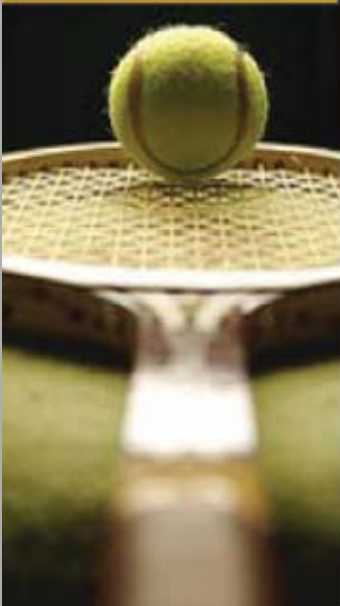


WALNUT HILLS 1921



**2010  
Summer  
Youth Sports  
Guide**

## Welcome to the Walnut Hills Country Club 2010 Youth Sports Program

### Our Mission

*The mission of the Walnut Hills Country Club Youth Program is to provide a safe recreational environment for children and grandchildren of members. The goal of each program is to teach our youth the correct rules, proper etiquette and sportsmanship and the best technique to help them enjoy all three sports. Although recreational in nature, our programs will also expose children to some level of competition and teach them how to play with other members of a team. Learning to win and accepting defeat is a big part of any sport and even a larger part of life. It is our ultimate intention to instill the qualities that make each child a better player and more importantly a better person.*

### Our Staff

*Our staff is made up of professionals with years of experience in teaching and coaching youth in golf, tennis and swimming. The Golf Program is led by our PGA Head Professional, Victor Whipp. Along with Vic, PGA Assistant Professionals TJ Roberts and Nick Steward will provide instruction, coaching and mentoring to all of our junior golfers. The Court One Athletic Club administers the Tennis Program. Shelly Bugg, Director of Tennis provides the leadership for the program. Shelly will provide tennis excitement throughout the summer. Our Pool Supervisor and Aquatics Director, Ms. Tiffany Vincent along with an experienced staff of instructors will direct the youth Swim Programs. Tiffany has been a member of our Aquatics Team for 4 years and provides a wealth of experience and enthusiasm to our swim programs and has built a fine teaching and coaching staff for our young swimmers.*

### Volunteers

*In order to provide the finest and safest instruction programs for our youth, we ask for your help and support during the season. Volunteers are vital in organizing and supervising safe programs for our junior participants. We ask all parents or guardians to donate several hours of your time to help with our programs. The program directors will give you more information on what role you can play in making this year's programs the finest in the area and the very best for our youth.*

## Walnut Hills Junior Golf 2010

The youth golf program at Walnut Hills is designed for our golf member's children and grandchildren from age 4 to 17. The program is divided into four distinct groups by age, ability and experience. Throughout the summer we will provide skill driven clinics in two hour increments to develop golf skills which our juniors will take to the course. Emphasis in all clinics will be toward fun games and athletic activities that will lead to long term golf and athletic development. Time will be divided into skill development and golf learning in all aspects of the game from Putting to Full Swing. July and August the professional golf staff will provide clinic instruction and play on the golf course on Friday mornings. After the instructional clinic, the juniors will play a specified number of holes based on their respective abilities. For those qualified juniors who can play unsupervised, the staff will provide supervised practice time on Friday mornings with tee times to follow.

Our philosophy at Walnut Hills is simple. Golf is a sport. People play sports for development of body and mind. People develop as athletes and golfers. We are developing golfers as athletes. We intend to develop golfers with a development model that is defined as Long Term Athletic Development.

We will develop in all youth ages the following FUNdamental movement skills:

Rolling	Hopping
Walking	Kicking
Skipping	Throwing
Sprinting	Catching
Jumping	Striking

Our intention is grouping kids into pairs of like age or like ability.

Our camps are fun, fast paced and activity based.

It is a sin to bore a kid.

Walnut Hills is an extraordinary place to be a kid and we intend to ignite all kids with golf activities that will develop kids into golf athletes.

The Walnut Hills Junior Golf Program will have a ration of minimum 4 kids to 1 golf coach.

### Junior Golf Groups

Four Distinct groups will be created. Fun and development will be created and emphasized in each group based on experience and ability.

Every effort will be made to pair children with friends of like ability. Children may be placed in different age groups based on their ability.

- **One-Holers** – designed for new players age 6 and under.
  - **Aces** – designed for new junior players between the ages of six and eight.
  - **Eagles** – designed for juniors between the age of seven and ten with some previous golf instruction and/or experience.
  - **Players I** – designed for juniors between the age of nine and twelve with previous instruction and playing experience.
- Players II** – designed for juniors 12 & over with previous instruction, playing experience and an interest in playing competitive golf.

**June Junior Golf Clinic & Golf Schedule**

Tuesday thru Thursday June 15-17 & June 22-24, June 29,30 & July 1  
Players & Eagles 9:30 – 11:30      Eagles & Aces 2:00 – 4:00

Tuesday thru Thursday July 6-8 & July 20-22  
Players & Eagles 9:30 – 11:30      Eagles & Aces 2:00 – 4:00

Tuesday thru Thursday August 3-5 & August 10-12  
Players & Eagles 9:30 – 11:30      Eagles & Aces 2:00 – 4:00

One Holer  
Thursdays      June 17-August 12 11:30 – 12:30

Cost of Three Day Clinics is \$95. One-Holer Clinic is \$15 per day or \$100 for the season.  
No clinic on 7/29

**July and August Clinic and Play Dates:**

Holes	Group	Clinic	Play	Completed Time
9/18	Players	8:00	8:45	1:00
9	Eagles	9:00	9:45	12:00
4	Aces	9:45	10:30	11:45
1	One	10:30	11:00	11:30

**Dates of July – August Junior Golf Clinics and Play**

Friday July 2, July 9, July 16, July 23, August 13, August 20

Junior Championship August 5-6

Cost of the July and August Clinic and Play is \$125.

Price includes instruction, Walnut Hills Junior Golf Shirt and Golf Cap plus awards and prizes at the Junior Sports Awards Banquet on Sunday, August 29th.

**Junior Golf Events**

Sunday May 16 – Junior Sports Banquet, 5:00 pm  
Sunday June 27 - Family Golf Event, 3:00 pm  
Sunday August 15 – Family Golf Event, 3:00 pm  
Sunday August 29 – Junior Sports Awards and Banquet 5:00

Please contact the golf shop at 332-8640 for more information and to register for any of the above events.

## Walnut Hills Junior Golf Pricing

Junior FUNdamentals Camps 3 days \$95 per camp  
2 hours per day three consecutive days Tuesdays through Thursday  
FUNdamentals emphasized  
Golf with Balance, Speed and Club face awareness

Junior Golf Friday Summer Program \$125 for Six Fridays  
30 Minute clinic and play on course each week  
Plus Junior Club Championship

Junior Club Championship - \$20 dollars if not enrolled in Friday Junior Golf

### Junior Golf Lessons Private

Vic Whipp, PGA \$45. per half hour \$60 per hour

TJ Roberts, PGA \$30 per half hour \$50 per hour

Nick Steward \$30 per half hour \$50 per hour

### Summer Junior Special with TJ and Nick

*Six Half hours lessons for \$120*

### Elite Junior Golf School with Vic Whipp and Bill Mory

To be announced in Late May

Late June and Early August Dates for this special junior golf experience

## Golf Course and Practice Range Rules

Recommended Golf Times for Junior's (Between Memorial day and Labor Day)

<b>Golf Course</b>	<u>Weekdays</u>	<u>Weekends</u>
Kids 10 years and under With accompanying adult	After 6:00	After 3:00
Kids 11 – 13 Approved by golf shop	Before 8:00 am After 2:30	After 2:00
Kids 14 and over	Before 11:30 After 2:00	After 11:00 Without adult
Kids 13 and over With adult	Anytime	Anytime

Practice Range	<u>Weekdays</u>	<u>Weekends</u>
Kids 10 years and under With accompanying adult	Before 11:30 After 3:00	After 2:00
Kids 11 – 13 Approved by golf shop	Before 11:30 am After 2:30	After 1:00
Kids 14 and over	Before 11:30 After 2:30	After 10:00 Without adult
Kids 13 and over With adult	Anytime	Anytime



# Summer Tennis Program

Come Play Tennis with us!

When you play in any one of our Play Tennis Pathway Programs you're really preparing yourself to play the rest of your life. The skills, values, attitudes you learn will be lifelong. For those who continue to play through high school, you will be ready to star on the high school team. Classes address individual skills and personal growth. All tennis lesson programs are priced weekly and begin June 14<sup>th</sup>.



SUMMER 2010  
WALNUT HILLS COUNTRY CLUB TENNIS  
JUNE 14 – AUGUST 21  
**SESSION DATES:**  
JUNE 14 – JULY 3  
JULY 5 – JULY 24  
JULY 26 – AUGUST 21 (four week term)

Pricing reflects Member and Non Member...please bring a friend for all classes

## **ANKLE BITERS (foam balls) Ages 3-4**

A high level of energy and fun is emphasized as children are never too young to learn the sport of a lifetime. Activities of coordination, following directions, and working together are stressed as the children keep moving and learning while having fun.

Tue – Thurs Walnut Hills Country Club 9:30 – 10:00 \$32 \$54

## **PEEWEE (foam-red ball) Ages 5-6**

Play, scoring, teamwork, and sportsmanship will be taught on shorter courts with lower nets, larger balls, and smaller racquets. Never ending movement and fun will continually be addressed through games and drills.

Tue – Thurs Walnut Hills Country Club 10:00 – 11:00 \$95 \$162

## **ROOKIES (foam-red ball) Ages 5-7**

Stroke development, movement and patterns of play utilizing the QuickStart format.

Tue – Thurs Walnut Hills Country Club 11:00 – 12:00 \$95 \$162

## **POINTS (red-orange ball) Ages 7-9**

This class will transition the player from the 36' court to the 60' court. Drills, match play, and strategy will help them make the transition to the 60' court. Fun, movement, and drills will be stressed throughout this class.

Tue – Thurs Walnut Hills Country Club 12:00 – 1:00 \$95 \$162

## **GAMES (orange ball) Ages 9-11**

Expect to pound the courts with several types of match play. This class will also address the technical and tactical sides of the game while each student is trying to take their game to the next level. Fun and movement drills will be stressed throughout this class.

Tue – Thurs Walnut Hills Country Club 1:00 – 2:00 \$95 \$162

## **JUNIOR VARSITY Ages 12-14**

### **VARSAITY Ages 13-18**

Learn to compete with advanced technical instruction, and strategy. Team play is emphasized with special attention to singles, and doubles strategy. The program is designed to help you make your high school team. Players will be training to participate in tournament play as well as Junior Team Tennis.

Tue – Thurs Walnut Hills Country Club 2:00 – 4:00 \$480 \$630

## **USTA Junior Team Tennis**

USTA Junior Team Tennis connect kids together in teams according to age and ability in teams to play singles, doubles and mixed doubles against other teams within a league.

JTT promotes social skills and important values by fostering a spirit of cooperation and unity, as well as individual self-growth.

Also, it's a fun environment for kids in which they learn that succeeding is more about how they play the game, win or lose.

**How does it work?**

For ages 6-18. They are immediately placed on teams. The league will consist of teams in the greater Lansing area. Teams are co-ed. The teams consist of the following age groups:

Age groups: U18, U16, U12, U10, and U8

**Cost \$32.50—includes USTA membership, Nike team uniform, and matches**

**Walnut Hills Junior Tournament**

The Junior Tournament will be held August 17, 18, and 19. The tournament will give players a chance to place their talents into competition at the end of the summer. What a fun way to end the summer.

**Parent/Junior Tournament**

There is not a better way to get a family together than to place them on the court with one another. We will host a parent junior tournament for ages 6-18 so kids or parents grab your teams! We will enjoy a lot of laughs out on the courts.

June 26 Saturday – 10:00 – 12:00

**Junior Match Play Tennis**

Walnut Hills C.C. will be hosting match play days on selected Fridays. Your child is eligible for these if they can serve from the baseline and keep score. Matches will be against someone at his/her skill level and times will be given out during the week of the match. Match play Fridays will be announced.

**Private Lessons**

Shelly Bugg USPTA. PTR \$59 per hour member \$69 per hour non-member

**Racquet Stringing Service**

Please leave your tennis racquet with the tennis professional and we will have your racquet re-strung within 48 hours. The tennis racquet will be returned to you at Walnut Hills.

If you have any questions or concerns in regard to the tennis program at Walnut Hills contact Shelly Bugg, Director of Tennis Operations at Court One Athletic Clubs 517.349.1199 x12



SUMMER 2010  
WALNUT HILLS TENNIS REGISTRATION FORM

Full payment must accompany registration form:

Charge my: \_\_\_ Court One Account \_\_\_ WHCC Account \_\_\_ MasterCard \_\_\_ Visa \_\_\_ Amex  
\_\_\_ Discover

Account # \_\_\_\_\_ Exp. \_\_\_\_\_

Enclosed Class Fee(s) \$ \_\_\_\_\_

Class Name \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

Presently Enrolled in Court One Class? Yes \_\_\_\_\_ No \_\_\_\_\_

Students Name \_\_\_\_\_ Birthday \_\_\_\_\_

Parents Name \_\_\_\_\_ Parents Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Daytime Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Payment, membership requirement, enrollment, refund, and make-up policies –

Full payment must be included with the registration form. A student enrolling after the start of the session and is unable to make-up missed classes will be charged a pro-rated fee for the remainder of the session.

Court One or WHCC memberships are not required for junior lessons.

Fee is non-refundable except as follows:

For medical disabilities, a pro-rated refund/credit shall be given from the date the refund is requested when accompanied by a doctor's statement explaining the nature of the disability or injury and duration.

A participant shall be given a pro-rated refund/credit should a class be cancelled after the start of the session.

We shall accommodate for vacation. A pro-rated fee will be given at the beginning of the term when accompanied by a written notice of when the student will be out of class.

A student who does not meet the skill level requirements will be asked to change to a compatible class or will be issued a pro-rated refund or credit.

If any class is cancelled, Court One or WHCC shall make every effort to reschedule the class on a date agreeable to all students. If the class cannot be rescheduled, each participant shall be given a refund or credit for the cancelled class.

Only the Director of Tennis may approve lesson refunds, credits or pro-rated fees.

There is a minimum and maximum enrollment for each class.

A student is allowed to make-up one class per each 3 or 4 week term. To assure your class make-up, please provide five days advance notice. To request a make-up please contact the Director of Tennis, Shelly Bugg at 517.349.1199 or 517.372.9531. Make-ups are not offered in the first week of a term. Make-ups do not carry over to the next term. If you schedule a make-up and need to cancel, please do so with a 24 hour notice.

Parents Signature \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE HAND INTO THE WALNUT HILLS OFFICE**

# Swim Programs

## Get Ready Swimmers!

Welcome to another exciting summer at the Walnut Hills Pool! Tiffany Vincent will head our team this year, with a group of new lifeguards that can't wait to get to know our members! So come out and join us as we bring a fresh new twist to your Summer 2010!

## Here We Go!

The pool is open seven days a week from 11:00 a.m. to 9:00 p.m. starting Memorial Day weekend! Sometimes due to inclement weather, we may need to close down for everyone's safety. If you're not sure about the weather, give us a call out at the pool at 332-0044 to hear our daily updated message.

Would you like to be a part of our programs at the pool? Feel free to register at the kickoff banquet or anytime you see us on deck. You can also contact us at 332-0044 for any questions or to sign up!

## Lane 1: Swim Team!

The WHCC swim team is for any child between the ages of 5 and 17, who can swim at least one length of the pool unassisted. Our goal as coaches is to promote great team spirit, provide positive feedback, and build self-esteem to our swimmers...and of course, to have tons of fun in the process! Swim team will begin on Monday, June 14<sup>th</sup> and will meet on Mondays, Tuesday, Wednesdays, and Fridays. Practice will take place from 10-11am, with each group swimming their own workout.

Don't worry parents, for our youngest swimmers we will practice in the diving well so they can work up the stamina to swim the entire pool length! This is a great opportunity for your little swimmers to continue developing those skills they learned in swim lessons!

The cost for the season is \$175 including our Team T-shirt and a team swim suit. Orders will be taken at the Junior Sports Registration and Dinner on May 16<sup>th</sup> at the Clubhouse from 5:00 to 7:00 pm.

The swim team will be split into three different groups:  
(Subject to adjustment based on registration)

**Minnows:** These fish are able to make it a full length of the pool without stopping. They should know backstroke and freestyle (front crawl). Beginning breaststroke and butterfly skills will be introduced.

**Sharks:** These fish should be able to swim 100 yards (4 lengths) continuous of backstroke and freestyle. Breaststroke and butterfly skills will continue.

**Dolphins:** These water mammals should have comfort with all four strokes. Improving stroke efficiency and technique will be the focus, along with building endurance.

## Pool Schedule

May 28 <sup>th</sup>	Pool Opens for the Summer @	12pm
May 31 <sup>st</sup>	Memorial Day Pool Games	2-4pm
June 11 <sup>th</sup>	School's Out Pool Party!	3-7pm
June 14 <sup>th</sup>	Swim Team Begins	
June 15 <sup>th</sup> - 24 <sup>th</sup>	1 <sup>st</sup> Session Group Lessons	
June 17 <sup>th</sup>	Swim Team Dinner/ Team Shirt Decorating	
June 21 <sup>st</sup> / 22 <sup>nd</sup>	Summer Lock-in	8pm- 8am
July 6 <sup>th</sup> - 15 <sup>th</sup>	2 <sup>nd</sup> Session Group Lessons	

July 16 <sup>th</sup>	Fliks & Floats	8:30pm-10:30pm
July 20 <sup>th</sup> - 29 <sup>th</sup>	3 <sup>rd</sup> Session Group Lessons	
August 12 <sup>th</sup> -13 <sup>th</sup>	Summer Lock-in	8pm-8am
August 27 <sup>th</sup>	Fliks & Floats	8:30pm-10:30pm
September 6 <sup>th</sup>	Labor Day Pool Party!	3-7pm

~~ Swim Meet Schedule ~~

June 23 <sup>rd</sup>	6-8 pm	Team Dinner & Team Shirt Decorating
June 24 <sup>th</sup>	5:30 pm*	WHCC/CCL VS. U-Club @ U-Club
July 1 <sup>st</sup>	5:30 pm*	U-Club OPEN @ U-Club
July 8 <sup>th</sup>	5:30 pm*	MAC vs. U-Club @ U-Club WHCC vs. CCL @ WHCC
July 15 <sup>th</sup>	5:30pm*	Mix-up Relay Meet @ U-Club
July 22 <sup>nd</sup>	5:30pm*	MAC vs. WHCC/CCL @ MAC
July 31 <sup>st</sup>	8:30 am**	Championship @ U-Club
August 2 <sup>nd</sup>	9:00 am	Awards/ Game Day

\* Warm up at 5:30 pm, competition at 6:00 pm

\*\* Warm up at 8:30 am, competition at 9:00 am

**VERY IMPORTANT**

Swimmers, please let your coaches know if you cannot attend a meet as soon as possible.

**Parent Volunteers are needed for all swim meets. Please contact Emily Balander to volunteer for one of the dates listed above.**

**Lane 2: Group Lessons!**

Swim lessons at WHCC can be taken by all ages! Most lessons are taken by beginning swimmers, but we invite anyone to join that wants to learn how to improve their swimming! Lessons are on Tuesdays, Wednesdays, and Thursdays for a half hour. We break the lessons into two-week sessions for billing purposes and to make it easier on your summer schedules! Swim lessons will be conducted from 11:30 am to 12 noon. Each session will be \$50 and will be billed at the end of the two weeks. Please sign up ahead of time so as to insure that we have an adequate amount of instructors.

Ages 3-4:

Tadpole: These swim creatures are new to the ways of the water. They may need floatation devices for assistance and be very dependent on their instructor. Once strong enough to swim short distances unassisted, sign up for Guppy level.

Ages 5 & up:

Guppy: These swim creatures should be fairly comfortable in the water. They should be able to swim without assistance for 10-15 ft. Comfort with head in water is a must.

- Some swimmers may be moved between groups after an evaluation of skills. Please sign up by the Wednesday of the week prior to session start date.

Session 1:	June 15 <sup>th</sup> – 24 <sup>th</sup>
Session 2:	July 6 <sup>th</sup> – 15 <sup>th</sup>
Session 3:	July 20 <sup>th</sup> – 29 <sup>th</sup>

- Additional sessions may be added in August with significant interest  
Three swimmers required to run sessions.

2010 Walnut Hills Swim Team Registration

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Years on Swim Team \_\_\_\_\_ T-Shirt Size \_\_\_\_\_ Swim Suit Size \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_

Sitter Name \_\_\_\_\_ Phone \_\_\_\_\_

2010 Walnut Hills Swim Team Registration

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Years on Swim Team \_\_\_\_\_ T-Shirt Size \_\_\_\_\_ Swim Suit Size \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_

Sitter Name \_\_\_\_\_ Phone \_\_\_\_\_

2010 Walnut Hills Swim Team Registration

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Years on Swim Team \_\_\_\_\_ T-Shirt Size \_\_\_\_\_ Swim Suit Size \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_

Sitter Name \_\_\_\_\_ Phone \_\_\_\_\_

2010 Walnut Hills Swim Team Registration

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Years on Swim Team \_\_\_\_\_ T-Shirt Size \_\_\_\_\_ Swim Suit Size \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_

Sitter Name \_\_\_\_\_ Phone \_\_\_\_\_

## Youth Sports Staff

Golf Instructors – 517-332-8640

Vic Whipp, PGA Head Golf Professional  
TJ Roberts, PGA Assistant Golf Professional  
Nick Steward, Assistant Golf Professional

Tennis Instructors - 332-2021 (6/9-8/15)

Shelly Bugg, USPTA, PTR

Swim Instructors – 332-0044

Tiffany Vincent, Aquatics Director  
Emily Balander