

# 2016 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!