player has the proper grips, the proper set up and is able to make the right transfer of energy from the beginning to the end of each stroke. Once the swing is in order, the next step is to make sure that the player can use their FEET in the most efficient way to get into a position to execute the swing. The final and third element that we teach is how to play the game using the MIND by teaching patterns of play, variations, breathing techniques, rituals, visualization and more. As our students progress, we coach them on how to use the tools they were taught while exposing them to all aspects of the game.

## TECHNOLOGY

To maximize the impact of our training methodology, CourtSense has some of the most technologically-advanced equipment available in sports today.

156 W. Main Street  
Bogota, NJ 07603  
TEL: (201) 489-1122

195 County Road  
Tenafly, NJ 07670  
TEL: (201) 569-1114

Contact Information:  
info@courtsense.com  
[WWW.COURTSENSE.COM](http://WWW.COURTSENSE.COM)

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## *Private Lessons Request Form*

I would like to request a private/semi-private lesson. If I'm requesting semi-private lessons, the name(s) of the other student(s) are listed below. I am aware that private/semi-private lesson requests will be taken on a priority basis according to group enrollment and early application. Please complete the below in as much detail as possible and submit to the front desk.

Player 1 \_\_\_\_\_

Player 2 \_\_\_\_\_

	<i>PREFERRED COACH</i>	<i>PREFERRED DAY</i>	<i>PREFERRED TIME</i>
1 <sup>st</sup> Choice	_____	_____	_____
2 <sup>nd</sup> Choice	_____	_____	_____
3 <sup>rd</sup> Choice	_____	_____	_____

Parent's Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date: \_\_\_\_\_

"I am enrolled into CourtSense group lessons."

Group(s) if known \_\_\_\_\_

**PLEASE NOTE THE FOLLOWING IMPORTANT POLICIES:**

- Lessons must be cancelled 24 hours in advance to qualify for a make-up lesson.
- Cancellations must be made through the front desk to be eligible for a make-up lesson.
- In order to cancel a semi-private lesson all the players must cancel 24 hours in advance. If one player has the lesson, that lesson is not canceled and the missing players are not entitled to a makeup.
- We will do our best to accommodate make-up lessons. However, make-ups are dependent upon court and coach availability. All make-ups must be arranged directly with the coach and Front Desk.
- All make-ups must be completed by the end of the Trimester. ("Make-up" is defined as a lesson scheduled on a different time/day than the contracted agreement)
- Due to the unpredictable nature of the tennis business coaches are subject to change.

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## 2018 – 2019 Private & Semi-Private *STAFF Coach Fee Schedule*

(FREE Silver Membership with CourtSense Group enrollment!)

(All Value Packs Expire on the last week of the respective Trimester – All lessons must be completed before they expire;  
Coaches and Court time are limited)

<u>Type of Lesson</u>	<u>Non-Prime time Lesson</u>	<u>Weekend* Lesson</u> (*Starting Friday from 3:30pm – Sunday, all day)	<u>Prime time* Lesson</u> (*Monday – Thursday from 3:30pm – 8:30pm)
<b><i>One Person</i></b>			
Non-member Value Pack	\$142 person/lesson	\$152 person/lesson	\$162 person/lesson
Member Value Pack	\$135 person/lesson	\$145 person/lesson	\$154 person/lesson
	\$127 person/lesson	\$137 person/lesson	\$146 person/lesson
<b><i>Two Person</i></b>			
Non-member Value Pack	\$76 person/lesson	\$84 person/lesson	\$91 person/lesson
Member Value Pack	\$72 person/lesson	\$79 person/lesson	\$87 person/lesson
	\$68.50 person/lesson	\$74 person/lesson	\$82 person/lesson
<b><i>Three Person</i></b>			
Non-Member Value Pack	\$61 person/lesson	\$68 person/lesson	\$76/person/lesson
Member Value Pack	\$58 person/lesson	\$65 person/lesson	\$72/person/lesson
	\$55 person/lesson	\$61.50 person/lesson	\$68/person/lesson
<b><i>Four Person</i></b>			
Non-Member Value Pack	\$51/person/lesson	\$58 person/lesson	\$66/person/lesson
Member Value Pack	\$48/person/lesson	\$54.50 person/lesson	\$63/person/lesson
	\$45.50/person/lesson	\$52 person/lesson	\$59/person/lesson

**To sign up for or renew an existing Value Pack, please contact the Director of Tennis at (201) 569-1114. Value Packs are dependent upon coach and court availability.**

**PLEASE NOTE THE FOLLOWING IMPORTANT POLICIES:**

- Lessons must be cancelled 24 hours in advance to qualify for a make-up lesson.
- Cancellations must be made through the front desk to be eligible for a make-up lesson.
- In order to cancel a semi-private lesson all the players must cancel 24 hours in advance. If one player has the lesson, that lesson is not canceled and the missing players are not entitled to a makeup.
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195 County Rd, Tenafly, NJ 07670  
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## 2018 - 2019 Private & Semi-Private **DIRECTORS** Fee Schedule

(FREE Silver Membership with CourtSense Group enrollment!)

(All Value Packs Expire on the last week of the respective Trimester – All lessons must be completed before they expire; Coaches and Court time are limited)

<u>Type of Lesson</u>	<u>Non-Prime time Lesson</u>	<u>Weekend* Lesson</u> (*Starting Friday from 3:30pm – Sunday, all day)	<u>Prime time* Lesson</u> (*Monday – Thursday from 3:30pm – 8:30pm)
<b><i>One Person</i></b>			
Non-member Value Pack	\$153 person/lesson	\$164 person/lesson	\$175 person/lesson
Member Value Pack	\$145 person/lesson	\$155 person/lesson	\$166 person/lesson
	\$138 person/lesson	\$148 person/lesson	\$158 person/lesson
<b><i>Two Person</i></b>			
Non-member Value Pack	\$82 person/lesson	\$90 person/lesson	\$98 person/lesson
Member Value Pack	\$78 person/lesson	\$85 person/lesson	\$93 person/lesson
	\$74 person/lesson	\$81 person/lesson	\$88 person/lesson
<b><i>Three Person</i></b>			
Non-Member Value Pack	\$66 person/lesson	\$74 person/lesson	\$82 person/lesson
Member Value Pack	\$63 person/lesson	\$70 person/lesson	\$78 person/lesson
	\$60 person/lesson	\$67 person/lesson	\$74 person/lesson
<b><i>Four Person</i></b>			
Non-Member Value Pack	\$55 person/lesson	\$63 person/lesson	\$71 person/lesson
Member Value Pack	\$52 person/lesson	\$60 person/lesson	\$68 person/lesson
	\$50 person/lesson	\$57 person/lesson	\$64 person/lesson

**To sign up for or renew an existing Value Pack, please contact the Director of Tennis at (201) 569-1114. Value Packs are dependent upon coach and court availability.**

**PLEASE NOTE THE FOLLOWING IMPORTANT POLICIES:**

- Lessons must be cancelled 24 hours in advance to qualify for a make-up lesson.
- Cancellations must be made through the front desk to be eligible for a make-up lesson.
- In order to cancel a semi-private lesson all the players must cancel 24 hours in advance. If one player has the lesson, that lesson is not canceled and the missing players are not entitled to a makeup.
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# COURTSENSE

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FOLLOW US:    

## 2018 – 2019 Private & Semi-Private **MASTER Coach Fee Schedule**

(FREE Silver Membership with CourtSense Group enrollment!)

(All Value Packs Expire on the last week of the respective Trimester – All lessons must be completed before they expire; Coaches and Court time are limited)

<u>Type of Lesson</u>	<u>Non-Prime time Lesson</u>	<u>Weekend* Lesson</u> (*Starting Friday from 3:30pm – Sunday, all day)	<u>Prime time* Lesson</u> (*Monday – Thursday from 3:30pm – 8:30pm)
<b>One Person</b>			
Non-member Value Pack	\$173 person/lesson	\$188 person/lesson	\$203 person/lesson
Member Value Pack	\$164 person/lesson	\$178 person/lesson	\$193 person/lesson
	\$155 person/lesson	\$168 person/lesson	\$183 person/lesson
<b>Two Person</b>			
Non-member Value Pack	\$91 person/lesson	\$96 person/lesson	\$102 person/lesson
Member Value Pack	\$87 person/lesson	\$91 person/lesson	\$97 person/lesson
	\$82 person/lesson	\$87 person/lesson	\$92 person/lesson
<b>Three Person</b>			
Non-Member Value Pack	\$71 person/lesson	\$78 person/lesson	\$86 person/lesson
Member Value Pack	\$67.50 person/lesson	\$75 person/lesson	\$82 person/lesson
	\$64 person/lesson	\$70 person/lesson	\$78 person/lesson
<b>Four Person</b>			
Non-Member Value Pack	\$60 person/lesson	\$69 person/lesson	\$78 person/lesson
Member Value Pack	\$57 person/lesson	\$65 person/lesson	\$75 person/lesson
	\$54 person/lesson	\$63 person/lesson	\$70 person/lesson

**To sign up for or renew an existing Value Pack, please contact the Director of Tennis at (201) 569-1114. Value Packs are dependent upon coach and court availability.**

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## JUNIOR - GENERAL INFORMATION

<b>Junior Information:</b>		
<b>*Last:</b>	<b>*First:</b>	<b>*Sex:</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>*Street Address:</b> <input type="text"/>		
<b>*Town:</b> <input type="text"/>	<b>*State:</b> <input type="text"/>	<b>*Zip:</b> <input type="text"/>
<b>* Birth Date</b> <input type="text"/>	<b>* Age</b> <input type="text"/>	<b>* Home Ph</b> <input type="text"/> - <input type="text"/> - <input type="text"/>
Mo      Day      Year		

<b>Person Responsible for Payment:</b> <input type="text"/>
---

<b>Mother:</b>	
<b>*Last:</b>	<b>*First:</b>
<input type="text"/>	<input type="text"/>
<b>*Mobile Phone:</b>	<b>Business Phone:</b>
<input type="text"/> - <input type="text"/> - <input type="text"/>	<input type="text"/> - <input type="text"/> - <input type="text"/>
<b>* E-Mail Address:</b>	
<input type="text"/>	

<b>Father:</b>	
<b>*Last:</b>	<b>*First:</b>
<input type="text"/>	<input type="text"/>
<b>*Mobile Phone:</b>	<b>Business Phone:</b>
<input type="text"/> - <input type="text"/> - <input type="text"/>	<input type="text"/> - <input type="text"/> - <input type="text"/>
<b>* E-Mail Address:</b>	
<input type="text"/>	

What school is your child currently attending and where is it located? .....

.....

**In the event that we cannot be reached, the staff has my permission to contact the person listed below for the care and transportation of my child.**

**\*Emergency** \_\_\_\_\_  
(Name) (Address) (Phone)

ALLERGIES: \_\_\_\_\_

MEDICATIONS: \_\_\_\_\_

OTHER CONDITIONS: \_\_\_\_\_

*(Please specify)*

**Is there anything about your child's health/medical history that would affect a fitness/sports program? If so please state why:** \_\_\_\_\_

**I HEREBY GIVE MY PERMISSION FOR MY CHILD TO BE TRANSPORTED TO, AND TREATED AT, THE NEAREST HOSPITAL IF AN ACCIDENT OR SERIOUS ILLNESS OCCURS IN CLASS AND I, OR MY EMERGENCY CONTACT, CANNOT BE LOCATED. I ALSO AGREE TO ALL THE TERMS OF THE WAIVER AND RELEASE FORM ON THE NEXT PAGE OF THIS FORM.**

**\* Date:** \_\_\_\_\_ **\*Mother's or Father's/Guardian's Signature:** \_\_\_\_\_

**\*Mandatory** **\*Name (print):** \_\_\_\_\_



## WAIVER AND RELEASE – JUNIOR

This is to acknowledge, confirm and state that **THE JUNIOR/CHILD/MINOR referred to on the preceding page of this Waiver and Release** is a minor and that I/we, his/her parent(s) or legal guardian(s), on his/her and their own behalf, release and hold **CourtSense, LLC** (the "PROVIDER"), its agents, members, managers, employees, affiliates, professionals, coaches, teachers, trainers, investors, officers or anyone else connected with PROVIDER (the "Released Parties"), harmless from and against any and all injury, loss, damage, claim or asserted claim whatsoever, including without limitation, loss of future earning ability, from and on account of any admittance of the minor to PROVIDER's premises, its services, training, use of facilities, coaching, physical therapy or physical activity, whether on or off PROVIDER's facilities or otherwise, and further acknowledge and agree that the minor enters onto PROVIDER's facilities and engages its services entirely at the minor's own risk. The undersigned parents or legal guardians of the minor, on his/her and/or their behalf, recognize that athletic training is strenuous and inherently involves risk of injury and therefore enter onto PROVIDER's premises and facilities and accept and engage coaches and services understanding and fully accepting the risk and agree, covenant, assert and promise not to make any claim whatsoever against any of the Released Parties arising out of, or connected with, the use of PROVIDER's facilities and services. This Consent and Release is intended to insulate the Released Parties from any and all liability whatsoever and is therefore intended to be interpreted as broadly as possible to so accomplish its intent. The minor, his parents or legal guardians on his/her and/or their behalf, understand that the Released Parties are relying on the broadest interpretation and protection of this Consent and Release in admitting the minor onto its premises and facilities and allowing the minor to utilize the services and coaching involved therewith.


I do hereby further declare my child to be physically sound and suffering from no conditions, impairment disease, infirmity, or other illness that would prevent his/her participation in the use of equipment and of machinery except as hereinafter stated. I do hereby acknowledge that I have been informed of the need for a physician's approval for my child's participation in an exercise/fitness/sports activity, or in the use of exercise equipment and machinery. I acknowledge that the junior has had a physical examination and been given a physician's permission to participate at all CourtSense facilities, and do hereby assume all responsibilities for his/her participation in activities and the utilization of all equipment and machinery, in such activities at the Provider's facilities.

I do further acknowledge and agree that CourtSense has the right to sell, trade or otherwise utilize any photographs or videos of the minor's participation in its programs as well as junior USTA tournaments and/or functions sponsored by Provider, to be used for publicity, educational, instructional, advertising or other commercial purposes.

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## TERMS AND CONDITIONS

### *CourtSense Group Lessons*

1. Official Registration requires payment in full and all necessary completed forms.
2. Acceptance and placement are at the sole discretion of the Director of Tennis and are dependent upon availability and subject to change.
3. Payment for all enrollments is final and non-refundable.
4. **It is the client's responsibility to be aware of program holidays and closures. The calendar can also be viewed on our website at [www.courtsense.com](http://www.courtsense.com).**

### *Missed Group Lessons*

1. There are no refunds for missed group lessons. However, in the event of a serious injury, resulting in an absence of three or more weeks, players are eligible for a 50% “injured reserve” house credit in order to hold the player's spot in the program. It is imperative that CourtSense be given immediate notice of an injury, along with a doctor’s note, to receive house credit. Credit will be calculated starting three weeks from the date CourtSense receives notice and extending until the player returns to the program. After three weeks, the player may also choose to completely withdraw from the program. Please note that any player choosing the option of withdrawal relinquishes his/her spot in the group. **A doctor’s note is mandatory.** Credit will not be issued for injuries lasting less than three weeks.
2. All pricing has been reduced by one full week to account for unavoidable club closures (i.e. loss of power, inclement weather, etc.), therefore, makeups will not be granted should the club have to close for any reason. This reduction in pricing is also calculated because we understand our clients will inevitably need to miss lessons due to illness, vacation, family emergencies, etc.

### *Missed Private Lessons/Open Court Time*

As a courtesy to our team and other clients, please allow 24 hours notice for cancellations and rescheduling requests. Cancellations/rescheduling requests that occur less than 24 hours before the scheduled court or lesson time are subject to a fee equal to the full court or lesson cost in all circumstances, including illness or injury. Late arrival will shorten your court or lesson time. Arrival fifteen minutes or more after your scheduled court or lesson time will be considered as a “no show” and the cancellation fee will apply.



## 2018-2019 Program Calendar

SEPTEMBER 2018						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

OCTOBER 2018						
S	M	T	W	T	F	S
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER 2018						
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18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER 2018						
S	M	T	W	T	F	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JANUARY 2019						
S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY 2019						
S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

MARCH 2019						
S	M	T	W	T	F	S
					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL 2019						
S	M	T	W	T	F	S
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY 2019						
S	M	T	W	T	F	S
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5	6	7	8	9	10	11
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19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE 2019						
S	M	T	W	T	F	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY 2019						
S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST 2019						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

= CourtSense Vacation    
  = Summer Program    
  = Next Trimester Enrollment Due