

Junior Tennis



LAMADRONA
ATHLETIC CLUB

Winter 2018

January 8th to March 16th

10 Weeks

(Make up weeks March 19-30)



Please feel free to contact our Tennis Director, Fred Charlebois, if you have any questions:

fcharlebois@caclubs.com or 831-438-1072

Future Stars

Our Future stars program is divided into two programs:

Red Stars and Orange Stars.

The future stars programs are for kids between the ages of 5 & 10 looking to get into the game of tennis. Smaller courts, lighter & shorter racquets and low compression balls that don't bounce too high make learning tennis fun and easy. This means that kids are able to; start rallying, have fun and develop a love for the sport right from the start.

Red Stars ages 5-7

Through interactive games your child will develop their Athletic skills "ABC's" (agility, balance, coordination) and their manipulative skills (reception, handling, projection). The student will also be introduced to the basic fundamental tactical and technical skills needed to build upon as they get older.

Monday & Thursday 3:30 - 4:30pm

member/non-member

Cost: 1x/wk \$125 / \$150 2x/wk \$210 / \$250

Orange Stars ages 8-10

After mastering the red star stage, children move on to the orange stars. On top of refining their Athletic and manipulative skills learned in the previous stage, the orange star will learn to use the five ball controls (direction, depth, height, spin and speed). At this stage, through games, drills and lots of fun, the student will learn different grips, lower and higher contact points, longer and faster swing shape and a more sophisticated service motion.

Tuesday & Friday 3:30 - 5:00pm

member/non-member

Cost: 1x/wk \$188 / \$225 2x/wk \$315 / \$375



Tennis Academy

Our Tennis Academy is divided into two programs:

Junior and Teen Academy.

These programs are designed for the student actively interested in learning new skills and playing more matches. It is a perfect match for the player who wants to stay active while playing tennis. The student in this class might also be interested in refining their skills for future competitive or high school tennis... or to join our tournament squad in the future.

Junior Academy ages 11-16

Students in this program are looking to make tennis their sport for a life time. While always keeping the fun aspect of the game, the emphasis will be put on tactical and technical development through drills and match play.

Monday, Tuesday & Thursday 4:30 - 6:00pm

member/non-member

Cost: 1x/wk \$188 / \$225 2x/wk \$315 / \$375

Teen Academy ages 13-18

This program is designed with the active teenager in mind. Students will improve all aspects of their skills while being paired with their peers only. Focus in this program will be put on match play situations for singles and doubles.

Wednesday & Friday 4:00 - 6:00pm

member/non-member

Cost: 1x/wk \$250 / \$295 2x/wk \$420 / \$500



*Tournament Squad**

Our Tournament squad is divided into two programs;

Challenger Squad and Tour Squad.

This program is ideal for the motivated player looking for intense training for USTA tournaments, high school preparation or who have goals of a college tennis career. The main qualification of the squad player is the desire to excel in the game of tennis. The student will show determination to compete and work hard with a positive attitude. In this program, the student will have the opportunity to play practice matches outside of classes and there will, also, be opportunities to travel to tournaments with coaches. In both of these programs, private lessons are highly encouraged to help speed up the player's development

*Challenger Squad** *orange and green dot balls tournament players*

The focus will be on training with orange and green dot balls. Players will develop an understanding of the correct grips, footwork and swing pathways to achieve their tactical plans. At this stage, an emphasis will be put on developing the player's athletic skills to help with tournament play.

Monday, Wednesday & Friday 4:00 - 6:00pm

member/non-member

Cost: 1x/wk \$250 / \$295 2x/wk \$420 / \$500 3x/wk \$570 / \$630

*Tour Squad** *yellow balls tournament players*

Students in this program should have a clear understanding of proper grips, stances and swing pathways. The player will learn to develop playing patterns catered to their game style. To do so, an emphasis will be put more on tactical development than technical development. The student will also work on mastering the first two shots of tennis; Serve & Return.

Monday, Wednesday & Friday 4:00 - 6:00pm

member/non-member

Cost: 2x/wk \$420 / \$500 3x/wk \$570 / \$630

***Tennis Professional's invitation is required for registration.**