



## Advanced Training Class Description

### **Ages: 8-10 Low Intermediate (green ball)**

Players in this clinic will be learning specific tennis skills in conjunction with the fundamental motor skills which can be from an array of activities. These skills will form the cornerstones of the student's development over the next few years.

### **Ages: 11-14 Middle School Intermediate Clinics**

This class is the next phase of training for the middle school aged tennis player. The players will work to further develop their strokes and movement abilities. They will begin to learn to work together in live ball situations and learn how to play singles and doubles.

### **Ages: 14-18 High School Clinics**

This class is designed for the High School Tennis player. It is geared towards High School Varsity, High School JV and for those trying out to get on their High School team. There is a high emphasis on doubles and singles point play and strategy in these clinics.

### **Tournament Training: 8-11 (green and yellow)**

This clinic is for the student who is looking to play tournaments in the future or is currently playing USTA tournaments. The players in this clinic will be solidifying their fundamentals for a strong foundation. These players will learn the importance of working together as a team to achieve goals for the overall group and will learn basic strategy.

### **Tournament Training 11-14 (yellow)**

This clinic is designed for the middle school aged player who is play 14 and under or 12 and under DR-L7, SR-L6 and some SR-L5. Their Sectional ranking cannot be between 0-50. During this time period the students will work on grooving their strokes at a higher rhythm, sharpening their control with an emphasis on placement, learning their optimal impact zones, perfecting foot work patterns, learning to take the balls on the rise, balance and early reaction times.

### **Tournament Training 12-18**

This clinic is designed for players playing in 18 and under or 16 under tournaments. Students who are younger than 15 years of age must currently hold a sectional ranking between 0- 50 to qualify for this clinic. Most players in this group will be DR-7, SR-L6 and SR L5 players. The main objectives in this phase are to consolidate all techniques, tactics and to address the importance of physical and mental growth out on the tennis court.