



Long Island Foundation For Education & Sports



Long Island Foundation For Education & Sports

2009 LIFFES.org application
Tennis in the Parks
Suffolk County Parks: W. Sayville, Timber Pt, Raynor Beach

www.liffes.org Questions? Call (631) 642-8081 or e-mail register@liffes.org

Program Description

LIFFES is an organization of community based tennis programs dedicated to introducing all children to lifetime sport...tennis! Our mission is to empower all children with an instructional and play based tennis program. Our staff is trained by United States Tennis Association Coaches and has the experience to provide a quality experience for your child LIFFES youth Team Tennis League offers all children the opportunity to play on teams in a league that emphasize fun, friends and fitness. Our youth team tennis league provides a pathway for children to prepare to play tennis on a school team. Teams are organized to match children by age and ability. With the United States Tennis Association QuickStart games based tennis program... it's easier for children, we changed a few things...the court sizes, the racquet sizes, the balls, the scoring system and even the net height. This tennis format is tailor-made for kids. For more experienced players we will place them in more advanced groups each week. Plus, just like other popular sports, this format stresses the importance of play and team competition.

First Servers Division :: ages 4-7 :: 4:00 - 5:00pm

The QuickStart Tennis format will help children learn and play the game. Now any child can start playing tennis almost immediately-even if he or she never picked up a racquet before. QuickStart stresses the importance of play and team competition. Children age 7 may choose between the First Servers and Aces Division.

Aces Division :: ages 7-9 :: 5:00 - 6:00pm

The Aces Division is for children who have some tennis experience or are new to tennis. Children are divided by ability and provided basic instruction with skill based activities, games and Quick Start tennis activities including team matches. Children will be introduced to doubles and singles with the QuickStart transitions courts and tennis balls.

Pro Division :: ages 10-13 :: 6:00 - 7:00pm

The Pro Division is for children who played some tennis before and want to compete on teams with their friends and get match experience. Instruction provided and children will be skill tested and placed by ability.

Middle School/JV Team Division :: ages 11-15 :: 6:00 - 7:00pm

This division is for children who are on there MS/JV team and want to improve or who want to try out for there school team. Instruction provided, skill development activities, develop match play skills in singles & doubles.




Rain Announcements

Please call LIFFES at 631-642-8081 after 2:00pm for a recorded message regarding possible program cancellations due to bad weather.

Requirements

- Sneakers, water bottle & a smile!
- Tennis racquet.
- **Fee: \$65 per student, per session**

This program is neither endorsed by or affiliated with Hauppauge School District.

Registrant Information																
Name	LAST FIRST															
Address	STREET															
	TOWN ZIP															
Phone #	AGE:															
E-Mail																
confirmations by email only																
Emergency Contact Information																
Name	LAST FIRST															
Relationship																
Phone #	HOME CELL															
Location & Session Selection																
Park																
Session #																
<p>complete this form and mail with check (payable to LIFES) to: Suffolk County Parks Department ATTN: Terry Maccarrone PO Box 144 West Sayville, NY 11796-0144</p>																
																
<p>Location Details Location: West Sayville Country Club, Montauk Hwy, West Sayville Timber Point Country Club, Great River Road, Great River Raynor Beach County Park, Ronkonkoma Ave, Lake Ronkonkoma</p>																
<p>Dates:</p> <table border="1"> <thead> <tr> <th></th> <th>West Sayville - Mondays</th> <th>Timber Point - Tuesdays</th> </tr> </thead> <tbody> <tr> <td>Session 1</td> <td>May 11, 18, Jun 1, 8, 15, 22</td> <td>May 19, 26, Jun 2, 9, 16, 23</td> </tr> <tr> <td>Session 2</td> <td>Jun 29, Jul 6, 13, 20, 27, Aug 3</td> <td>Jun 30, Jul 7, 14, 21, 28, Aug 4</td> </tr> <tr> <td>Session 3</td> <td>Aug 10, 17, 24, 31, Sep 7, 14</td> <td>Aug 11, 18, 25, Sep 1, 8, 15</td> </tr> <tr> <td>Session 4</td> <td>Sep 21, 28, Oct 5, 12, 19, 26 *</td> <td>Sep 22, 29, Oct 6, 13, 20, 21 *</td> </tr> </tbody> </table>			West Sayville - Mondays	Timber Point - Tuesdays	Session 1	May 11, 18, Jun 1, 8, 15, 22	May 19, 26, Jun 2, 9, 16, 23	Session 2	Jun 29, Jul 6, 13, 20, 27, Aug 3	Jun 30, Jul 7, 14, 21, 28, Aug 4	Session 3	Aug 10, 17, 24, 31, Sep 7, 14	Aug 11, 18, 25, Sep 1, 8, 15	Session 4	Sep 21, 28, Oct 5, 12, 19, 26 *	Sep 22, 29, Oct 6, 13, 20, 21 *
	West Sayville - Mondays	Timber Point - Tuesdays														
Session 1	May 11, 18, Jun 1, 8, 15, 22	May 19, 26, Jun 2, 9, 16, 23														
Session 2	Jun 29, Jul 6, 13, 20, 27, Aug 3	Jun 30, Jul 7, 14, 21, 28, Aug 4														
Session 3	Aug 10, 17, 24, 31, Sep 7, 14	Aug 11, 18, 25, Sep 1, 8, 15														
Session 4	Sep 21, 28, Oct 5, 12, 19, 26 *	Sep 22, 29, Oct 6, 13, 20, 21 *														
<p>Raynor Beach - Wednesdays</p> <table border="1"> <tbody> <tr> <td>Session 1</td> <td>May 20, 27, Jun 3, 10, 17, 24</td> </tr> <tr> <td>Session 2</td> <td>Jul 1, 8, 15, 22, 29, Aug 5</td> </tr> <tr> <td>Session 3</td> <td>Aug 12, 19, 26, Sep 2, 9, 16</td> </tr> <tr> <td>Session 4</td> <td>Sep 23, 30, Oct 7, 14, 21 *</td> </tr> </tbody> </table>		Session 1	May 20, 27, Jun 3, 10, 17, 24	Session 2	Jul 1, 8, 15, 22, 29, Aug 5	Session 3	Aug 12, 19, 26, Sep 2, 9, 16	Session 4	Sep 23, 30, Oct 7, 14, 21 *							
Session 1	May 20, 27, Jun 3, 10, 17, 24															
Session 2	Jul 1, 8, 15, 22, 29, Aug 5															
Session 3	Aug 12, 19, 26, Sep 2, 9, 16															
Session 4	Sep 23, 30, Oct 7, 14, 21 *															
<p>*note: 4:30-5:30pm, ages 5-9 5:30-6:30pm, ages 10-15</p>																