

## 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, 5 and Roman, 3.



## Other Coaches

Experienced teaching professionals Pat Anderson, Jamie Morgan, John Shipstedt, Jamie Hevron, and Pontus Hiort are assisting Damian with the academy.

For any questions, email [cwdamian@aol.com](mailto:cwdamian@aol.com) or call 405-8885.



1145 Gaskins Road • Richmond, VA 23238 • 740-GAME (4263)  
[www.courtsidewest.com](http://www.courtsidewest.com)

## Damian Sancilio's Junior Tennis Academy



## "Quality and Commitment"

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 4-6

**Schedule:** 4-5 yr olds, Tues 4:30-5:15 pm. 5-6 yr olds, Thurs 4:30-5:15 pm

**Price for 6wk session:** \$75 members / \$95 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 7-18

*(players grouped accordingly)*

**Schedule:** 2x/wk, Tues 5:30-7 pm, Sat 1-2:30 pm, max 6 students per court.

**Price for 6wk session:** \$295 member/ \$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 School Team Training, ages 11-18

*(players grouped accordingly)*

**Schedule:** 3x/wk, Tues 4-5:30 pm, Thurs 4-5:30 pm, Sun 1-2:30 pm

*Note: Maximum 4 students per court.*

**Price for 6wk session:** \$450 members/ \$510 non-members.

2x/weekday: \$320 members/ \$370 non-members.

1x/weekend: \$170 members/ \$195 non-members.

*\*Due to space availability preference is given to students registering for all three days if class is full.*

The goal of this program is to develop school team players to reach their full potential. The typical student in this program plays local tournaments or is on a middle school or high school team. Together our coaches and students create a focused, hardworking, and positive atmosphere in which our players can improve and be successful in tournament or team play. Students are 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.

## Middle School Tournament Training

**Schedule:** 3x/wk, Mon, Wed, Fri 4-5:30 pm

*Note: Maximum 4 students per court.*

**Price for 6wk session:** \$450 members/ \$510 non-members

This program is designed to accommodate the serious MATA ranked junior. The coaches will be stressing the importance of quality practices and how the mental approach to the game determines success. It is our intention to help shape the "will muscle" in these young minds to carry over to future endeavors in their lives. Stroke technique is stressed and students are strongly encouraged to participate in an additional conditioning program that Damian coordinates with personal trainer Vernon Dozier.

## High School Tournament Training

**Schedule:** 2x/wk Mon 5:30-7 pm, Thurs 5:30-7 pm

*Note: Maximum 4 students per court.*

**Price for 6wk session:** \$295 members/ \$360 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 6-7:30 am, or 2x/wk Tues, Thurs 6-7:30 am

*Note: Maximum 4 students per court.*

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

2x/week: \$320 members/ \$370 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.



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