

# TENNISPOWER JUNIOR FALL SCHEDULE

## AUGUST 24 – OCTOBER 2

### (6 WEEK PROGRAM)

#### **PHYSICAL EDUCATION – PE FUN (Ages 4-8) – 60 min Sessions**

This class was designed for kids to get some physical exercise and have fun playing games while interacting with the tennis staff and a small group of kids. The goal is to give kids an outlet and place to play games in a fun but safe environment and getting a small introduction into the world of tennis and movement.

Skill Set:

Ability to have Fun! (no skills necessary – just a great attitude)

#### **PEEWEE/ ORANGE BALL (Ages 4-8) – 60 min Sessions**

Monday & Thursday at 4.30 – 5.30 pm

Skill Set:

Beginners with no or very little tennis experience learning basic skills and movement along with hand-eye coordination skills

#### **GREEN DOT (Ages 5 – 8) – 60 min Sessions**

Tue & Fri at 4.30 – 5.30 pm

Skill Set:

Kids have advanced from the Orange Ball program. They have learnt basic tennis concepts and skills along with games teaching movement and hand-eye coordination. The goal is to develop the young kids to a level that they can rally with each other and with time play green dot tournaments.

#### **FUTURESTARS (Ages 8-14) – 90 min Sessions**

Monday, Tuesday, Thursday & Friday at 3 – 4.30 pm

Skill Set:

Young novice and satellite players graduating from Green Dot that have the ability to rally and are developing their serve, volley and ground strokes. The player also has an understanding of how to play points and plans on playing lower level tournaments.

#### **BUMP WEDNESDAY (Ages 9 – 18) – 150 min Sessions**

Wednesday at 1-3.30pm

Skill Set:

Players need to have tournament and match experience. ALL kids need to be able to serve comfortably in order to join this program. The goal is to challenge the kids and simulate a match play environment where they are having fun, feel some match pressure and learn to structure points in order to prepare for sectional and national level events.

## **HIGH SCHOOL BEGINNER (Middle/ High School) – 60 min Sessions**

Monday & Thursday at 5.30 – 6.30pm

### Skill Set:

This is a beginner level class looking to teach the basic fundamentals of Tennis. The goal is to have fun, learn and get some exercise.

## **HIGH PERFORMANCE / ISPE (Ages 12 – 18) – 120 min Sessions**

Monday, Tuesday, Thursday, Friday (5.30 – 7.30)

### Skill Set:

**High Performance** players are sectionally ranked kids that are playing tournaments at least once a month and are looking to play level 3 & 4 sectional tournaments and are progressing in ability. All players have a good handle on their serve and are serious about tennis.

**ISPE** kids have signed up at PRC to fulfill their 8 hours a week of training in order to stay on track with the PVPSD mandatory requirements. They are players that are looking to play high school tennis and are currently playing tournaments or are definitely planning on playing tournaments in the future.

## **SUNDAY JUNIOR WORKOUT AND MATCHPLAY (AGES 10-18) – 150 min Sessions**

Kids will drill with coaches and then play matches to simulate tournament match play and also learn how to play doubles to prepare for high school and tournament doubles.

## **CLOSED LADIES TEAM WORKOUT (4 Players) - 90 min Sessions**

Closed team workouts are schedule by the captains with specific coaches. All workouts need to have 4 ladies committed.