



B TTC TENNIS CLINICS

We are looking forward to our time together with you to share our love of tennis!
Here are a few housekeeping things you should know prior to the start of your tennis clinic:

WAIVER, CHECK IN, & REPORT CARDS

WAIVER & COVID POLICY FORM: Must be completed prior to using the BTTC facility or participate in any of our programs.

All minors must have the form completed and signed by their parent or guardian.
We simply cannot allow anyone on the courts without it.

CHECK-IN: Please arrive a few minutes early and check in at the front desk – just tell our staff your name and the name of the clinic you are attending, and they will check you in. Remember, PARKING is limited, so add a little extra time to park and walk.

WAIT IN OUR LOBBY/LOUNGE BEFORE YOUR CLINIC STARTS: At the right time, your Tennis Pro will announce the start of the clinic and you'll go up the stairs to courts 1 & 2. Parents are welcome to watch from the seating on Court 2. Our tennis courts are not heated, so dress accordingly with layers.

REPORT CARDS: In week 6, each player will receive a "report card" to let you know how your skills are advancing and where you need to focus more work. We'll include a recommendation for the next clinic level, so you'll know how to keep improving.

WHAT TO WEAR & ETIQUETTE

WHAT TO WEAR: TENNIS SHOES. Non-marking soled court shoes are required – they are made for playing tennis! Running shoes are made to keep your foot moving in one direction and can tend to turn an ankle on the court. Tennis shoes are made to slide and move on our court surfaces the way that they should.

WHAT TO WEAR: LAYERS! Our courts are not heated and so you'll want to wear layers according to the weather.

ABOUT FOOD: WHAT TO EAT? You will have a better experience and learn more if you are well fueled. We suggest that you eat a bigger meal no closer than an hour prior to your exercise so that you have the energy you'll need (and time to digest). If you are short on time, for sure eat some easy to digest foods: a banana with a little peanut butter, energy bar or gel, fruits, crackers, or yogurt with berries. No food = no energy. Please bring your own refillable water bottle (we sell them if you need one!) **No Gum or Food is allowed on the courts. Only water :-).**

ETIQUETTE: We ask that all players are respectful of each other and your tennis Pro. For any disruptive behavior, the player will be asked to sit out until they can participate with good sportsmanship.

PARENT-CHILD PICK UP ETIQUETTE: Parents: please pick up your kids no later than 15 minutes after the end of the clinic. We are not permitted or licensed as a childcare facility and can't provide that service.

AND FINALLY

RELAX! We are all going to have fun and learn a ton. Tennis is a game with many physical, mental and social benefits for ALL ages and many years to come!

QUESTIONS? Please click this link to send us an email or give us a call at 360-733-5050

Helping you achieve the fitness you want in the place that you love

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