



Racquetball BC is excited to offer – In the City of Burnaby at Rev's Health Club.



BEGINNER

JR RACQUETBALL (6 - 14 yrs) (code: #1RB)

Introduction to basic rules, safety, and skills including forehand, backhand, serves & serve return. All Players will be required to attend Rick Mattson's Referring Clinic to learn the skills needed to enable to refer game and appropriate court etiquette. All players will start with double bounce, and subject to age graduate to single bounce by the end of the season – equipment will be provided, but your welcome to bring your own, we ask that running shoes and eye-guards while in the courts at all times.

*Sunday: 12:00- 2:00pm – September 25th 2011 to January 08, 2012 *subject to tournaments**

*League Fee: \$40 due on sign-up (2 FOR 1 will be offered, i.e.: family or a friend that joins at the same time) *Fees, can be pro-rated*Check with Debbie for possible funding.*

INTERMEDIATE JR RACQUETBALL (9 - 18 yrs) (code: #2RB)

Focus on specifics of basic skills including forehand, backhand, serves & serve return. Introduction of additional serves, footwork drills and core exercises. All players at this level should be able to successfully play single bounce. Players will be required to attend Rick Mattson's Referring Clinic to learn the skills needed to enable to refer game and appropriate court etiquette.

*Sunday: 1:00- 3:00pm – September 25th 2011 to January 08, 2012 *subject to tournaments**

*League Fee: \$50 due on sign-up (2 FOR 1 will be offered, i.e.: family or a friend that joins at the same time) *Fees, can be pro-rated*Check with Debbie for possible funding.*

COMPETITIVE JR RACQUETBALL (12 - 18 yrs) (code: #3RB)

The program is designed for those juniors whom are committed to the sport, and are working to improve performance. This is a complete program including all facets of training. There is 2 sessions per week. **Limited space available.** And both sessions are **subject to tournaments**

Friday: 6:45-8:30pm September 23rd 2011 to January 06, 2012

*Sunday: 2:00- 4:00pm – September 25th 2011 to January 08, 2012 **you will be a Mentor, and will help with the league> 2:30 pm – 4:00 pm Free Challenge games, skills and drills, also special guests will be invited to “play a friendly game”. This will qualify you for special events – we will review in person.*

*League Fee: \$65 due on sign-up. (2 FOR 1 will be offered, i.e.: family or a friend that joins at the same time) *Fees, can be pro-rated*Check with Debbie for possible funding.*

Contact Debbie Goodhope for evaluation & expectations. goodhope@telus.net

NATIONAL TEAM RACQUETBALL

TRAINING GROUP: Open to all players that have played in the Provincials, and are able to provide a training log for the season. The program will be designed for Camps to prepare you for Nationals Tournament. Dates and times will be announced, contact Debbie Goodhope expectations & costs. goodhope@telus.net

