Junior Clinic Descriptions

After School Program- The After School program is open to kids up to the sixth grade. Using the USTA Quick Start method, the kids will develop their game through fun, level-appropriate games and drills.

**Tiny Tots/ Jr. Future Stars** – The Tiny Tots and Jr. Future Stars class is open to ages 3-7. Kids will be introduced to the basics of the game by learning agility, hand-eye coordination, and the foundations of the tennis strokes.

**Future Stars** - This class is open to ages 8-11. The kids will continue to develop their strokes and will work on improving their consistency by rallying over the net. They will learn the tennis game format and how to keep score in a game.

**Stars** – Open to ages 11-13, this clinic prepares players to enter our Tournament Training program. The kids will master the basic tennis strokes and begin to understand basic strategies in singles and doubles point play situations.

**Tournament Training Orange Dot** - This clinic is geared toward kids’ ages 8-10 years old who play tennis at least twice per week and aspire to compete in tournaments throughout the year. Players will develop the proper footwork, agility, and further improve their technique and consistency. The basic tactics and strategies necessary to advance to the next level, the green dot ball, will be introduced. New players skill level must be evaluated prior to enrolling in this program.

**Tournament Training** - This clinic prepares intermediate and advanced level juniors for tournament play by building and strengthening certain areas of their game. Each clinic will incorporate drilling, live ball play and executing strategies in match play situations. Other clinic components include footwork and the strength and conditioning needed to win at the highest levels of competition. New players skill level must be evaluated prior to enrolling in this program.

**Sunday Match Play** – A bi-weekly offering to allow aspiring juniors the opportunity to compete against their peers, and execute the coaching received in Tournament Training and private instruction. Coaches will be onsite to set up the matches and reinforce singles/doubles strategies and tactics.