

JUNIORS – SPRING 2017

- **ON-LINE REGISTRATION for juniors starts Wed. 2/15 @ 9am**
- **Two classes per week maximum. Additional classes can be added starting Fri. 2/17**

SESSION INFORMATION

- Spring session begins WEDNESDAY, March 1.
- Charges for group lessons will be billed per each student's participation of once or twice per week.
- Juniors registered in March classes have priority to continue through April, May and June. If you do not wish to complete the entire spring session, see "Lesson Cancellation Policy, Group Lessons" for information.
- No classes during Spring Break (March 27-31); no classes the weekends before (March 25-26) and after (April 1-2).
- No classes Memorial Day, MONDAY, May 29.
- Sunday junior group lessons end May 7.
- Weekday junior group lessons end FRIDAY, June 9.

*SEE ADULT SIDE FOR PRIVATE AND GROUP LESSON RATES and CANCELLATION INFORMATION

JDP 1 DIFFERENT STROKES 1 (ages 5-7)

Interactive child/pro play introduces the FUNdamentals of tennis. Focus is on skill building with the A, B, C's (Agility, Balance, and Coordination) through fun games and activities. Players learn introductory eye/hand and coordination skills and drills. Ready position introduced, underhand toss and catch skills developed. "Tap" volley is introduced, as well as overhand throwing motion. Tennis games and skill drills are played on the 36' court. Red foam and red felt tennis balls are used.

Times....Wednesday 3:45-4:30p

JDP 2 DIFFERENT STROKES 2 (ages +/- 7-11)

Continued development of the A, B, C's, along with introducing activities with the racquet in hand. Prepare with ready position for shots and develop basic groundstrokes GPS (grip, preparation, swing path). Players begin to make drop-feeds across net, begin overhand serve motion with continental grip, and start cross-steps on volleys. Players should be able to catch balls with either hand away from body, and "lobster catch" with racquet/hand. Tennis scoring concepts are introduced. Games are played on both 36' and 60' courts. Red felt and orange tennis balls are used.

Times.....Wednesday 3:45-4:30p

Sunday 12:15-1:00p

ADIDAS "AD POINTS" BOARD

Juniors...get involved with the ADIDAS POINTS BOARD, no charge, and you can earn a personalized trophy and a chance to win cool ADIDAS product!



JDP 3...JUNIOR DEVELOPMENT (ages +/- 9-15)

This level builds on the athletic base already established. Players now drop-feed and hit with placement to court target areas, and make consistent groundstroke rallies with orange tennis balls. Players use continental grip for FH and BH volleys, and for serve from service line and mid-backcourt. Players learn offensive and defensive positions on the court. Basic court positions and tactics taught for singles and doubles play are introduced. This player has the skills to consistently use ready position, split steps, and maintain basic form on shots within reach. Groundstroke rallies, proper volley technique/grips, and serve mechanics with continental grip expected before moving to the next level. Orange and green dot tennis balls are used. Times.....Tuesday and/or Friday 4:30-5:45p

JDP 3/4 Sundays, Mar 5 thru May 10.....1:00-2:00

JDP 4...COMPETITIVE PLAYERS (ages 10-16)

Players in this class are technically sound and tactically engaged. These players show multi-directional speed recovering after shots. This player can rally with consistency from baseline, hit groundstrokes with topspin and underspin, hit the ball at the top of the bounce, and use open stance on wide returns. This player will combine approach shots with volleys, and will place volley to any court area with continental grip. Consistent first and second serves hit from baseline with continental grip. Practice outside of group lessons, private lessons, and/or tournament play expected.

Times.....Monday and/or Thursday 4:30-5:45p

JDP 5...TEAM TRAINING* BOYS & GIRLS

This class will not be held weekdays due to High School tennis season.

Thursday 8:00-9:15p

Sunday classes 3/5 thru 5/10.....2:00-3:15pm

TOURNAMENT ELITE (ages 14-17)

This class will not be held weekdays due to High School tennis season. Contact the pros for spring class options.

JUNIOR NOTES

Class placement will be finalized by the tennis pros.

Class placement is based on the following:

- on-court attitude
- interest in learning
- ability
- practice time outside of lessons
- match play outside of lessons
- See MPRC Junior Program "SKILL DEVELOPMENT" chart for class placement.

