

2020 / 2021 Junior Tennis Development and Competitive Clinics

Session 3

Clinic Schedule:	Notes:
I. September 14 - October 30 (7 weeks)	<ul style="list-style-type: none"> ● No Clinics February Vacation (2/15-2/19) ● No observation in lobby during lessons ● Masks required during clinics
II. November 2 - December 18 (7 weeks)	
III. January 4 - February 26 (7 weeks)	
IV. TBA	

QuickStart Tennis Program

QuickStart Tennis is an engaging play format for learning and playing tennis. Designed to bring kids to the game, the program utilizes smaller racquets, slower and lighter balls, shorter court dimensions and modified scoring — all tailored to the age and size of the child. It is divided into two levels:

1. Ages 8 and under
2. Ages 9-11

QuickStart Ages 8 & Under:

Little Lobsters Clinic (Ages 5-6 years) builds upon fundamentals using 19"-23" racquets, 50% compression tennis balls, and a lowered net.

- Time: Monday 3:30-4:30pm and/or Wednesday 4:00-5:00pm
- Price: \$210.00 / 7-week session

Ace Kickers Clinic (Ages 7-8 years) uses 23"-25" racquets and 50% compression tennis balls. Emphasis is on rallying quickly while using correct fundamentals. Continuing focus on further development of forehand and backhand ground strokes, consistency, introduction to serving, geography of tennis court, point play and scoring.

- Time: Tuesday and/or Thursday 4:00-5:00pm
- Price: \$210.00 / 7-week session

QuickStart Ages 9 - 11

Hot Shots Clinic (Ages 9-11 years) uses 25"-27" racquets and 75% compression tennis balls. Emphasis is on point construction and basic strategy to prepare players for competition. Continuing focus on refining serves, topspin ground strokes, consistency, volleys and point construction.

- Time: Tuesday and/or Thursday 5:00-6:00pm
- Price: \$210.00 / 7-week session

Big Hitters Clinic (Ages 10+ years) is designed for players who are serious about competition and will attempt to play in tournaments and team competition. Requiring a strong work ethic, this program uses intensive drills and training to prepare players for the physical and mental rigors of competition.

- Time: Monday 4:30-5:30pm and/or Wednesday 5:00-6:00pm
- Price: \$210.00 / 7-week session



Junior Varsity Clinic (*Ages 12+ based on ability level*)

For the aspiring high school player looking for competition, play, strategy and conditioning. This clinic is a stepping-stone for PATT.

- Time: Monday 5:30-6:30pm and/or Wednesday 6:00-7:00pm
- Price: \$210.00 / 7-week session

PATT (Program for Advanced Tennis Training) *Discuss with pro staff if interested.*

For players with 2+ years of high school team and/or USTA tournaments experience. This clinic will focus on advanced drills with emphasis on point play, strategy, advanced footwork and conditioning.

- Time: Tuesday 6:00-7:30pm and / or Thursday 6:00-7:30pm
- Price: \$280.00 / 7-week session

Junior Club Championships, Round Robins and Game Nights

Club Championships, round robin events, and game nights are for juniors of all ages who can serve/keep score and are interested in social and competitive matches throughout the season.

TENNIS CLINICS POLICY AND RULES

1. **COVID Guidelines** in place at the club will apply to all junior clinics
2. **Length of Clinic*** depends on the number of players. Ratio of players to coaches will be **4 to 1** unless otherwise communicated.

For 1 hour clinic: 1 player = 30 min class 1-2 players = 45 min class 3+ players = 60 min class	For 1.5 hour clinic: 1 player = 30 min class 2-3 players = 60 min class 4+ players = 90 min class
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***Note:** 1-hr clinics will consist of 50-min. of play. 1.5-hr clinics will consist of 80-min. of play. The remaining 10-minutes will be reserved for cleaning. Due to guidelines surrounding contact and social distancing, younger age groups (5-6 years) may run for a total of 40-minutes due to the limited number of safe drills, games and instruction that can be incorporated for the age.

4. **Adherence to rules.** Strict rules will be in place for all clinics. Wightman seeks to promote a positive experience for all program participants. It is expected that the staff will not need to be disciplinarians but should an issue arise, the Tennis Department has adopted a 3-Strike policy:
 - Strike one - The teaching professional and/or the Tennis Director will speak to the child and review the rules and expected behavior. The parents may be informed.
 - Strike two - The child will be removed from the activity or sport for the remainder of the day. Again, proper conduct will be discussed with both parent and child.
 - Strike three - The child must leave the program for the rest of the session and the parent will be contacted to pick up their child. Further participation in the program will be discussed with the parent at that time.

PAYMENT AND REGISTRATION

Clinics will be prepaid for each full session, with no refunds after week 1 of each session.

Sign-ups will be made available no earlier than 1-month prior to each session's start date. Registration will be made on a first come, first served basis. For any questions about clinic placement or guidance, please contact Head of Junior Tennis Rodney Ross at rodney@wightmantennis.org.



Junior Tennis Development & Competitive Clinics Registration Form – Session 3

Submit registration forms to the front desk or email to rodney@wightmantennis.org.

Name: _____

Age: _____

Email: _____

Parent's Signature: _____

Session dates:	Monday, January 4 - Friday, February 28
Registration starts:	Saturday, December 12
Registration deadline:	Sunday, January 3
No Clinics:	Public School February Vacation (2/15 - 2/19)

QUICKSTART JUNIOR TENNIS DEVELOPMENT CLINICS

(\$210.00 / 7-week session)

Little Lobsters Clinic (Ages 5-6 years)

- Monday 3:30 – 4:30pm
- Wednesday 4:00 – 5:00pm

Hot Shots Clinic (Ages 9-11)

- Tuesday 5:00 – 6:00pm (*Intermediate*)
- Thursday 5:00 – 6:00pm (*Advanced*)

Ace Kickers Clinic (Ages 7-8 years)

- Tuesday 4:00 – 5:00pm
- Thursday 4:00 – 5:00pm

Big Hitters Clinic (Ages 10+)

- Monday 4:30 – 5:30pm
- Wednesday 5:00 – 6:00pm

COMPETITIVE JUNIOR TENNIS CLINICS

(Prices listed below clinic title.)

Junior Varsity Clinic (Ages 12+ based on ability)

(\$210.00 / 7-week session)

- Monday 5:30 – 6:30pm
- Wednesday 6:00 – 7:00pm

PATT (Program for Advanced Tennis Training – discuss with Pro staff if interested)

(\$280.00 / 7-week session)

- Tuesday 6:00 – 7:30pm (*Elite Group*)
- Thursday 6:00 – 7:30pm

Payment and Registration:

Clinics will be prepaid for each full session, with no refunds after week 1 of each session. Sign-ups will be made available no earlier than 1-month prior to each session's start date. Registration will be made on a first come, first served basis. For any questions about clinic placement or guidance, please contact Rodney at rodney@wightmantennis.org.

Junior Tennis Development & Competitive Clinics Players Checklist

- Arrive on time
- Strive
- Fight to the last point
- Good body language
- Positive attitude
- Have fun
- Be open to corrections
- Be prepared to work diligently
- Extra work (at home)
- High energy
- Run for the first ball to the last ball
- Be coachable and listen well
- Respect all coaches and fellow players

It's important for players to understand that these are really the only things that 100% depend on you and which you can control. You just have to make the decision to do it. It's as simple as you read it.

Playing good or bad inside a game is not up to you—nobody wants to lose on purpose. No one wants to fail a volley next to the net at the match point, but it's part of the sport and it happens. What can't be missing is the claw, the fight and total delivery. Finally, remember that's the only thing you can really control—yourself.

I hope you serve this advice!!