

RED ORANGE GREEN PROGRAM BUILT FOR BEGINNER & JUNIOR PLAYERS

WINNING TOUCH TENNIS

RED BALL (Munchkins)

Ages: 5-8; Court: 36 ft; Racquet Size: 19-21 inches

Designed for our youngest players as an introduction to the game of tennis. Red balls bounce lower and move slower through the air. Strong fundamentals will be taught along with hand/eye coordination with an emphasis on games and fun! Red Ball will develop the ABC's (agility, balance, and coordination) by using red felt, red foam, & alternative balls.

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ORANGE BALL (Hot Shots)

Ages: 8-10; Court: 60 ft; Racquet Size: 23-25 inches

Designed to teach the players the fundamentals of the game, including adding more movement and beginning rallying with one another. Orange felt balls bounce higher and move faster than Red balls but bounce lower and move slower than Green balls. Activities and games will focus on developing groundstrokes and serving consistency as well as transitioning to the net.

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GREEN BALL (Aces)

Ages: 10-12; Court: 78 ft; Racquet Size: 26-27 inches

Designed to further teach the players the fundamentals of the game, adding more movement and beginning rallying with one another. Green balls are very similar to the traditional yellow tennis ball but with a slightly lower compression so they rebound lower off the court after a bounce.

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The ROG Program is designed for beginner and junior players who are looking to get into the sport as well as improving their game and uncovering their potential. The focus will be on learning the game from a high level through teamwork, friendship, and friendly competition. Players will develop foundational tennis skills through an interactive and positive learning environment. The ROG Program prepares players for the "Journey of Tennis"!

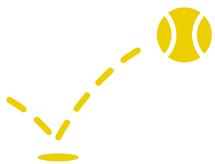


YELLOW BALL PROGRAM BUILT FOR OLDER JUNIOR PLAYERS

WINNING TOUCH TENNIS

TEEN DEVELOPMENT

Ages: 12-18; Court: 78 ft



Designed for older juniors with little or no on-court experience who wish to learn more about the game and become better players. The focus will be on mastering all the fundamentals, including groundstrokes, volleys and serves with the goal of being able to rally with one another and play real games.



The primary focus of the high school tennis program is on developing players' technical skills, tactical understanding, physical fitness, and mental resilience. Coaches provide structured training sessions, which include drills, practice matches and conditioning exercises, designed to enhance players' overall tennis abilities. Emphasis is placed on stroke improvement, footwork, strategy and match play proficiency.

The program also offers opportunities for players to compete on the Winning Touch Tennis USTA Junior Team Tennis (JTT) Team with hopes of getting a bid to Nationals. We, as a coaching staff, firmly believe in match play on a consistent basis and will guide players to sign up for appropriate tournaments. These matches allow players to apply their skills in a competitive setting, develop their match strategies, and develop confidence in a competitive setting, ultimately preparing them for their upcoming high school tennis season.

Overall, the high school tennis program aims to provide a well-rounded tennis experience for players, focusing on skill development, team dynamics, and personal growth, while promoting sportsmanship, fair play, and character development. Coaches instill values such as respect, integrity, and perseverance; encouraging them to display good sportsmanship both on and off the court.

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JV/INTERMEDIATE

Ages: 12-18; Court: 78 ft



Designed for more experienced players who have already learned the basic fundamentals of the game and can rally with one another on a full court. Emphasis will be placed on refining skills and getting more production from their strokes. Game strategies/positioning will be introduced, in both singles and doubles play, to prepare them for advancement from the JV level to the Varsity level on high school teams.



VARSITY

Ages: 12-18; Court: 78 ft



This is our highest-level class designed for those advanced players who are starting on their respective high school teams and/or who play USTA tournaments. Emphasis will be directed towards point construction, in both singles and doubles, using patterns and other game strategies. Emphasis will also be on movement during on court drills and match play.

