



ALL SEASONS TENNIS CLUB
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Junior Class Descriptions

The USTA released new guidelines for 10 and Under Tennis in 2011. All Seasons is structuring its Junior Tennis Program to follow these guidelines. The 10 and Under Tennis Program is designed to help the junior player learn to play tennis and develop their skills in age appropriate steps:

Red Ball (Ages 5-8): Young players start with a red ball that is larger, slower and lighter. The smaller court and lower net is scaled to size for these young players which allows them to cover the court, hit more balls and build confidence. At this level, young juniors develop their technique and learn simple tactics.

Orange Ball (Ages 8-10): Orange balls are the same size as a standard yellow ball, but are lighter and bounce lower. Play is on a mid-sized court with a standard net and juniors continue to build technique and tactical skills.

Green Ball (Ages 9-12): As junior players grow and build their skills for strokes, movement and tactics, they move to a full sized court. The green ball is slightly lighter and slower than a yellow ball which gives them more time to get to and return shots.

Yellow Ball (Ages 12+): Experienced and older juniors move to the yellow ball. We offer three programs:

Competitive Training 1 (Ages 12-14): This program is for the player who wants to join their high school J.V. team. The focus is on enhancing strokes and tactics for single and doubles play.

Competitive Training 2 (Ages 13+): This program is for players currently competing in USTA teams, tournaments and HS tennis teams. Participants will learn advanced strokes and tactics for singles and doubles play. Emphasis is also placed on the mental toughness aspect of the game and conditioning to enhance performance.

Teen Tennis (Ages 14-18): This class is for teenage players who are new to tennis or are returning to tennis and want to develop their skills. Stroke technique and singles and doubles play are emphasized.

For more information about 10 and Under Tennis, check out the USTA link:
<http://10andundertennis.com/>

USTA Special! For juniors 10 and under who are new to USTA, the USTA is offering free membership through December 31, 2011. This is a \$19 savings. Membership includes a newsletter, skills cards, and eligibility to participate in USTA Junior Tournament. More information is available on the USTA at www.tryusta.com/kids.