

COURT WARRIOR

LONGFELLOW TENNIS CLUB

2020 - 2021

JUNIOR DEVELOPMENT PROGRAM

AGES 4 TO 13



RESPECT • EXPLORE • TRAIN • COMPETE

Thank you for your interest in the Junior Tennis Program at the Longfellow Tennis Club.

The goals of this program are not just to help you reach your potential as a tennis player but to also instill the 4 core values that we believe will help you reach your potential in life with your family and friends.

Respect: Supports others, focused, disciplined

Compete: Keeps fighting, maximum effort, loves challenge

Explore: Solves problems, creative, ask questions

Train: Works hard, well prepared, independent

Throughout each session players of all ages will be recognized for their actions in all 4 of these values.

HOUSE CUP

When you sign up for this program you will be placed in 1 of 4 'Longfellow Houses' Together with your teammates you will compete for the House Cup. Points for your team will be awarded during clinics, matchplay and social events. Prizes will be awarded to the winning House and the winning House will have their Championship Banner displayed at the club for all to see. Good Luck!!

MY CHILD IS PLAYING TENNIS...WHAT DO I DO NOW?

Knowing the tennis pathway for your child can be confusing for most parents. What tournaments should he/she enter? What is the Pro working on during the clinics? But don't worry, we are here to help. The staff at the Longfellow Tennis Club will guide you through everything that you need to know with scheduled meetings, email updates, player reports and more. We know that an educated parent will go a long way to helping your child enjoy and flourish on and off the court.

SOCIAL EVENTS

Tennis is known as an 'individual sport' but ask any of the Pros at the club where they met some of their best friends and their answer may well be 'On the tennis court'. Through a series of oncourt and offcourt events we hope to bring kids of all ages together and having fun. Some of the events you can look forward to are.

Parent / Child Socials • House Cup Events • Davis Cup • Girls Only Events

POWER UP

Players will earn Wild Cards in clinics that can be used in organized matchplay and playing with friends. These special powers help develop your tactical and competitive skills on the court. For more info please visit www.longfellowjuniortennis.com

WILD CARD MATCH PLAY

All NRC Junior Program participants are encouraged to hone their skills through a variety of social and competitive weekly match play sessions. Put into practice all you have learned in your clinics with singles and doubles matches. Sign up by emailing nrcmatchplay@gmail.com or online at www.longfellowjuniortennis.com.

Fridays 6:30 - 8:00pm - Orange, Green, Academy Orange, Academy Green

Sundays 3:30 - 5:00pm - Yellow 1, Yellow 2, Academy Prep

SNOW DAY/MAKE UP CLINICS

There are no make ups for classes missed due to illness, school functions, vacations and other like commitments. However, if a player is injured and unable to participate in the program, a credit for use at the club will be issued. Make ups will be granted when a class is cancelled due to snow. To make up a class please email dpreston@longfellowhealthclubs.com with dates your child is available. We will then confirm if there is space in the class for a make up.

Session 1: 9/9/20 to 12/6/20 (no classes 11/25/20 - 11/29/20)

Session 2: 12/7/20 to 3/14/21 (no classes 12/24/20 - 1/3/21 & 2/13/21 - 2/19/21)

Session 3: 3/15/21 to 6/13/21 (no classes 4/2/21 - 4/4/21, 4/17/21 - 4/23/21 & 5/28/21 - 5/31/21)



Tools: Red Tennis Balls, 36 foot court, Up to 23" racquets

Level: Pre (Ages 4 and 5)

Mission: To clear this level we will help you improve your athletic development, forehands, backhands, underhand serves, the 'ABC's' of Tennis (Agility, Balance and Coordination) and have a whole lot of FUN doing it!!!

Level: 1 (Ages 5 years -who have not taken a Red ball clinic - and 6 years)

Mission: Start on the road to learn how to play tennis by learning how to rally with forehands and backhands with your friends.

Level: 2 (Ages 6 – 8 years)

Mission: Learn what it takes to compete. We will teach you new tools that you can use on the court such as Overhand serve.

Level: 3 (Ages 7 – 8 years)

Mission: 1 more level to complete before you advance to Futures. Players in this level must be able to rally. This is the level where you can be introduced to playing fun tournaments.



Tools: Orange Tennis Balls, 60 foot court, 25" racquets.

Ages: 8 – 10 years (Level 1 - Beginner to Level 2 - Intermediate)

Your Mission: Learn what it takes to be an All Court Warrior. At this stage you will learn how to attack and defend in all 3 zones of the court and how to construct winning point combinations in both singles, doubles and team play.



Tools: Green Tennis Balls, 78 foot court, 26" or 27" racquets.

Ages: 10 – 13 years (Level 1 - Beginner to Level 2 - Intermediate)

Your Mission: Develop on court weapons and learn when to use them for maximum effect.



Tools: Yellow Tennis Balls, 78 foot court, 26" or 27" racquets

Ages: 12 – 18 years (Level 1 Beginner/Intermediate to Level 2 - Intermediate/Advanced)

Your Mission: If you are an aspiring JV or High school player or just getting started this group is for you.



Tools: Yellow Tennis Balls, 78 foot court, 26" or 27" racquets

Ages: 12 – 18 years (Level 1 Beginner/Intermediate to Level 2 - Intermediate/Advanced)

Your Mission: For the varsity player looking to improve his/her strategy, court coverage and winning percentage. *Coach Approval Required.*

NETA/COURT WARRIOR

This invitation only program is for players with a desire for more competitive play. Selection criteria includes but is not limited to athleticism, sportsmanship, work ethic, and overall commitment to improvement. It is expected that players are actively participating in USTA tournaments.

The classes will focus on building a strong and proper foundation for long term competitive development and play. The players will develop a solid understanding of fundamentals, technique, and constructing points while developing their personal style of play.

The program will also provide match play opportunities with other programs, like Junior Team Tennis events. For information and potential selection for this program, please contact Kelly Day at kday@longfellowhealthclubs.com.



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 **Longfellow Tennis Club Junior Tennis**

