



Junior Program Guide 2023

JUNIOR SPRING PROGRAM OVERVIEW

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Tennis is a sport for life, with many benefits beyond health and physical activity. Beyond just good health and activity, kids learn the ABC's -- agility, balance, and coordination while also practicing life skills such as teamwork, responsibility, and sportsmanship. In tennis, your child will have fun while making new friends!

- Promotes teamwork
- Social skills and sportsmanship
- Coordination, agility, and balance
- Strategic thinking and problem solving
- Self-confidence

Junior FUNdamentals Stream

Our FUNdamentals programs are recreation programs designed to introduce basic skills, play the game and enjoy the sport for a lifetime. They are focused on encouraging children to love tennis while learning fundamental skills and playing the sport.

Program Policies & Information

To register your child for programs visit mapleridgetennis.com and complete the online registration. Payment must accompany your child's registration.

The Maple Ridge Tennis Club may cancel a program due to low enrolment. In the event of a program cancellation, participants will be offered alternate program dates/times or a full refund.

Participants are expected to wear appropriate athletic attire consisting of: shorts/track-pants, t-shirts and nonmarking athletic shoes.

Level Placement: We reserve the right to withdraw participants from a program if coaching staff determine they are not at the appropriate level. In the event your child is withdrawn from a program, every effort will be made to place the participant in an alternate suitable program.

Refund policy:

Prior to first lesson: full refund processed less a 20% administration fee*

After lessons have started: refund for remaining lessons less a 20% administration fee* **Does not apply to club cancelled lessons*

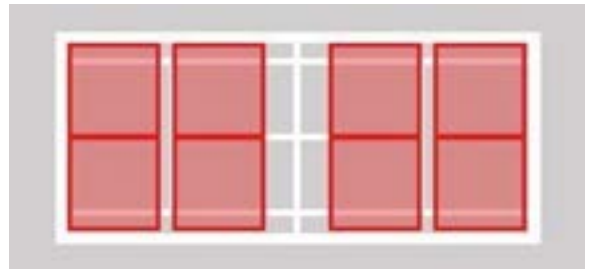
FUNDAMENTALS STREAM

RED BALL PROGRAMS: 4-7 years

The RED 1/2 court tennis program is the second step of progressive tennis. Coordination and cooperative activities will lead to the development of the basic tennis and athletic skills in a FUN and active environment.

Equipment modifications to ensure success:

- Bigger & slower ball (75% slower than a Yellow ball)
- Smaller court
- Lower net
- Smaller racquet (21" or 23")



RED BALL 'TRY-IT' (4 - 7 years)

For children with little or no experience. Program focused on developing basic tennis to Serve, Rally & Score and athletic skills. We have fun developing students' movement, tracking, and racquet skills. An emphasis is placed on learning how to develop coordination and cooperation skills in a group setting.

Experience:

- Has some or no experience in tennis
- Beginning to develop technique for groundstrokes

U8 'IMPROVE' (5 - 7 years)

For children 5 - 7 years who can Serve, Rally & Score. Program focused on continuing with fundamentals and strokes learned at the TRY IT level. Players will be introduced to topspin, cross-court/down the line rallies as well as agility and footwork. Players will get a chance to practice matchplay with classmates.

Experience:

- Is able to serve, rally and keep score
- Can rally consistently from service line or farther
- Must commit to at least 2 days a week

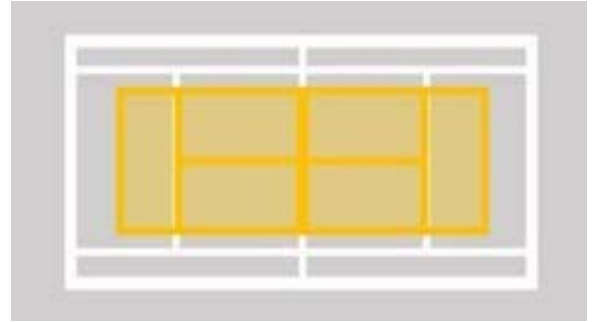
ORANGE BALL PROGRAMS: 8-10 years

The ORANGE $\frac{3}{4}$ court curriculum allows young players to play on an 18m court with the same rules as those used on a regulation court.

Playing the “real” game will promote the development of fundamentals required in game situations. The ORANGE $\frac{3}{4}$ Court Tennis program uses low compression balls that will successfully develop FUNDamentals to serve, rally and score.

Equipment modifications to ensure success:

- Bigger & slower ball (50% slower than a Yellow ball)
- Smaller court (17.98-18.29 x 6.4-8.23m)
- Lower net (Centre net height of: 31.5-36”)
- Smaller racquet (23” or 25”)



ORANGE BALL 'TRY-IT' (8-10 years)

For players with little or no experience. Program focused on developing basic tennis to Serve, Rally & Score and athletic skills. We have fun developing students' movement, tracking, and racquet skills. An emphasis is placed on learning how to develop coordination and cooperation skills in a group setting.

Experience:

- Has some or no experience in tennis
- Beginning to develop technique for groundstrokes

U10 'IMPROVE'

For players who can Serve and keep Score but still needs work on consistently rallying. Program focused on continuing with fundamentals and strokes learned at the TRY IT level.

Experience:

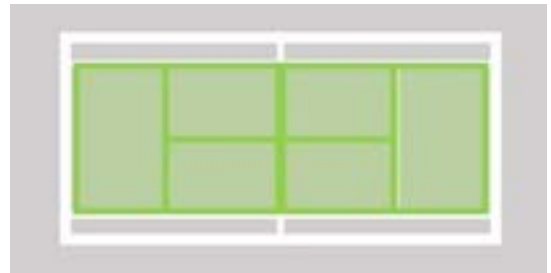
- Is able to serve, make contact consistently and keep score
- Must commit to at least 2 days a week

GREEN BALL PROGRAMS: 11-12 years

The GREEN ball program is designed on a full court using low compression balls. This Program will continue skill development in all areas of tennis: technical, tactical, physical and psychological. This program will successfully develop FUNdamentals to serve, rally and score.

Equipment modifications to ensure success:

- Bigger & slower ball (25% slower than a Yellow ball)
- Full size court (23.77 x 8.23m)
- Standard net height (Centre net height of 36")
- Smaller racquet (23" or 25")



GREEN BALL 'TRY-IT' (11-12 years)

For players with little or no experience. Program focused on developing basic tennis to Serve, Rally & Score and athletic skills. An emphasis is placed on learning how to develop coordination and cooperation skills in a group setting.

Experience:

- Has some or no experience in tennis
- Beginning to develop technique for groundstrokes

U12 'IMPROVE' (12 and under)

For players who can Serve and keep Score but still needs work on consistently rallying. Program focused on continuing with fundamentals and strokes learned at the TRY IT level.

Experience:

- Is able to serve, make contact consistently and keep score
- Must commit to at least 2 days a week

U12 'PLAY' (12 and under)

For players who can Serve, Rally & Score. Program focused on continuing with fundamentals and strokes learned at the TRY IT level. Players will be introduced to topspin, cross-court/down the line rallies as well as agility and footwork. Players will get a chance to practice matchplay with classmates

Experience:

- Is able to serve, rally and keep score
- Can rally consistently from service line or farther
- Must commit to at least 2 days a week

Teen Tennis PROGRAMS 13-15 years

Focused on developing ball control skills & fundamentals starting with half court and progressing to a full court. This program is designed for a range of levels, from the scratch beginner to an intermediate player. Outcomes of this class include learning how to serve, rally & score

- Regulation court
- Standard Tennis Ball

TEEN TENNIS 'TRY-IT' (13-15 years)

For players with little or no experience. Program focused on developing basic tennis to Serve, Rally & Score and athletic skills. An emphasis is placed on learning how to develop coordination and cooperation skills in a group setting.

Experience:

- Has some or no experience in tennis
- Beginning to develop technique for groundstrokes

U14 'IMPROVE'

For players who can Serve and keep Score but still needs work on consistently rallying. Program focused on continuing with fundamentals and strokes learned at the TRY IT level.

Experience:

- Is able to serve, make contact consistently and keep score
- Must commit to atleast 2 days a week

U16 'PLAY'

For players who can Serve, Rally & Score. Program focused on continuing with fundamentals and strokes learned at the TRY IT level. Players will be introduced to topspin, cross-court/down the line rallies as well as agility and footwork. Players will get a chance to practice matchplay with classmates

Experience:

- Is able to serve, rally and keep score
- Can rally consistently from service line or farther
- Must commit to atleast 2 days a week