

# Junior Tennis

## Competitive Training

### Transition Pathway

Players who are either transitioning into yellow balls and/or aspiring to become competitive tournament players

#### Feed the Feeder

(Ages: 9-12)



For players who are developing a strong foundation and showing the commitment needed to become a competitive tournament player. At this stage, players are transitioning into yellow balls and compete on a regular basis. Use of green and yellow balls. Racquet size: 26-27 inches. Class length: 120 minutes on court and 30 minutes off-court (strength and conditioning).

#### Academy Pre-Teens

(Ages: 11-12)



For players who still need some fundamental work in order to progress to higher levels. This class will place additional emphasis on shot tolerance and developing a stronger physical threshold. Players are expected to demonstrate an outstanding work ethic and respect towards fellow students and Coaches. Players should participate in local tournaments and Match Play. Use of yellow and green balls. Racquet size: 27 inches. Class length: 90 minutes on-court and 30 minutes off-court (strength and conditioning).

#### Academy Teens

(Ages: 13-17)



For competitive players who still need some fundamental work in order to progress to higher levels. This class will place additional emphasis on shot tolerance and developing a stronger physical threshold. Players are expected to demonstrate an outstanding work ethic and respect towards fellow students and Coaches. Players should participate in local tournaments, and Match Play. Racquet size: 27 inches. Class length: 120 minutes on-court and 30 minutes off-court (strength and conditioning).

#### Academy Teens Plus

(Ages: 13-17)



Players have further developed their consistency and overall technical capabilities. Emphasis on patterns of play and further improving weapons. Players are expected to participate in Match Play as well as local and Section level tournaments. Racquet size: 27 inches. Class length: 120 minutes on-court and 30 minutes off-court (strength and conditioning).

## High Performance Pathway

Players who are already participating and excelling in competitive play and have strong fundamentals

#### Feed the Feeder Plus

(Ages: 9-12)



Players have a sound technical base overall and are able to sustain focus and intensity consistently. Additional emphasis is placed on building a strong work ethic and resilience. At this stage, players are competing in local and Sectional tournaments. Use yellow balls and green balls, as needed. Racquet size: 26-27 inches. Class length: 120 minutes on-court and 30 minutes off-court (strength and conditioning).

#### Feeder Youth

(Ages: 10-12)



For highly competitive players who are excelling with fundamentals and trainability. Players show a total commitment to personal excellence and are on track for high level Section and National competition. This commitment includes training multiple times a week and maintaining a robust tournament schedule. Racquet size: 27 inches. Class length: 120 minutes on court and 30 minutes off-court (strength and conditioning). \*1

#### Feeder Teens

(Ages: 13 and Up)



For highly competitive players who are excelling with fundamentals and trainability. Players show a total commitment to personal excellence and are on track for high level Section and National competition. This commitment includes training multiple times a week and maintaining a robust tournament schedule. These players are aspiring to play at the collegiate level. Class length: 120 minutes on-court and 30 minutes off-court (strength and conditioning). \*1

\*1: Mental skills training is provided on a weekly basis.