

San Francisco Tennis Club Junior Tennis Programs

Fall-Spring 2009-2010

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We would like to take this opportunity to invite you to join our after school tennis program. Our after school program this year will be different from previous years and we are very excited to present this information to you!

Some of the biggest changes are:

- We have moved our program from our rooftop courts to our newly resurfaced **indoor courts. No more rainouts! Tennis is on no matter the weather outside.**
- We are also incorporating a “Team Play” portion of each program, where the kids get to play matches against one another in a team format.
- Addition of Quickstart tennis, for kids ages 4 to 10
- Addition of High Performance tennis, for the tournament and high school team player
- Special promotional offer: all kids who enroll for Session 1 will receive a \$25 gift certificate to the Shop at the San Francisco Tennis Club
- We no longer offer “drop in” attendance. However, we can pro-rate your session if you join mid-session.

This year we are pleased to offer three separate programs. Depending on the age and ability level of your child, there is sure to be a program that fits.

The three programs are:

- **Quickstart**, for beginner and advanced beginner kids ages 4 to 10
- **Junior Development**, for beginner through intermediate kids, ages 11 to 17 (*if your child is younger than 11 but an experienced player, please contact juniortennis@sftennis.com for a placement assessment.*)
- **High Performance**, for the tournament and school team player

Full details for the programs are listed below.

Session Dates (all sessions are 7 weeks):

Session 1	Sept 14-Nov 1, 2009
Session 2	Nov 2-Dec 20, 2009
Session 3	Jan 4-Feb 21, 2010
Session 4	Feb 22-April 11, 2010
Session 5	April 12-May 30, 2010

Quickstart Tennis

For beginner and advanced beginner kids ages 4 to 10

We are pleased to introduce the Progressive “Quickstart” method of training for the youngest kids here at the San Francisco Tennis Club. Quickstart’s shorter and narrower courts, slower balls and smaller racquets give kids the confidence and ability to cover the entire court, have longer rallies and more fun all while learning the fundamentals of a game they can play for a lifetime.

This system is a great way to introduce your child to tennis in an environment that encourages success early on.

For more detailed information on this system of teaching, please see link on previous page: [Quickstart Training Details](#); also see registration form (includes session dates and rates) link on previous page.

Junior Development

For beginner through intermediate kids ages 11 to 17

(If your child is younger than 11 but an experienced player, please contact juniortennis@sftennis.com for a placement assessment.)

Our Junior Development program takes kids through three levels of tennis: bronze, silver and gold, with the intent to move them into the High Performance Camp. Fitness and conditioning with a personal trainer is introduced. Their weekday workout begins with a 30-minute fitness and conditioning session.

Bronze

- **11 years old +**

Juniors who are keen to play tennis, but too old for Quickstart. The goals are to provide a basic knowledge of all shots, have the ability to maintain a groundstroke rally from the baseline, serve and play a game of singles/doubles.

- **13-16 years old (TEEN 1)**

The TEEN 1 program is for teenagers who are relatively new to tennis and will learn to rally and play. Teenagers will develop basic skills to play tennis (groundstrokes, volleys, overheads and serves). Drills will include cooperative and competitive plus playing situations.

Silver

- **11 years old +**

Juniors must be able to rally consistently from the baseline with both forehands and backhands. They must be able to play all basic shots. The goals are to hit all the basic shots with variety of spins and have an understanding of the rules and tactics for both singles and doubles. Training will include drills, games and tactics to assist in the development of singles and doubles match play.

- **13-17 years old (TEEN 2)**

The TEEN 2 students will experience the 5-play situations and will refine their tactical/technical skills. Concepts of offense/defense will be introduced in both

singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. Training will use dead ball drills, live ball drills and competitive play situations in all areas of the court.

Gold

- *12 years old +*

Juniors will be exposed to the full range of technical/tactical development. The program will focus on drills that develop movement, recovery and decision-making skills. Situational and competitive play in the 5-play situations will be planning. This is the final development stage before entering the High Performance Junior Tennis Academy.

On Saturdays, the kids have what we call “Team Play” which is an organized team competition. Players will enjoy the team concept instead of individualized play, which reinforces teamwork, sportsmanship and problem solving. All players will play both singles and doubles while developing the techniques and tactics necessary for full court competition.

See registration form link on previous page for session dates and rates.

High Performance Training

For the tournament and school team player

The San Francisco Tennis Club’s High Performance Training is designed for the competitive player that has a high commitment level in their development. The program includes an annual long-term development plan, player evaluation and assessment and on and off court training.

Player Evaluation and Assessment

The player and coach will work together to provide a comprehensive evaluation and assessment of the player’s current techniques and game styles, on-court movement, functional movement, strength, flexibility, overall athleticism and mental attitude. Following the evaluation and assessment process, an individualized development plan will be implemented.

On-Court Training

During the on-court training, players will learn the important aspects of point construction, strategy and tactics and game styles. The program is based on dividing a point into 3 phases (*Control, Hurt, Finish*) and how to develop and practice the strategic skills.

Group Mental Skills Development Training will address the mental aspects of the game. Players will develop on-court focus and teach them to deal with situational game scenarios under pressure. Pro staff will address each individual’s mental toughness skills training based on the player’s match play.

Off-Court Training

Group Fitness Performance Training is designed to help players be faster, quicker, stronger and more explosive on court during competition.

Players will be educated on the skills that will help build endurance, quick recovery, injury prevention, movement preparation, strength and power, and movement skills.

SFTC High Performance Tennis League

On Sundays, the kids have what we call “Team Play” which is an organized team competition within their group.

Players will enjoy the team concept instead of individualized play, which reinforces teamwork, sportsmanship and problem solving.

All players will play both singles and doubles.

Players will experience the same team dynamics and competition they will encounter in High School and USTA Zonal teams.

See registration form link on previous page for session dates and rates.