

Due to the current COVID-19 pandemic, please be aware that we will be administering strict new health and safety protocols, and modifying on and off court formats and schedules. All information is subject to change due to constantly evolving CDC, national, state and local guidelines.

JUNIOR TENNIS PROGRAMS Polo Tennis Club

2022 Winter/Spring Sessions (5 week sessions)

Winter 1: January 3rd-February 6th | Winter 2: February 7th-March 13th

Spring 1: March 21-April 24th | Spring 2: April 25th-May 29th



Red Ball Pre-Rally (ages 5-6) Thursdays & Thursdays 3:45-4:30pm, Saturdays 9:15-10:00am

Class designed specifically for our youngest ages as they begin to grasp the fundamentals of the sport. In this class, we highlight the understanding of both sides of the students body (dominant vs non-dominant), hand position, and the physics of the bounce. Students will already be learning to train cooperatively and that much of the class is done in pairs.

Members: 1 Day/Week: \$85, 2 Days/Week: \$170, 3 Days/Week: \$255, | Non-Members: 1 Day/Week: \$115, 2 Days/Week: \$230, 3 Days/Week: \$345



Red Ball Pre-Rally (ages 7-9) Fridays 4:30-5:30pm, Saturdays 10:00-11:00am

This class highlights many of the same skill checklists as the "pre rally" class for the younger ages. The difference is that this class is for those students who enter the sport in this age range and are trying to grasp the skill needed to execute a peer-to-peer rally.

Members: 1 Day/Week: \$85, 2 Days/Week: \$170 | Non-Members: 1 Day/Week: \$115, 2 Days/Week: \$230



Red Ball Rally Ready (ages 7-9) Thursdays & Thursdays 4:30-5:30pm, Saturdays 10:00-11:00am

Students in this class can already execute a rudimentary to intermediate peer-to-peer rally on the 36' net with the red training ball. At this stage, we begin to highlight fundamental court movement and understanding of "open space." Players will be growing their ability to serve overhand to the correct box and keep track of scores both using ordinal counting (0,1,2,3,4...) and tennis scorekeeping (love, 15, 30, 40, game).

Members: 1 Day/Week: \$85, 2 Days/Week: \$170, 3 Days/Week: \$255, | Non-Members: 1 Day/Week: \$115, 2 Days/Week: \$230, 3 Days/Week: \$345



Orange Ball (ages 7-12) Mondays & Wednesdays 5:30-7:00pm, Saturdays 11:00am-12:30pm

Players in the orange ball class have already exhibited the ability to maintain a peer-to-peer rally without difficulty. These students understand scorekeeping with ordinal numbers and have a basic to mastered grasp of tennis scorekeeping. Entrants to this class are based on skill competency but the age range can vary from 7-years old through 12-years old. Exit skills which we are trying to achieve in this group are:

1. Creation of both topspin and underspin on both sides of the body
2. Full use of continental grip on serves, volleys, and slices.
3. Employing court width in order to open up space to win the point

Members: 1 Day/Week: \$125, 2 Days/Week: \$250, 3 Days/Week: \$375, | Non-Members: 1 Day/Week: \$175, 2 Days/Week: \$350, 3 Days/Week: \$525



Green Ball (ages 7-14) Tuesdays & Thursdays 5:30-7:00pm, Saturdays 11:00am-12:30pm

Players in this group need to have grasped the list of exit skills outlined in the orange ball class. In this group, we build on those fundamentals but also think about strengths, weaknesses, offense, and defence. Players at this stage will learn that the net is a place in which the point should conclude and look to attack when the opportunity presents itself. Entrants in this class are based on skill competency but the age range can vary from young ages through 14-years old. Exit skills which we are trying to achieve in this group are:

1. Identifying personal strength and opponent weakness and constructing strategies
2. Recognizing opportunities to advance forward and attack the tennis ball
3. Full doubles competency in addition to singles match management skill sets.

Members: 1 Day/Week: \$125, 2 Days/Week: \$250, 3 Days/Week: \$375, | Non-Members: 1 Day/Week: \$175, 2 Days/Week: \$350, 3 Days/Week: \$525



Intro to Tennis 1.0 (Beginners 10+) Saturdays 12:30-2:00pm

This class represents a point of pride for our program in that we provide an option and developmental pathway for late entrants to the game of tennis. Similar to classes for all entry-level players, this class will give students the opportunity to gain the skills needed to continue the sport of tennis. Players will gain understanding of reaction on both sides of their body, basic movement patterns, and what constitutes a rally or point.

Members: 1 Day/Week: \$125 | Non-Members: 1 Day/Week: \$175



Intro to Tennis 2.0 (Novice Ages 10+) Saturdays 12:30-2:00pm

This class exists as the next stage after Intro to Tennis 1.0. Players in this group can competently execute a peer-to-peer rally and now we extend the size of the court, speed of the ball, and dynamics of the ball bounce. Players in this group will gain the ability to add spin to the ball as they begin to understand basic strategy. Scorekeeping using traditional tennis scoring (love, 15, 30, 40, game) will be used to help progress the students forward.

Members: 1 Day/Week: \$125 | Non-Members: 1 Day/Week: \$175



Pre-High Performance (USTA L7-L6, UTR up to 4.0) Mondays, Wednesdays & Fridays 5:00-7:00pm

Players in this group have achieved all the skill sets from the ROG training spaces and are now looking to build them bigger, stronger, and faster. Players will learn of pattern play and how to create "serve + one" scenarios. Those players in Pre-High Performance have chosen a specific lifestyle path. They know when their last tournament occurred and when their next tournament will take place. Competition is neither seasonal nor sporadic and these players have lofty expectations to pursue the sport collegiately.

Members: 1 Day/Week: \$170, 2 Days/Week: \$340, 3 Days/Week: \$510, | Non-Members: 1 Day/Week: \$230, 2 Days/Week: \$460, 3 Days/Week: \$690



High School Training (USTA L7-L6, UTR up to 4.0) Tuesdays & Thursdays 5:30-7:00pm

Students in this group have a strong tennis base and are looking to build up their middle school and high school teams. These players have passed through the ROG phases of tennis and are now training to become stronger in those skill sets. These players typically compete seasonally in school tennis or sporadically in USTA products.

Members: 1 Day/Week: \$125, 2 Days/Week: \$250 | Non-Members: 1 Day/Week: \$175, 2 Days/Week: \$350



For more information or to register, please contact Mike MacVay
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