

# 2017 Sewickley Area Jr. Tennis Incentive Program

(Sheet must be filled out and turned in to be eligible for redemption)

NAME: \_\_\_\_\_

MONTH: \_\_\_\_\_

|                  |  |  |  |  |  |
|------------------|--|--|--|--|--|
| <b>Monday</b>    |  |  |  |  |  |
| <b>Tuesday</b>   |  |  |  |  |  |
| <b>Wednesday</b> |  |  |  |  |  |
| <b>Thursday</b>  |  |  |  |  |  |
| <b>Friday</b>    |  |  |  |  |  |
| <b>Saturday</b>  |  |  |  |  |  |
| <b>Sunday</b>    |  |  |  |  |  |

(Codes /Values)

## Tennis Activities

## Point Value

|  |   |
|--|---|
| A) Tournament Match                      | 5 |
| B) Private Lesson                        | 4 |
| C) Practice match w/ friend (1 hour)     | 3 |
| D) Team Match                            | 3 |
| E) Clinic                                | 2 |
| F) Practice session with friend (1 hour) | 2 |
| G) Serves (1/2 hr)                       | 2 |
| H) Hitting on the backboard (1/2 hr)     | 2 |
| I) Ball machine (1/2 hr)                 | 2 |
| J) Running/Sprints (20 minutes)          | 2 |
| K) Lifting weights (30 minutes)          | 2 |
| L) Nutrition (maximum 1 per week)        | 1 |
| M) Watch Tennis on TV (30 minutes)       | 1 |
| N) Watch any live tennis (30 minutes)    | 1 |
| O) Read Tennis Magazine (30 minutes)     | 1 |

FINAL SCORE for the  
MONTH: \_\_\_\_\_

## **(Redemption Awards)**

5 points = new overgrip  
 10 points = shock absorber  
 20 points = can of balls  
 30 points = t-shirt  
 40 points = hat  
 50 points = Jr racket  
 75 points = racket bag  
 100 points = good Jr racket  
 (\$120 range)  
 100 points = free lesson  
 200 points = racket in the  
 (\$150+ range)

*Cash in points*

Work hard and have fun!