

Damian Sancilio

Damian Sancilio has been one of the premier tennis coaches in the Richmond area for years. As a player, he was a nationally ranked junior who went on to become a scholarship athlete at the University of Virginia where he played #2 singles and was elected the team's captain. He is also a 2-time Richmond city singles champion. As a coach, he trained world ranked player Sabine Hack of Germany for 4 years as her ranking jumped from #46 to #13 on the WTA tour under his direction. She was nominated by the WTA for most improved player on the tour in his first year of working with her. Damian also coached the Kuwait Davis Cup team for 6 years and was the country's national coach. Since coming back to Richmond in 2002 and becoming the director and partner at Courtside West, he has dedicated himself to working with juniors in the Richmond area. In 2009, he has opened Damian Sancilio's Junior Tennis Academy at Courtside West to bring his approach to the game to all levels. He and his wife Jennifer have two boys: Damian, 6 and Roman, 4.



Other Coaches

Experienced teaching professionals John Shipstedt, Pat Anderson, Jamie Hevron, Kurt Hammerschmidt, and Jeremy New are assisting Damian with the academy.

For any questions, email cwdamian@aol.com or call 405-8885.



1145 Gaskins Road • Richmond, VA 23238 • 740-GAME (4263)
www.courtsidewest.com

Damian Sancilio's Junior Tennis Academy



"Quality and Passion"

If you are looking for tennis lessons year-round for your child by experienced pros in a small group atmosphere, then Damian Sancilio's Junior Tennis Academy at Courtside West is the place for you. We believe that tennis is a great vehicle to teach the benefits of competition and the values of camaraderie, whether your child's goals are to make the middle school team or to play at Wimbledon. Our low student to court ratio and personalized approach by dedicated pros will help your child be a winner on and off the court.

(See next page for programs)

The Programs



Future Stars, ages 5-7

Schedule: 5-7 yr olds, Tues, Thurs 3:15-4:00 pm

Price for 6wk session: 2x/wk, \$120 members/ \$160 non-members
1x/wk, \$70 members/ \$90 non-members

This is a great way to start kids off to a lifetime of fun. Classes will stress motor skills, coordination, and basic tennis strokes in a smaller court with kid friendly equipment. The main focus of this clinic is to have fun, get exercise and ignite a love for the sport.

Rising Stars Developmental Training, ages 8-14

(players grouped as beginners, advanced beginners, and low intermediates)

Schedule: 2x/wk, Tues 4:00-5:30 pm, Sat 1:00-2:30 pm

Price for 6wk session: \$295 members/ \$360 non-members
Tues or Sat only*: \$170 members/ \$195 non-members

**Due to space availability, preference will be given to students registering for both days if class is full.*

This program stresses the proper technique of all the strokes in a fun atmosphere of drills and competitive games. The first half of each session is dedicated to stroke production and the second half is set aside for games which create an exciting atmosphere to learn strokes, etiquette, and basic strategies.

Getting Serious Training, ages 10-15

(players grouped accordingly)

Schedule: 3x/wk, Wed, Fri 4:00-5:30 pm, Sat 2:30-4 pm

Price for 6wk session: 3x/wk: \$450 members/ \$510 non-members
2x/wk: \$295 members/ \$360 non-members
1x/wk: \$170 members/ \$195 non-members

This program is designed for the intermediate level player. The typical student can rally back and forth consistently and is comfortable from both the baseline and net positions. Working together, the coaches and students create a focused, hardworking, and positive atmosphere in which players can improve and be successful in tournament or team play. A common goal of this group is to play middle school or high school team tennis.

Focused & Committed Training, ages 12-16

Schedule: 2x/wk, Mon, Thurs 4:00-5:30 pm

Price for 6wk session: 2x/wk, \$295 members/ \$360 non-members
1x/wk, \$170 members/ \$195 non-members

This program is designed to accommodate the serious tournament or school team player. The coaches will be stressing the importance of quality practices and the payoff of hard work. Stroke technique, footwork, and competitive situations are emphasized.

High School Tournament Training

Schedule: 3x/wk Tues, Thurs 5:30-7:00 pm, Sun 1:00-2:30 pm

Price for 6wk session: 3x/wk, \$450 members/ \$510 non-members
2x/wk, \$295 members/ \$360 non-members
1x/wk, \$170 members/ \$195 non-members

The typical student in this program plays high school tennis. Our program is structured to create a balance of stroke repetition, competitive games and mental and physical training in an atmosphere of camaraderie. Students are strongly encouraged to participate in an additional conditioning program that Damian coordinates with personal trainer Vernon Dozier. Note that all students in this program must be approved by Damian.

Early Morning, High Performance Training

Schedule: 3x/wk Mon, Wed, Fri 6:00-7:30 am, or 2x/wk Tues,Thurs 6:00-7:30 am

Price for 6wk session: 3x/week: \$420 members/ \$480 non-members
2x/week: \$295 members/ \$360 non-members

This program is for the serious MATA ranked player who is willing to go the extra mile and train early in the morning. The coaches create a high energy atmosphere of drills and point situations to help dedicated juniors achieve their goals. Damian Sancilio's Junior Tennis Academy partners with Tennis4life for this program.



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