

2018 Sewickley Area Jr. Tennis Incentive Program

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

NAME: _____

MONTH: _____

Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

(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!