

Youth Tennis

CLASS DESCRIPTIONS

PEE WEE TENNIS Open to kids 4-5. Pee Wee Tennis is a fun class with simple tasks and games to get the kids familiar with the racquet, ball, movements, and strokes. We utilize the "Tennis Whiz" philosophy to be a complete pre-school tennis program that fosters the healthy mental, physical, and emotional growth for our youngest players. Kids will learn basic motor skills, racquet handling and control, hitting and basic strokes, social skills, and early literacy skills

RED BALL 1, 2 TENNIS Open to kids ages 6 to 8. At this level, the main focus is for players to serve, rally, and score as soon as possible. In Red 1, beginning players will learn to serve with a simple action, how to track and move to the ball, build on balance and coordination skills, use simple stroking motion, build a rally, keep score and learn basic rules. Red 2 is for intermediate players. They will learn to refine their serve, judge ball depth & direction, use basic footwork skills, refine ground strokes, change direction of the ball, move to the net, volley, score a tiebreak, and know the rules of the game.

ORANGE BALL 1, 2 TENNIS Open to kids 8-10. Orange players will learn to refine the serve to increase direction & speed, track the faster moving ball, increase movement speed, coordination, and balance. They will also learn to increase spin and speed on ground strokes to move the opponent, learn court awareness as they link shots into patterns of play and on approach shot and volley using sound patterns and technique. Play is on an official USTA 60' court.

ORANGE ELITE TENNIS *Entrance into this class is by evaluation only. Please contact Renee Hand (810) 577-6259 to set up an evaluation.* For kids 8-10 who are serious tennis players participating in USTA tournaments and Jr. Tennis events. These players will be challenged as they learn to use the serve as a "weapon" keeping the returner back. Learn to: master complex coordination & balance; anticipate opponent's position by watching swing shape; take time away from opponent & using patterns to play effectively; be aggressive at the net and good decision making.

GREEN DOT TENNIS Open to kids 9-12 years old. Players will refine their strokes. They will learn: better shot selection; more dynamic footwork patterns; and an understanding of offensive & defensive situations. Players will also be taught how to identify the strengths and weaknesses of their opponents. Play will be on an official USTA full-sized (78') court with lower compression balls.

TEEN TENNIS For players 11 years & older who are at the beginning level of tennis play. The emphasis will be on the fundamentals of the game which include stroke production, terminology, and scoring. Kids will learn to use basic footwork skills, refine ground strokes, change the direction of the ball, move to the net, volley, score a tiebreak, and to know the rules of the game.

MIDDLE SCHOOL TENNIS TRAINING For players who are in middle school (grades 6-8) who are new to the game or have had group lessons in the past. This class will explore and apply techniques and tactics for successful tennis play. This program is a stepping stone for our High School Tennis Training and High- Performance Tennis Training programs. This program was formerly called Tournament Prep.

HIGH SCHOOL TENNIS TRAINING This program is for non-tournament players who are interested in becoming functional high school tennis players. Emphasis will be placed on skill development and game development. Students who wish to progress into a higher advanced class must demonstrate their commitment to tournament play (USTA or In-House Leagues) or play at a high level on their school team.

HIGH PERFORMANCE TENNIS TRAINING This program is designed for players who are dedicated to playing high school tennis or are competing in USTA sanctioned tournaments. Age is not a determining factor for acceptance into this program. This class includes advanced footwork, dynamic patterns of play, refined technique, and competitive point play. Players who play tournaments or play at a very high level on their school team. Players will be encouraged to play in USTA sanctioned tournaments or In-House Match Play and/or Leagues.

For more information call (810) 606-7522.

12/16/19

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