



# MIKE THOMSON

## DIRECTOR OF TENNIS

As a nationally recognized tennis pro of 37 years, Mike has played, coached and worked with players from the junior level to the pro levels. He has played at the Open level, worked with #1 ATP doubles player Daniel Nestor, and was practice partner for French Open Champion, Yannick Noah. For the past 15 years, Mike has worked with tennis greats past and present as Director of the Rogers Cup PRO-AM.

Mike is thrilled to be returning to Eglinton Flats for his 23rd season as Director of Tennis. He looks forward to working with returning students and welcomes all new players.

### Mike Thomson Shot Selections

271 Ridley Blvd., Suite 1202  
Toronto, ON M5M 4N1

416.820.1993  
ShotSelections@rogers.com

## PRIVATE LESSON RATES MIKE THOMSON

N° of Students	Non-Prime	Prime
1	\$75 +\$20 court fee	\$76 +\$28 court fee
2	\$45 +\$20 court fee	\$45 +\$28 court fee
3	\$36 +\$20 court fee	\$37 +\$28 court fee
4+	\$37	\$38

## ASSISTANT PROS

N° of Students	Early Bird	Non-Prime	Prime
1	\$65 +\$16 court fee	\$65 +\$20 court fee	\$66 +\$28 court fee
2	\$35 +\$16 court fee	\$40 +\$20 court fee	\$40 +\$28 court fee
3	\$30 +\$16 court fee	\$30 +\$20 court fee	\$35 +\$28 court fee
4+	\$32	\$32	\$35

## FALL HOUSE LEAGUES & SPECIAL EVENTS

Members must be rated within the last 4 years to participate

**FREE COURTS: October 1-7**  
**FREE RATINGS: October 1-7**  
Sign-up required

### WOMEN'S AFTERNOON HOUSE LEAGUE

**TUESDAYS, 1pm-3pm**  
**OCTOBER 18, 2022 to JANUARY 17, 2023** \$168/person  
Sign-up with payment starts September 14 at 2:30pm

Rating  
**3.0-3.5**  
Intermediate

### WOMEN'S EVENING HOUSE LEAGUE

**ALT. THURSDAYS, 7pm-9pm**  
**OCTOBER 20, 2022 to JANUARY 19, 2023** \$114/person  
Sign-up with payment starts September 14 at 2:30pm

Rating  
**3.0-3.5/4.0+**  
Intermediate/Advanced

### MEN'S EVENING HOUSE LEAGUE

**ALT. THURSDAYS, 9pm-11pm**  
**OCTOBER 20, 2022 to JANUARY 19, 2023** \$102/person  
Sign-up with payment starts September 14 at 2:30pm

Rating  
**3.0-3.5/4.0+**  
Intermediate/Advanced

**NOTE:** No matches between December 20 & December 29  
Winter Session House League Sign-up begins November 15 & November 28

### ADULT DAVIS CUP

**SATURDAY, 1pm-5pm**  
**FEBRUARY 12, 2023** \$80/person  
Sign-up with payment starts December 30, 2022

Rating  
**3.5+**

INTERESTED IN PRIVATE LESSONS? YES  NO

## ROUND ROBINS & SOCIAL DOUBLES

Members must be rated within the last 4 years to participate

### MIXED DOUBLES

Rating  
**2.5-3.5**  
Low Intermediate

**THURSDAYS, 11am-1pm**  
**BEGINNING OCTOBER 13, 2022** \$14/person  
Sign-up (Ballbutton or phone) Sundays at 10:15am

### SOCIAL MIXED DOUBLES

Rating  
**2.5-3.5**  
Low Intermediate

**FRIDAYS, 7pm-9pm**  
**BEGINNING OCTOBER 14, 2022** \$19/person  
Sign-up (Ballbutton or phone) Sundays at 10:15am

### MEN'S DOUBLES B

Rating  
**3.0-3.5**  
Intermediate

**SATURDAYS, 9am-11am**  
**BEGINNING OCTOBER 15, 2022** \$19/person  
Sign-up (Ballbutton or phone) Mondays at 12:15pm

### WOMEN'S DOUBLES

Rating  
**3.0-4.0**  
Intermediate

**SATURDAYS, 11am-1pm**  
**BEGINNING OCTOBER 15, 2022** \$19/person  
Sign-up (Ballbutton or phone) Mondays at 12:15pm

### MEN'S DOUBLES A

Rating  
**4.0+**  
Advanced

**SATURDAYS, 3pm-5pm**  
**BEGINNING OCTOBER 15, 2022** \$19/person  
Sign-up (Ballbutton or phone) Mondays at 12:15pm

### MIXED DOUBLES A

Rating  
**4.0+**  
Advanced

**SUNDAYS, 11am-1pm**  
**BEGINNING OCTOBER 16, 2022** \$19/person  
Sign-up (Ballbutton or phone) Tuesdays at 12:15pm

# 2022/2023 ADULT LESSONS

Session 1	Session 2	Session 3	Session 4
Begins Oct. 1, 2022 (7 Wks)	Begins Nov. 19, 2022 (7 Wks)	Begins Jan. 21, 2023 (7 Wks)	Begins Mar. 11, 2023 (7 Wks)

Time	Programs Offered	Cost*	Sessions			
			1	2	3	4
<b>MONDAY</b>						
12:00pm-1:00pm	Intermediate 5:1	\$175				
1:00pm-3:00pm	Doubles Strategy 4:1	\$438				
6:00pm-8:00pm	Tournament Level 4:1	\$466				
8:00pm-9:00pm	Beginner 5:1	\$187				
9:00pm-11:00pm	Intermediate 4:1	\$452				
<b>TUESDAY</b>						
7:00am-9:00am	Morning Workout 4:1	\$410				
11:00am-1:00pm	Intermediate 4:1	\$438				
6:00pm-8:00pm	Tournament Level 4:1	\$466				
8:00pm-9:00pm	Beginner/Int. 5:1	\$187				
9:00pm-10:00pm	Intermediate 5:1	\$187				
10:00pm-11:00pm	Intermediate 5:1	\$175				
<b>WEDNESDAY</b>						
7:00am-9:00am	Morning Workout 4:1	\$410				
12:00pm-1:00pm	Intermediate 5:1	\$175				
6:00pm-7:00pm	Beginner 5:1	\$187				
7:00pm-8:00pm	Intermediate 5:1	\$187				
8:00pm-9:00pm	Intermediate 5:1	\$187				
9:00pm-11:00pm	Advanced 4:1	\$452				
<b>THURSDAY</b>						
7:00am-9:00am	Morning Workout 4:1	\$410				
6:00pm-7:00pm	Intermediate 5:1	\$187				
<b>FRIDAY</b>						
7:00am-9:00am	Morning Workout 4:1	\$410				
<b>SATURDAY</b>						
7:00am-9:00am	Morning Workout 4:1	\$438				
12:00pm-1:00pm	Intermediate 5:1	\$187				
1:00pm-3:00pm	Advanced 4:1	\$466				
4:00pm-6:00pm	Int./Advanced Jrs. 6:1	\$358				
<b>SUNDAY</b>						
1:00pm-3:00pm	Jrs. Progressive 6:1	\$358				
3:00pm-5:00pm	Intermediate 5:1	\$374				
5:00pm-6:00pm	Intermediate 5:1	\$187				
8:00pm-10:00pm	Intermediate 4:1	\$438				

\*Cost is per session based on a 7 week session.

\*\*NOTE: There will be no classes from December 23, 2022 - January 2, 2023 & March 13 - 20, 2023

## MORNING WORKOUT

Rating 3.0-4.5

- Physical conditioning and footwork drills
- Ground strokes, volleying and serving drills
- Tie-breaker match play

## BEGINNER

Rating 1.0-2.5

- Promotes the love of tennis
- Focus is on technical skills and tactical skills, movement, court sense, basic understanding of the rules

## INTERMEDIATE

Rating 3.0-3.5

- Tactical play
- Swing rhythm on both forehand and backhand, introduce topspin
- Differentiate between volleys and ground strokes
- Focus on serving styles and return of serve

## ADVANCED

Rating 4.0-4.5

- Competitive level players
- Training includes aerobic, physical and mental conditioning, instructional drills and challenge matches of singles/doubles
- Move from recreational to competitive level

## TOURNAMENT LEVEL

Rating 5.0+

- Develop physical fitness, increase consistency under pressure for strokes and shot selection and strengthen mental toughness
- Focus is on tournament and league play strategies for doubles and singles

## DOUBLES STRATEGY

Rating 3.0+

- Strategic placement
- Movement coordination
- Defense and attack
- Communication
- Court positioning

TENNIS RATING GUIDE

# 2022/2023 APPLICATION FORM

Member's Name:
Level of Play:
Address:
Telephone:
Email:
Session(s):
Date(s):
Lesson Fee:



## WAIVER AND RELEASE OF LIABILITY.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **hereby release and hold harmless Mike Thomson, Shot Selections, Eglinton Flats Winter Tennis Club**, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners, and the lessor of premises used to conduct the event ("releasees"), **with respect to any and all injury, disability, death**, or loss or damages to persons or property, **whether caused by the negligence of the releasees or otherwise**. This waiver and release of liability protects the releasees from all claims related to any epidemics and/or pandemics.

Signature:

Drop applications at the club between 2:30pm & 7:30pm on Mondays, Wednesdays & Fridays starting Sept. 12, 2022:

**EFWTC**  
3601 Eglinton Ave. West  
Toronto, ON  
416.767.3622

Mail applications with attached cheque to:

**Shot Selections**  
271 Ridley Blvd.  
Suite 1202  
Toronto, ON  
M5M 4N1

Eglinton Flats & Shot Selections reserve the right to cancel or change programs based on demand and/or court availability.

Presented by



Sponsor

