



Junior Program Guide 2024

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 In the event your child is withdrawn from a program, every effort will be made to place the participant in an alternate suitable program.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

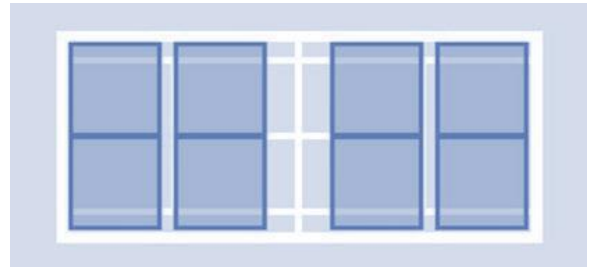
BLUE BALL PROGRAMS: 3-5 years

The BLUE is $\frac{1}{4}$ of a regular court size and the first 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.

We ask for parents cooperation with this age group

Equipment modifications to ensure success:

- Bigger & slower ball (75% slower than a Yellow ball)
- Smaller court
- Lower net
- Smaller racquet (17" or 19")



BLUE BALL 'TRY-IT' (3-5 years)

For children with 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 no experience in tennis

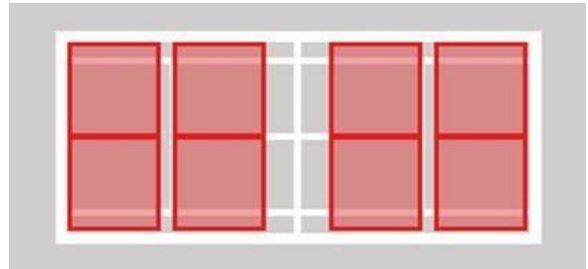
***Parent cooperation on the court is requested**

RED BALL PROGRAMS: 6-8 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 (19" or 21")



RED BALL 'TRY-IT' (6-8 years)

For children with 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 no experience in tennis

RED BALL 'IMPROVE' (6-8 years)

For children 6 - 8 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

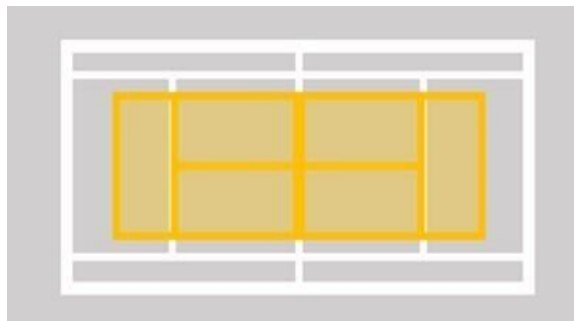
ORANGE BALL PROGRAMS: 9-11 years

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’ (9-11 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 no experience in tennis

ORANGE BALL ‘IMPROVE’ (9-11 years)

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:

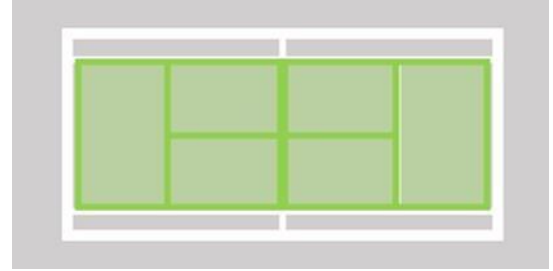
- Is able to serve, make contact consistently and keep score
- Must commit to at least 2 days a week

GREEN BALL PROGRAMS: 12-17 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' (12-17 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

GREEN BALL 'IMPROVE' (12-17 years)

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

YELLOW PROGRAMS 12-17 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

YELLOW 'PLAY' (12-17 years)

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