

# JUNIOR TENNIS

AT HEALTHTRACK



SPORTS WELLNESS

Rev 7/19/24

## ABOUT CLASSES & PROGRAMS

HealthTrack offers tennis and pickleball lessons for children. For juniors, classes are based on skill, though the age of the student is taken into consideration. Junior classes use modified court sizes and equipment appropriate to the age and abilities of students. For questions about which class is best for your child, please call Jean Brown, Director of Tennis Administration, at 630-942-9600 ext. 549, or e-mail [jbrown@htsw.net](mailto:jbrown@htsw.net). HealthTrack also offers private lessons for adults and children.

### FALL SESSION 1 | August 19 - October 20, 2024 (9 WEEKS)

No classes on September 2 (Labor Day)

### SPRING SESSION | March 3 - May 4, 2025 (8 WEEKS)

No classes during the week of Spring Break (April 1 - 7)

### FALL SESSION 2 | October 21 - December 23, 2024 (9 WEEKS)

No classes on November 28 (Thanksgiving Day)

### MINI MAY SESSION | May 5 - June 1, 2025 (4 WEEKS)

No classes on May 26 (Memorial Day)

### WINTER SESSION | January 6 - March 2, 2025 (8 WEEKS)

## MAKE-UP CLASSES & REFUND POLICIES

**MAKE-UP POLICY:** A player is allowed to make up two classes per session. Make-up classes must be scheduled with the Tennis Department.

**REFUND POLICY:** Fees will not be prorated for missed classes. See above for make-up policy. If an illness or injury occurs, fees will be refunded upon provision of a doctor's note. Session cancellations must be 48 hours before the start of the session. Failure to cancel within 48 hours will result in a \$50 fee. Private lessons will be charged the full amount of the lesson for no-shows or cancellations with less than 24 hour notice.

## YOUTH LESSON DESCRIPTIONS

### RED BALL 1 & RED ELITE

Red classes are for children ages 5–8 and are played on 36' x 18' court, with a red foam or felt ball, and a 19–23 inch racquet.

- **Red 1 (5–8)** This class is an introduction to the basic strokes of tennis and emphasizes having fun and continuing athletic development.
- **Red Elite (7–8)** Red Elite focuses on refining strokes and introducing players to competition in a relaxed environment.

### ORANGE BALL & ORANGE ELITE

Orange classes are for children 9–10 years old and are played on a 60' x 21' court, with an orange ball and 23–25 inch racquet.

- **Orange** This class is designed to teach students the strokes and strategies of tennis on a modified court.

### GREEN BALL & GREEN ELITE

Green classes are for children 11–13 years old and are played on full-size (adult) 78' x 36' court, with a green dot ball and a 25–27 inch racquet.

- **Green** This class is designed to teach students the strokes and strategies of tennis.
- **Green Elite** This class is offered to players who have mastered the skills in the Green level class. Players must be able to successfully participate in green level match play and implement skill corrections offered by the coaching staff.

### TEEN BEGINNER

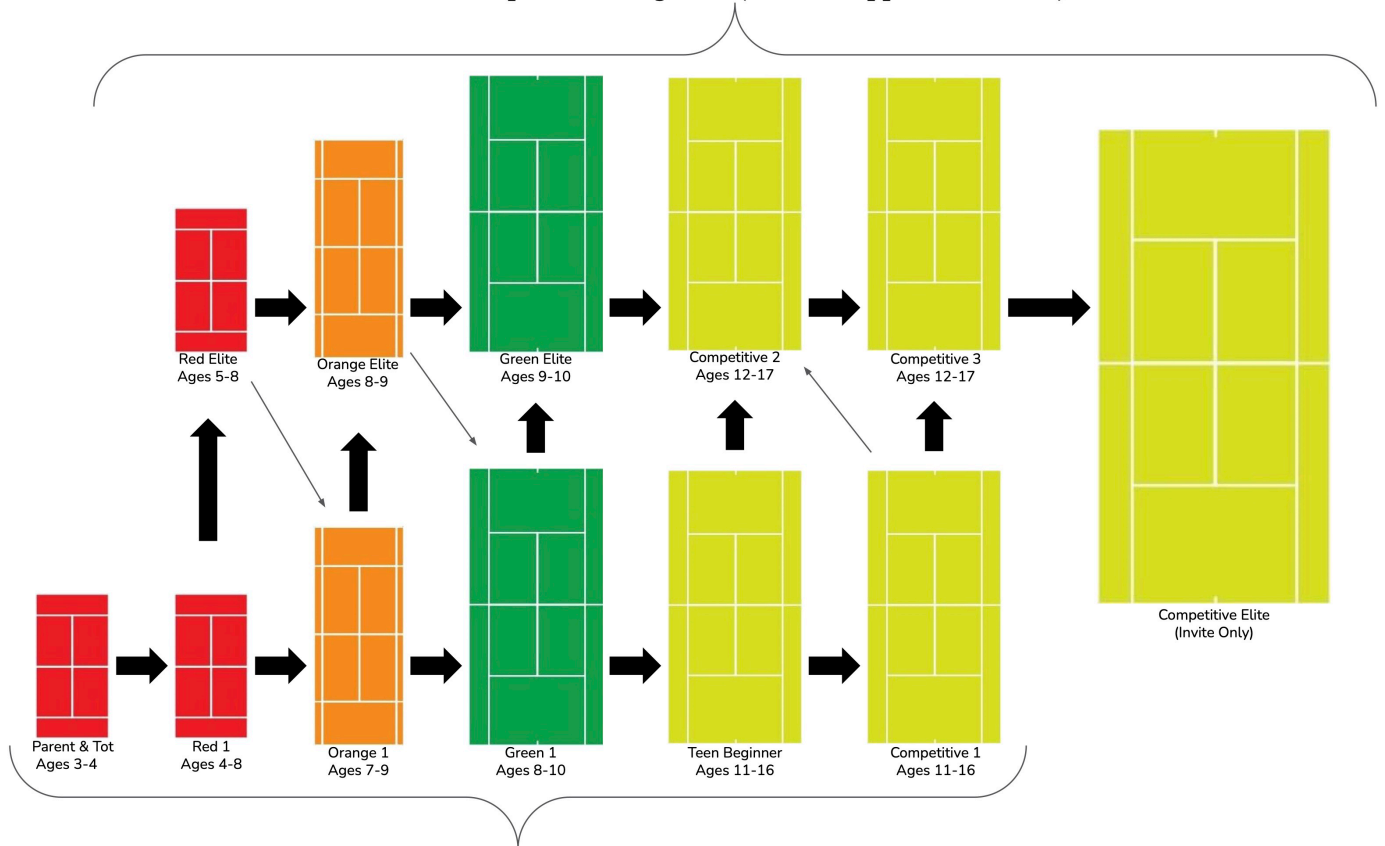
**Teen Beginner (11–13)** This class is the next step for players 11–13. Players entering this class have all the basic strokes and can play matches. The class focuses on refining players' strokes, teaches strategy, and provides opportunities for match play.

### COMPETITIVE 1, COMPETITIVE 2, COMPETITIVE 3 & COMPETITIVE ELITE

*By pro invitation only.* These classes focus on our competitive players who aspire to play beyond high school in singles, doubles or both.

# Junior Tennis Pathway

Competitive Programs (Coach's approval needed)



Recreational Programs

By: Jean Brown & Basit Syed

## Red Ball 1

Court Coverage

**For Ages 4 - 8**

Compared to Yellow Ball:

- Bounces much lower
- Much slower, easier to hit
- Soft (25% compression)
- Large size

**Red Ball Skill Development**

- Hand/Eye Coordination
- Basic Stroke Skills-Forehand, Backhand, Serve and Volley
- Racquet/ Ball Contact
- Basic Footwork and Agility
- Learn to Rally

**Requirements to Advance to Red Elite**

- Shuffle in all Directions
- Can identify Ball Bounce, i.e. Ball Tracking, Movement forward and backwards
- Comprehends split step and rally recovery
- Listening skills
- Understanding court lines and line calls
- Age out to Orange 1 (8 years old)

## Red Elite

**Ages 5 - 8**

Players in this class learn to use:

- Different grips
- Basic strategy
- Exposing open space
- Stroke development
- Direction control-cross court and down the line
- Proper contact point
- Rally with other players
- Able to play out a game and keep score
- Listening skills and ability to identify and take coaches' corrections

**Skills Required to Advance to Orange Elite**

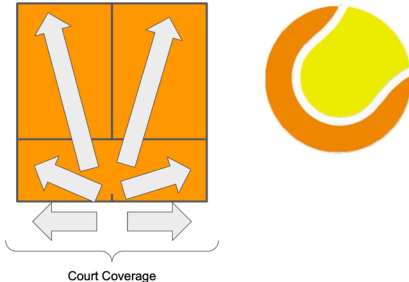
- Utilizes all footwork skills for hitting, recovery and transitions.
- Coachability
- Matchplay
- Basic knowledge of different grips and spins
- Age out to Orange 1 (8 years old)

## Orange Ball 1

For Ages 7 - 9

Compared to yellow ball:

- Bounces lower
- Much slower, easier to hit
- Soft (50% compression)
- Same size



Court Coverage

### Orange Ball Skill Development

- Basic Stroke Development: Forehand, Backhand, Serve and Volley
- Point of Contact
- Ability to Rally and Play Games
- Tennis Specific footwork and agility
- Learn different grips
- Identify Court Lines and match play boundaries

### Requirements to Advance to Orange Elite

- Utilizes all footwork skills for hitting, recovery and transitions.
- Coachability
- Matchplay
- Basic knowledge of different grips and spins
- Age out to Green 1 (9 years old)

## Orange Elite

Ages 8 - 9

Players in this class learn to use:

- Ability to hit with spin
- Control height and depth of the ball
- Develop mental toughness and resolve
- Enhance match play skills
- Control for shots-Serve and Volley
- Participate in HealthTrack Junior Team Tennis
- Footwork, agility and endurance.

Skills Required to Advance to Green Elite

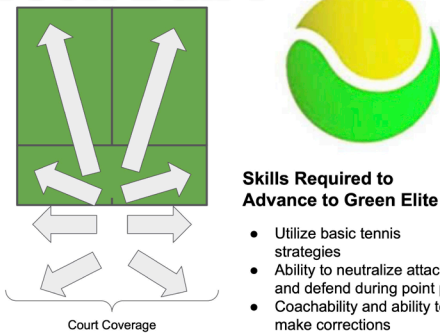
- Utilize basic tennis strategies
- Ability to neutralize attack and defend during point play
- Coachability and ability to make corrections
- On court resilience and mental toughness
- Physical endurance for multiple match play
- Tournament experience

## Green Ball 1

For Ages 8 - 10

Compared to yellow ball:

- Bounces lower
- Slower, easier to hit
- Soft (75% compression)
- Same size



Court Coverage

### Skills Required to Advance to Green Elite

- Utilize basic tennis strategies
- Ability to neutralize attack and defend during point play
- Coachability and ability to make corrections
- On court resilience and mental toughness
- Physical endurance for multiple match play
- Age out to Comp 1 (11 years old)

### Green Ball Skill Development

- Increase Stroke Development: Forehand, Backhand, Serve and Volley
- Master Point of Contact
- Ability to Rally and Control Direction
- Tennis Specific footwork and agility
- Apply different grips when playing
- Make clear and concise line calls

## Green Elite

Ages 8-10

Players in this class learn to use:

- Match play strategy
- Develop and utilize offensive and defensive skill tactics and the ability to differentiate between both.
- Apply height, speed and spin to shots to develop a specific point.
- Learn to adjust back swing
- Transition positions on the court
- Serve and return of serve control
- Play doubles properly
- Footwork, agility and endurance training.

Skills to advance to Competitive 2:

- Opponent Analysis
- Self Assessment skills
- Make adjustments to an individual game during a match
- Volley and overhead skills
- Consistency in serve
- Ability to learn from both wins and losses.
- Maintain a positive attitude during challenging on court scenarios.
- Ability to hit a variety of shots-top spin, back spin, slice and drop shots.

## Teen Beginner

### Teen Beginner Skill Development

- Basic Stroke Skills-Forehand, Backhand, Serve and Volley
- Racquet/ Ball Contact
- Basic Footwork and Agility
- Learn to Rally
- Ability to hit with spin
- Tennis Specific footwork and agility
- Learn different grips
- Identify Court Lines and match play boundaries

### Skills required to Advance to Competitive 2

- Opponent Analysis
- Self Assessment skills
- Make adjustments to an individual game during a match
- Volley and overhead skills
- Consistency in serve
- Ability to learn from both wins and losses.
- Maintain a positive attitude during challenging on court scenarios.
- Ability to hit a variety of shots-top spin, back spin, slice and drop shots.

## Competitive 1

The Competitive Classes are designed for all players 10 and over , who have mastered the skills in the lower elite classes and ready to enhance their tournament play.

### Players in this class will learn:

- Grip varieties and when to utilize them
- Different spins to change the pace of a point
- How to construct offensive point play in a match
- Develop a serving game with a variety of spins and accuracy
- Doubles strategies
- Isolation of opponents
- Footwork and agility to strengthen on court movement
- Hit a variety of shots-top spin, back spin, slice and drop shots.

### Skills required to move to Competitive 2

- Ability to dictate a point with their forehand
- Use various strategic patterns
- Understand and utilize "Two back double pattern"
- Serve and Volley
- Mastered inside out forehand
- Analyze opponent
- Play multiple matches in one day
- Maintain a positive attitude during challenging on court scenarios
- Ability to modify game strategy during a match
- Play multiple tournaments per session

## Competitive 2

Competitive 2 is designed for JV players who are competing for their high school teams and have the desire to play varsity tennis and tournaments.

### Players will learn:

- Doubles strategies
- Stroke enhancement
- Mental toughness
- Footwork patterns
- Master all skills from Competitive 1
- Strengthen serve and return of serve

### Skills required to advance to competitive 3:

- Ability to rally 20 or more shots-cross court and down the line
- Control height and depth of a shot
- Consistently hit "on the run shots"
- Employ drop shots and lobs
- Exercise Australian and I Formations in doubles matches
- Hit a passing shot when appropriate
- Participate in multiple tournaments per session

## Competitive 3

The Competitive 3 class focuses on High School Varsity players who are looking to enhance their on court performance. They will learn to incorporate the necessary skills, like footwork, agility, endurance, mental toughness and matchplay strategies to compete successfully in their season and in off season tournaments and matches. They will be required to join Junior Team Tennis and compete in a minimum of 2 tournaments per session. The class format for this level will focus on advanced stroke techniques, shot selection, point patterns and game strategies.

## Competitive Elite

Competitive Elite is an invite only class designed for our most skilled juniors here at HealthTrack, with no age restrictions for players. This group of elite athletes are held to higher standards as our goal is to help them achieve all their personal tennis goals from tournament play to college tennis. This class is designed to enhance the players' match strategy, physical fitness and mental acuity . Players are required to join Junior Team Tennis and compete in a minimum of 2 tournaments per session.

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**SPRING SESSION (8 WEEKS)**

March 3 - May 4, 2025

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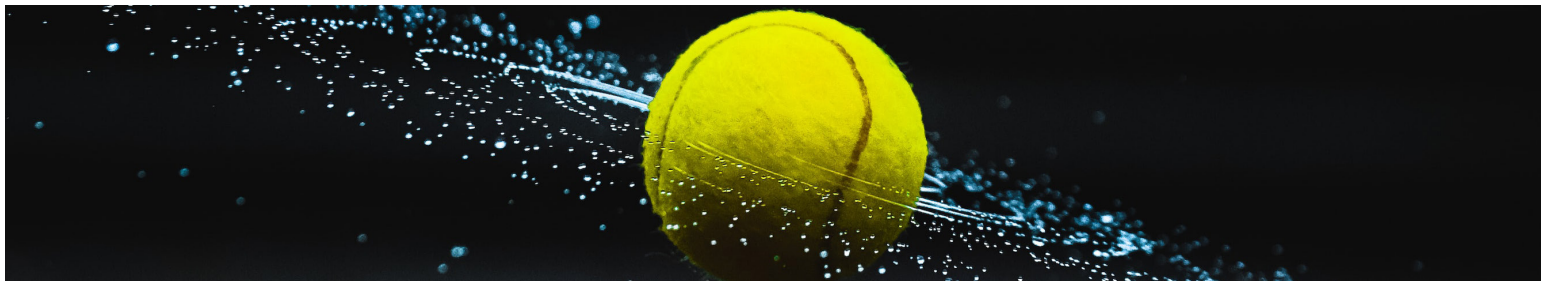
No classes on May 26 (Memorial Day)

**WINTER SESSION (8 WEEKS)**

January 6 - March 2, 2025

**JUNIOR TENNIS SCHEDULE & PRICING: RECREATIONAL CLASSES**

CLASS	BALL	DAY	TIME	MEMBERSHIP TYPE					
				Tennis	Club	Guest	Tennis	Club	Guest
				8 WEEK SESSION			9 WEEK SESSION		
Red 1	Red	Wednesday	4:00 - 5:00 PM	\$210	\$230	\$265	\$236	\$259	\$298
Red 1		Sunday	9:00 - 10:00 AM						
Orange Ball	Tuesday	4:00 - 5:00 PM							
Orange Ball	Sunday	9:00 - 10:00 AM							
Green Ball	Tuesday	4:00 - 5:00 PM							
Green Ball	Saturday	3:00 - 4:00 PM							
Teen Beginner	Purple	Tuesday	6:30 - 8:00 PM	\$295	\$320	\$375	\$331	\$360	\$420
Competitive 1		Saturday	12:00 - 1:30 PM						
Competitive 1		Sunday	10:00 - 11:30 AM						
Teen Advanced	Purple	Wednesday	5:00 - 6:30 PM	\$440	\$465	\$520	\$495	\$523	\$585
Teen Advanced Practice Day		Saturday	1:30 - 3:00 PM						



**Participation in the Elite program is by pro invitation only.**

Pricing includes weekly classes and practice. Players attend twice weekly.

CLASS	BALL	DAY	TIME	MEMBERSHIP TYPE					
				Tennis	Club	Guest	Tennis	Club	Guest
				8 WEEK SESSION			9 WEEK SESSION		
Red Elite		Saturday	9:00 - 10:00 AM	\$325	\$350	\$380	\$365	\$394	\$428
Practice Day		Monday	4:00 - 5:00 PM						
Orange Elite		Monday	4:00 - 5:30 PM	\$440	\$465	\$520	\$495	\$523	\$585
Practice Day		Friday	4:30 - 6:00 PM						
Green Elite		Wednesday	4:00 - 5:30 PM	\$440	\$465	\$520	\$495	\$523	\$585
Practice Day		Friday	4:30 - 6:00 PM						
Competitive 2		Monday	5:00 - 6:30 PM	\$440	\$465	\$520	\$495	\$523	\$585
Competitive 2		Tuesday	5:00 - 6:30 PM	\$440	\$465	\$520	\$495	\$523	\$585
Practice Day		Sunday	4:30 - 6:00 PM						
Competitive 3		Monday	5:30 - 7:00 PM	\$440	\$465	\$520	\$495	\$523	\$585
Competitive 3		Thursday	4:30 - 6:00 PM	\$440	\$465	\$520	\$495	\$523	\$585
Practice Day		Sunday	4:30 - 6:00 PM						



Our Competitive Elite Classes are designed for our advanced players.

We offer both classes and practice time, which include skill development, speed, agility and match strategy analysis.

Prior pro approval is necessary for enrollment.

For further information, please contact the HT Tennis Department at 630-348-5374.

