

JUNIOR PROGRAMS

Philosophy: Our junior programs place an emphasis upon learning to rallying at an early age. Through drills and games focused on improving timing, footwork and stroke production our coaching staff uses a consistent set of practices designed to give our players a proper tennis foundation.

Through our three-tiered medal challenges, our players are motivated to achieve their ultimate goal of being able to rally 100 consecutive balls with a coach from the baseline.

INSTRUCTIONAL PROGRAMME LEVEL 1

STAGE 1 - BRONZE MEDAL CHALLENGE

TARGET

- player must rally 100 consecutive balls with coach from Micro - court (halfway between net and service line)

FOCUS

- developing good timing and "feel" from a comfortable distance
- improving both forehand and backhand groundstroke contact point and control
- emphasizing proper grip and racquet preparation off both sides
- fun games designed to introduce some basic tennis mechanics and social skills

INSTRUCTIONAL PROGRAMME LEVEL 2

STAGE 2 - SILVER MEDAL CHALLENGE

TARGET

- player must rally 100 consecutive balls with coach from Mini - court (service line)

FOCUS

- concentration on proper backswing and follow through
- developing movement and footwork both to the ball and on the recovery
- players learn the basics of hitting topspin, backspin (slice), and recognizing spin on approaching balls
- emphasis on technical aspects of all strokes
- fun and competitive games designed to introduce basic tennis mechanics, social play, and competition

INSTRUCTIONAL PROGRAMME LEVEL 3

STAGE 3 - GOLD MEDAL CHALLENGE

TARGET

- player must rally 100 consecutive balls with coach from the baseline

FOCUS

- ability to control pace, direction, distance and spin
- early preparation, balance and solid footwork (side-to-side and up-and-back)
- Forming an individualized style of play (i.e. aggressive baseliner, consistent retriever etc.)
- consistency in ground-strokes, volleys, and serves
- more competitive drills utilizing all a combination of strategies and techniques

HIGH PERFORMANCE TRAINING– USA College Training System

TARGET

- Specialized Training sessions specializing in clay-court play, fitness and tournament preparation are available to: Competitive Juniors, University and School Teams and tournament players.
- player must be nationally ranked or consistent performers in the SPEX Junior Tournaments
- Our ultimate goal is to develop a top team of great kids who love to compete on the tennis court and are determined to be the best they can be in all areas of their lives.

FOCUS

- Building a complete game, emphasizing individual strengths: including the technical, physical, and mental aspects of the game.
- We accept only players with 100% dedication and sportsmanship into this program.