



spare time

tennis academy

Registration Package
REV 6.01.2026

Program Description

The Spare Time Junior Tennis Academy is a year-round program designed for the serious tennis player to achieve their tennis potential by providing consistent training on a daily basis. Academy training sessions are Monday-Friday at 2 Spare Time Club locations and run all year long. Spare Time Sports Club members on the Monthly Unlimited Academy plan can also take advantage of the Spare Time Indoor Center (STIC) when available due to rain or inclement weather. The monthly Academy fees are set to encourage consistent year-round participation. The program is very family friendly with discounts for multi-player family members in the program.

Program Success

Train with the Best!

The **Spare Time Junior Tennis Academy** has a proven track record of excellence, developing over **300 college tennis players** who have gone on to compete at more than **85 major college and university programs** nationwide. Our athletes have represented prestigious schools including:

Pac-12: Stanford, Cal, USC, UCLA, Arizona, Washington

Big Ten: Michigan, Purdue, Ohio State

Ivy League: Cornell, Harvard, Princeton

Military/Private: Navy, Air Force, Pepperdine, Hillsdale

Most of our players earn tennis and/or academic scholarships, and many have captured over 40 national junior titles. Several have advanced to compete successfully on professional tour circuits around the world.

At Spare Time, we don't just train tennis players — we develop champions.

Try-Out & Onboarding New Players

All prospective players must complete a free Academy try-out prior to acceptance.

- **Eligibility:** A minimum UTR rating is required for participation.
- **Approval:** Players must be evaluated and accepted by the site Academy Director before registration.
- **Registration:** Upon acceptance, the completed registration package and the non-refundable \$200 registration fee will be charged to membership account.
- **Membership Requirement:** Players must obtain an active Spare Time Sports Club membership prior to official enrollment. (Special junior only membership available for full-time Academy players only).
- **Onboarding Confirmation:** Once registration and membership are verified, a **Welcome Email** will be sent confirming successful onboarding and program start details.

Program Pricing

Club members opting for the unlimited monthly option will have monthly fees automatically added to club house charges on their monthly statement. Club members who use the Academy on a daily basis will have each daily fee added to their membership statement. Non-members are not allowed to participate in the program.

Term	Member
MONTHLY (Unlimited Usage)	\$395.00/mo.
FAMILY – 2 players (Unlimited Usage)	\$690.00/mo.
FAMILY – 3+ players (Unlimited Usage)	\$975.00/mo.
DAILY	\$80.00/day
INDOOR **VERY LIMITED AVAILABILITY** (Spare Time Members Only with Monthly Unlimited Academy)	\$15.00/day

REGISTRATION FEE:

Non-Refundable

\$200.00

*Includes Academy apparel kit

Official Academy Apparel:

Squad Locker (Store link and coupon code will be provided via Welcome Email upon completed registration receipt)

Academy Apparel Kit:

Value Collection Kit includes:

Hooded Sweatshirt
Short sleeved T-shirt
Long sleeved T-shirt
Cinch Bag

Note: Additional items and upgrades may be purchased by players, parents, and fans through the official online store:

 <https://teamlocker.squadlocker.com/#/lockers/spare-time-tennis-academy>

Academy Locations

SACRAMENTO

Academy Director: **Dima Hrynashka**
Rio Del Oro Sports Club
119 Scripps Drive
Sacramento, CA 95825
Cell/Text: (916) 420-6038
Email: grinashko@hotmail.com

FOLSOM

Academy Director: **Doug Atkinson**
Broadstone Sports Club
820 Halidon Way
Folsom, CA 95630
Cell/Text 916-952-3909
Email: acetennis@hotmail.com

CORPORATE

Academy Program Manager: **Chrys Atkinson**
Spare Time Sports Clubs
11344 Coloma Road, Suite 350
Gold River, CA 95670-4481
Cell/Text 916-798-7999
Email: chrysa@sparetimesportsclubs.com

Program Details

School Year Schedule

ACADEMY ON COURT WORKOUTS
Monday thru Friday 4:00 – 6:00 PM

PROGRESS REPORT
Provided to each player periodically by request

Summer Schedule – Varies by Location

ACADEMY ON COURT WORKOUTS
Monday thru Friday 2 hours

PROGRESS REPORT
Provided periodically upon request

Spare Time Academy Rules & Regulations

Membership & Program Eligibility

- **Membership Requirement:**
 - Academy players must be a **Spare Time Sports Club member**.
 - Must also be on the **Monthly Unlimited program** to use the Indoor facility for Academy training.
 - A valid membership card or app is required to access the facility.

Program Changes, Holds, and Cancellations

- **Changes/Holds to Academy Enrollment:**
 - Must be submitted **via email only** to Chrys Atkinson at: chrysa@sparetimesportsclubs.com
 - **Deadline:** No later than the **25th of the prior month**.
 - Verbal or phone requests will **not** be accepted.
 - **Refunds:** Generally, not given for mid-month cancellations unless approved by the Academy Director under extenuating circumstances. If approved, credit will be issued toward a future month.
- **Full Cancellation:**
 - Send email request to **Chrys Atkinson** chrysa@sparetimesportsclubs.com
 - To cancel or freeze your **club membership**, contact the club you originally joined.
- **Lapse in Participation (6+ Months):**
 - Must re-register, be re-approved by Academy Director, and pay the registration fee.

Billing & Payments

- **Payment Method:**
 - All Academy payments will be charged to the **membership account**.
 - **No cash or checks** accepted.
- **Charge Disputes:**
 - Must be reported within **60 days** of the charge.
 - View all charges through the **mobile app** or **online membership portal**.

Communication & Notifications

- **Emails** – will be sent periodically to the email(s) on registration form. Add chrysa@sparetimesportsclubs.com to your address book as emails are sent via bcc to players/parents.
- **Tennis Locker App:**
 - Used for notifications, scheduling, and digital communication.
 - Access provided **after registration is processed**.
 - Players/parents must provide required info to be added to the app.

On-Court Expectations

- **Dress Code:**
 - Proper tennis attire is mandatory.
 - Shirts must be worn at all times.
 - Only **athletic, non-marking tennis shoes** are allowed on the courts.
- **Daily Equipment Requirements:**
 - Players must bring:
 1. Water
 2. Sunscreen
 3. Tennis gear
- **Cell Phones:**
 - Must be off or on silent.
 - Not to be used during training.
 - Keep phones **in bags**, not pockets.

Behavior & Conduct

- **Parents:**
 - Not allowed on court.
 - Must not disrupt Academy sessions.
- **Conduct:**
 - **No profanity or rude behavior** allowed from players, parents, or affiliates.
 - **No racquet, ball, or equipment abuse** allowed.
 - Violation of these rules of conduct could result in **suspension or cancellation** of a player's Academy membership.

Tournaments

Every player is expected to compete in a minimum of 1 tournament per month (barring injury). We suggest you map out your annual tournament plan with your private coach.

- *All Academy players should participate in a mix of USTA, UTR, Team Tennis, SATA or ITF events that fit their level to provide live play experience and to identify strengths and areas for improvement.*
 - USTA - <https://playtennis.usta.com/tournaments>
 - UTR - <https://www.utrsports.net/>
 - SATA - <https://sactennis.org/>
 - ITF - <https://www.itftennis.com/>

Provide results/photos to:

chrysa@sparetimesportsclubs.com

or via text 916-798-7999 to post on social media.

Registration Form

(Complete & Return To Academy Director)

Participant Name: _____
Last Name First Name Middle Initial

Parent (or Guardian) Name(s): _____ Club Membership #: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Home Phone () _____ Work Phone () _____

Cell Phone () _____ Fax Number () _____

Email Address: _____ Parent Email: _____

Birthdate: _____ Age: _____ ☐ Male ☐ Female

USTA No: _____

USTA NorCal Ranking: _____ USTA National Ranking: _____ Other: _____

Personal Coach: _____

Recent Tournaments/Results: _____

Spare Time is authorized to charge the \$200 registration fee directly to my membership account if a check in the amount of \$200 is not attached: Initials: _____

REGISTRATION WILL DEFAULT TO MONTHLY UNLIMITED UNLESS OTHERWISE INDICATED BELOW.

Full-Time Monthly Unlimited: ☐ 1 player ☐ 2 player ☐ 3+ player
(Members only) – I agree to have the monthly fees charged to my Spare Time membership account. DEFAULT WILL BE MONTHLY UNLIMITED IF NOT SELECTED.

-OR-

Daily Usage: ☐ Member (\$80/day charged based on attendance)

Member agrees to daily fee charged to account. Non-Members agree to pay for each session by check prior to daily usage.

Participant or Parent/Guardian Signature: _____ Date: _____

Accepted by: _____ Date: _____
Academy Director

Assumption of Risk; Waiver of Claims and Release of Liability

You (Academy Parent, Academy Player, each member and all guests) agree that if you engage in any physical exercise or activity or use any facility, services or equipment on the Club's premises, you do so at your own risk and you expressly assume any and all risks of injury, illness, death, or property damage associated with any and all activities in which you participate while on the Club's premises, while using the Club's facilities or equipment, or which occur at any Club/Academy-sponsored activity (including any transportation provided by or through the Club/Academy). Your assumption of risk includes, without limitation, your use of any court, exercise equipment (mechanical or otherwise), exercise area, swimming pool, spa, sauna, steam room, locker room, lobby, corridor, stairs, sidewalk, parking lot, or any equipment in the Club/Academy's facility or your participation in any program, class, instruction, or Club/Academy-sponsored event. You agree that you are voluntarily using the Club's facilities and equipment and voluntarily participating in the Club/Academy's activities. You understand and expressly agree that the Club/Academy is not responsible for any death, injury, loss or damage that results therefrom for any reason, including negligence on the part of the Club/Academy, its owners, successors, assigns, officers, agents, representatives, instructors or employees. Further, you understand and agree that the Club/Academy is not responsible for any loss, claim or damages with respect to any lost, stolen or damaged automobile or its contents, or any personal property, money or other valuables brought to the Club/Academy or left on the Club/Academy's premises, including, but not limited to, items placed in the Club's lockers.

In consideration of your participation at the Club and in the Academy and the use of the Club's facilities and equipment, you agree, for yourself and all other individuals on this agreement (whom you agree to notify of this waiver provision), to forever release the Club/Academy, its owners, successors, assigns, officers, agents, representatives, instructors or employees, for any and all present and future claims or causes of action (known or unknown) resulting from any personal injury, death, property damage, loss or other claim resulting from any act, omission, or active or passive negligence on the part of the Club/Academy, its owners, successors, assigns, officers, agents, representatives, instructors, employees, members or guests, or arising out of the use of the Club's facilities and equipment, or engaging in any Club/Academy-sponsored activities (including any other activities incidental thereto), wherever, whenever, and however, the same may occur. This waiver and release of liability includes, but is in no way limited to, your use of any exercise equipment or facilities that may malfunction or break, you slipping and falling on the Club's facilities or premises, the Club/Academy's improper maintenance of equipment or facilities, the Club/Academy's negligent instruction or supervision, including personal training, or any act, omission, or active or passive negligence related to any rescue efforts undertaken on your behalf by the Club/Academy, its owners, successors, assigns, officers, agents, representatives, instructors or employees. You hereby voluntarily waive all types of claims identified herein on behalf of yourself, your family, estate, heirs, executors, administrators, successors and assigns, and assume all risk and financial responsibility for any of those claims, demands, injuries, losses, damages, actions, or causes of action.

You expressly agree that this waiver and release is intended to be as broad and inclusive as permitted by the laws of the State of California and that if any portion of this waiver and release is held to be invalid by a court or other trier of fact, the remainder shall continue in full legal force and effect. You further agree that the venue for any legal proceedings related to this agreement, or its applicability, effect or interpretation, shall be in the county of the State of California in which the Club is located. You agree, for yourself and your successors, that this waiver and release of liability and the above representations are contractually binding and that should you or your successors assert a claim in contravention of this agreement, the asserting party shall be liable for the legal fees, costs and expenses incurred by the other party or parties in defending the action, unless the other party or parties are finally adjudged liable on such claim for gross or willful negligence.

I consent to all videotaping and photography of Minor while a member of Academy and participating in activities at Club/Academy. I agree that Academy and its affiliated companies can use these images at any time and in any manner without payment to Minor and without Minor's approval.

You affirm that you are freely signing this agreement. You acknowledge that you have carefully read this agreement and fully understand that by signing it, you, and all individuals on this membership on whose behalf you are signing, are giving up legal rights and/or remedies that might otherwise be available to you.

By: _____
Signature of Participant Date

Print Name: _____

By: _____
Signature of Parent/Legal Guardian Date

Print Name: _____