



## **Junior Program/Clinic Description**

### **U-10 Programming for ages 4-6 & 7-9:**

A great beginner program created by the USTA for those kids ages 4-9 years old. The use of softer balls, smaller nets, and shorter courts will allow your child to not only play tennis but to feel like they are a tennis player from day one. On Tuesday and Thursday's we offer both age groups together and will separate players within the group based on their ability. On Sunday's we offer an hour for each group with the 4-6 yr olds playing at 9am and the 7-9 yr olds playing at 10am.

### **Junior 101:**

This clinic will focus on fundamental stroke production, footwork, and court positioning for the beginner. The players in this clinic will expand upon what they learned in the Quickstart program and will build upon the foundation that has been implemented.

### **Junior 201:**

This clinic is for those who have graduated from the Jr. 101 or for those who may be older children (10-12 years) who are athletic and have an understanding of the game but who have not taken formal instruction. You should have a little more than a basic understanding of the game and should be able to play out points, games, and matches. You should understand how to hit from either the forehand or backhand side and be able to serve and have some

### **Junior 301**

If you play on your high school team but you are not in the top six seeded players you would most likely be a nice fit for the 301 level. You play the game and have the ability to play out tennis strokes from both sides, can serve, and are starting to understand how to create points. You may be the (6) player or the number (10) player on your high school team or you may be trying out for the team this year for the first time. Either way this would be a great place for you to build upon your skill set.

### **Junior 401:**

This is a clinic that is high paced and complete with tennis action and fun. The clinic will focus on live ball drills and match play with an emphasis on drills that promote court management and the use of ball placement and strategy. You mostly like play in the top (6) on your high school tennis team and may have some tournament experience.

### **Junior Academy:**

So you play tournaments and hold down one of the top spots on your high school tennis team but you would like to improve on your game. We will add to your strengths and remove your weaknesses while promoting the use of more strategy in your game so you can close out matches. This clinic will work on your net play, transition game, approach shots, slice, overhead, and volleys. Be prepared to sweat, bring a towel, and some water. If you are a high level 301 player or a 401 player then you can compete at this level.

### **Junior Developmental Academy:**

This group would be a good place for the 101, 201, and some of the 301 players. For those players who are at the high end of the 301 level the Junior Academy would be a good place to consider if you are not being challenged at this level.