

## **QUICK START (5-12 years)**

### **Beginner & intermediate levels - Ages - 6U,8U,10U, &12U**

Quick Start I Pure Beginner - Age: 4U & 6U (4-6 years)

Quick Start II Pure Beginner - Age: 8U (7-8 years)

Quick Start III Advanced Beginner - Age: 6U & 8U (6-8 years)

Quick Start IV - Advanced Beginner - Age: 10U & 12U (9-12 years)

## **INTRODUCE**

“It fits better so kids hit better!” Practices are either held on 36-foot USTA regulation customized and designed QuickStart courts and QuickStart official nets for smaller children to succeed on, with a red felt lower compression tennis ball and 19 to 23-inch racquet, OR for larger children practices are held on 60-foot USTA regulation customized and designed 10 and Under courts using the USTA standard tennis court net, 23 to 26-inch racquet and an orange felt lower compression ball.

Players in this format are being introduced to the proper grip, preparation and swing path for each stroke as well as learning the basic footwork patterns and stances.

Tactically, red players are acquiring the skills of consistency, placement, and basic spin as they learn to control the ball and rally. To begin points, red players are developing a consistent toss and rhythmic service motion to minimize double faults and learning to apply the proper ground-stroke technique.

Our main goal is to get our campers to learn how to RALLY, SERVE and SCORE. They develop gross motor skills, balance, and organization of points. They learn ready position, recovery to ready position, to track the ball and to move to the ball. Off-court activities to keep kids fresh and engaged include playing sprinkler kickball, sand volleyball, super kids' day events, the Home Base for group time with counselors, and more!

Futures: Classes for children aged six and under who are just starting out in tennis. Fundamentals will be emphasized (with an extra emphasis on fun!) as well as the ABCs: Agility, Balance, and Coordination.

Quick Start I Pure Beginner - Red Ball

Age: 4U & 6U (4-6 years)

Ball: Red felt ball - moves slower through the air, bounces lower and travels less distance

Court: 36' x 18' for both singles and doubles

Racquet: Up to 21"- 23" dependent on the size of the player

Scoring Options

- Cooperative scoring and Task oriented challenges

Stage Description

Various sized balls and implements as well as various court sizes and shapes are utilized. Players are trying to get acquainted with how their bodies work and how the racquet interacts with the ball.

Challengers: Children start playing immediately and use specialized equipment, proper sized courts and modified scoring to meet their level, even if they've never held a racquet before. Once they're on the court, they're in the game!

Quick Start II Pure Beginner - Red Ball

Age: 8U (7-8 years)

Ball: Red felt ball for both beginner and intermediate level players - larger than the orange felt ball, moves slower and bounces lower than orange felt balls.

Court: 36' x 18' for both singles and doubles for both beginner and intermediate level players.

Racquet: Up to 23" dependent on the size of the player

Scoring Options

- Tiebreak to 7 or 10
- Best of 3 tiebreaks to 7 or 10
- Timed Matches

Stage Description

Slower play on smaller court. Shorter racquets enable earlier play. Individual/team games and activities are played. Development of techniques and simple tactics

Quick Start III Advanced Beginner - Red Ball

Age: 6U & 8U (6-8 years)

Ball: Red felt ball for both beginner and intermediate level players - larger than the orange felt ball, moves slower and bounces lower than orange felt balls.

Court:

36' x 18' for both singles and doubles for beginners

48' x 18' for both singles and doubles for intermediates

Racquet

Up to 23" dependent on the size of the player

Scoring Options

- Tiebreak to 7 or 10
- Best of 3 tiebreaks to 7 or 10
- Timed Matches

Stage Description

Slower play on smaller court. Shorter racquets enable earlier play. Individual/team games and activities are played. Development of techniques and simple tactics.

Quick Start IV - Advanced Beginner - Orange Ball

Age: 10U & 12U (9-12 years)

Ball: Orange felt ball - moves faster, bounces higher and travels farther than the red foam and red felt balls

Court: 48' x 18' singles; 60' x 27' doubles

Racquet

23–25" dependent on the size of the player

Scoring Options

- Tiebreak to 7 or 10
- Best of 3 tiebreaks to 7 or 10
- 4 game set using no-ad scoring

Stage Description

Players move to a larger court, still relevant to their size. The ball is slightly faster than red ball, but lower bounce is appropriate for child's size and provides the ability to

implement advanced techniques and tactics. Matches are longer than at red, and children play both individual and team events.