

## MEET YOUR COACHES



### **Mani Barajas-Alexander, Site Director**

Mani has been coaching for 17 years at some of the areas' premiere tennis facilities. Mani has extensive experience working with players of all ages and skill levels. He played Division 1 collegiate tennis at Longwood University where he was a 4-year starter, singles and doubles MVP, and team captain. In addition, he coached high school tennis for 7 years, and helped lead the Potomac School Boys varsity team to two state championships in 2014 and 2017. Mani is a certified Coach with both the United States Professional Tennis Association (USPTA) and United States Professional Tennis Registry (USPTR).



### **Jahan Kashani, JR Program Director**

Jahan has been in the tennis industry for 15 years. He began as a teaching professional with RJ Tennis which led to his role as Director of Adult Programming at Court Play. He plays a lead role in coaching EDC camps through USTA. Jahan was directing the 12 and under program, and coaching the junior national and super national players at the 4 Star Tennis Academy in McLean, VA. He launched and led the 4 Star adult program. His certifications include USPTA-Professional, PTR, Coach Youth Tennis and Cardio Tennis.



### **Juan Figueroa, Head Tennis Professional**

Juan grew up in Falls Church and found his passion for tennis at an early age. While playing varsity tennis at George Mason High School he and his team became four time state champions. During the early part of his career, he taught in Tucson, Arizona and Las Vegas, Nevada. In 2012, he moved back to the area and taught at The Fairfax Racquet Club and the Reston Association, where he also was the Tennis Coordinator. He is a certified Tennis professional by the USPTA and USPTR with 16 years of coaching experience.



### **Alexandra Alford, Tennis Professional**

Alexandra has had a successful junior tennis career participating in USTA National Championships along with USTA Sectional and State Championships. She played in the Easter Bowl, Gator Bowl, and ITF tournaments. Alexandra represented both the Southern and Florida sections in USTA Zonal Team events. She achieved a top USTA National, Sectional and State ranking in singles and doubles. Her tennis experience includes training with some of the best coaches and attending tennis academies.

## GENERAL INFORMATION

### **Missed Classes**

There are no refunds on missed classes. Rain cancellations will be made up on the alternative day the class is offered or at the end of the session.

### **Inclement Weather/Make Up Policy**

An e-mail will be sent out by the Tennis Program Manager 1–2 hours before the program start time. You may also call the TopNotch line at 703-559-5887 if you have any questions regarding a cancellation and arranging a makeup.

### **Class Adjustments**

All classes must have at least four pre-registered students (this excludes make-up students) in order for the class to start. Class times may have to be adjusted to gain the proper number of students.

### **Contact Information**

#### **Site Director**

Mani Barajas-Alexander  
mani@topnotchtennis.com  
703-217-2924

#### **JR Program Director**

Jahan Kashani  
Jahan@TopNotchTennis.com

#### **Head Tennis Professional**

Juan Figueroa  
Juan@TopNotchTennis.com

#### **Tennis Professional**

Alexandra Alford  
Alexandra@TopNotchTennis.com

#### **Chesterbrook Swim & Tennis Club:**

1812 Kirby Road  
McLean, VA 22101  
703-356-4471  
Chesterbrookclub.com  
TopNotchTennis.com

**TopNotch**  
**TENNIS**  
**Chesterbrook**



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**JUNIOR & ADULT  
PROGRAMS**  
**FALL 2019**  
**SEPT. 9 – NOV. 3**





# DEVELOPMENTAL JUNIORS

**Hotshots: Ages: 4–6** Introduces your child to the sport and helps develop: hand-eye coordination, agility, balance, movement, racquet skills, and lots of fun! All equipment is scaled to the size and ability level of the children. Fundamental tennis skills will be taught in a play-based format.

**Bigshots: Ages: 7–10** Continues developing the physical skills: agility, balance, hand-eye coordination, running, catching, and throwing. Enthusiastic drills and games develop technical fundamentals. Kids will enjoy team tennis competition in a fun environment.

**Spinners: Ages: 11–15** Covers the strokes: forehand, backhand, volley, serve, and overhead. Develops fundamental technique and rallying skills. Drills and games improve: reaction, anticipation, coordination, and decision-making skills.

**Members:** \$185  
**Non-Members:** \$225  
**Time Slots:**  
• Sat 4:00–5:00 p.m.  
• Sun 2:00–3:00 p.m.

**Members:** \$185  
**Non-Members:** \$225  
**Time Slots:**  
• Wed 5:30–6:30 p.m.  
• Sat 4:00–5:00 p.m.  
• Sun 2:00–3:00 p.m.

**Members:** \$185  
**Non-Members:** \$225  
**Time Slots:**  
• Tues 5:30–6:30 p.m.

# COMPETITIVE JUNIORS

**EXCLUSIVE: Junior Team Training:**  
**Ages: 7–18** Off-season training program for our junior team members that focuses on: stroke production, consistency, situational singles and doubles drills, strategy, tennis specific fitness, and match play. Program is designed for committed junior team players looking to improve skills in the off-season and prepare for USTA junior tournaments.

**Members:** \$270  
**Non-Members:** \$330  
**Time Slots:**  
• Mon 5:30–7:00 p.m.  
• Tues 5:30–7:00 p.m.  
• Sun 4:00–5:30 p.m.

**TopNotch Tennis League:** Want your child to play more matches in a fun, competitive and social environment? TopNotch Tennis League is for kids interested in improving match play and preparing for their upcoming Junior Team Tennis season or USTA tournaments. Socializing and making new friends will be encouraged while chowin’ down on some pizza!

**Members:** \$200  
**Non-Members:** \$240  
**Time Slots:**  
• Sat 5:30–8:00 p.m.

# ADULT PROGRAMS



**Beginner 101:** For players who are picking up a racquet for the first time. We’ll cover all the basic strokes, grips, movements, terms and rules of the game. Get ready to hit a lot of balls and fall in love with the game!

**Members:** \$270  
**Non-Members:** \$330  
**Time Slots:**  
• Mon 7:00–8:30 p.m.

**Beginner 102:** For those who have taken a beginner or “Beginner 101” clinic. We’ll continue to review and develop all strokes, stances and movements. Emphasis is on stroke production, footwork, consistency, and rallying. More live ball drills are incorporated to help get you closer to the intermediate level!

**Members:** \$270  
**Non-Members:** \$330  
**Time Slots:**  
• Mon 7:00–8:30 p.m.

**Play with the Pro’s:** For intermediate players, this class is based around point play, live ball games and drills with a TopNotch Pro playing alongside and against you, giving strategic and technical feedback on your game. If you are looking to test your game and hit with a pro, this class is for you!

**Members:** \$185  
**Non-Members:** \$225  
**Time Slots:**  
• Wed 7:00–8:00 p.m.

**Create Your Own Clinic:** Can’t find a junior or adult class that fits your schedule? Did you ever want to take a class with just your friends? Sign up today for the opportunity to design your own 1 hour, 4-week class! Your TIME, your FRIENDS, and a PRO! (Minimum 4 participants).

**Members:** \$100  
**Non-Members:** \$125  
**Time Slots:**  
Set-up case-by-case

# REGISTRATION

**Way to Register:**  
Sign up online at [www.topnotchtennis.com](http://www.topnotchtennis.com)

**Questions?**  
Contact us at: 703-559-5887 or [Chesterbrook@topnotchtennis.com](mailto:Chesterbrook@topnotchtennis.com)

# INTRODUCING FLEX PASS!

*Want to take a class but can’t fit it into your schedule?*

Flex pass allows a participant to pay for 5 classes of your choice! Any class is transferable to any one of our sites and within your own family! All that is required is **48 hours’ notice** before attending the class of your choice to our Tennis Program Manager. All flex pass classes must be used up in the season they are purchased.

- **5 Class Flex Pass 1 hour Classes:** Mem \$130 & Non-Mem \$160
- **5 Class Flex Pass 1.5 hour Classes:** Mem \$190 & Non-Mem \$235

# EARLY BIRD DISCOUNT



Receive **\$25 OFF EACH** Registration within the same family when you register by August 20. (Does not include Create Your Own Clinic or Flex Pass)

# LESSON INFO

<b>Private Lesson: 1:1 ratio</b>				<b>Semi-Private Lesson: 2:1 ratio</b>			
Mani	– Mem: \$85	Non-Mem: \$95		Mani	– Mem: \$40	Non-Mem: \$45	
Jahan	– Mem: \$80	Non-Mem: \$90		Jahan	– Mem: \$40	Non-Mem: \$45	
Juan	– Mem: \$75	Non-Mem: \$85		Juan	– Mem: \$40	Non-Mem: \$45	
Alexandra	– Mem: \$70	Non-Mem: \$80		Alexandra	– Mem: \$35	Non-Mem: \$40	

**Clinics: 6:1 ratio**