



# The Junior Program

## Members and Non-Members Welcome

At the West Vancouver Tennis Club we offer **recreational, competitive** and **high performance** programs for both Club members and Non-Club members (Club members pay annual dues). Students who are serious about learning to play tennis and who play often, will progress from the recreational program to the competitive program, and ultimately, into the high performance program.

### Student progress reports

To keep parents informed, we issue a student progress report 75% through the term of the program, usually a couple of weeks before the new program registration starts. The upcoming registration date and our “New registration recommendation” will be on the progress report.

### New registrations

Unless your child has multiple years of experience, we ask you to sign up in our recreational programs according to the age of your child. We offer programs from 5 years of age. For younger students (3 to 5 years of age) it is recommended to sign up for the *Le Petit* tennis program at a nearby location using the following link:

<https://westvancouverrec.ca/spring-summer/early-years/sports/tennis/le-petit-tennis-0>

### Assessments

Most students don't require an assessment. All of our qualified tennis coaches are able to accommodate differences in skill level in all of our classes; however, we would like to help you find the best fitting class available for your child. If you need assistance in assessing the level most suitable for your child, please email Karin at [karin@wvtc.ca](mailto:karin@wvtc.ca).

### ***Karin Menke***

Director of Tennis, West Vancouver Tennis Club



## Program Descriptions

### *Recreational Program*

**Kids Court (Ages 5-7):** We teach this group with low compression Red balls on half a tennis court with a small net. Beginners are welcome in this class. Twelve registrants will be divided into 2 levels during the second lesson according to skill level. During this 55-minute class we will focus on hand-eye coordination, fun tennis games, how to hit the ball, slow down the ball, proper grip, ready position and the beginning of a rally. The more advanced group will include footwork, volleys and serves. The student to coach ratio is 6:1.

**Club Court (Ages 8-10):** We teach this group with low compression Orange balls on a  $\frac{3}{4}$  tennis court, and we roll out a new baseline to make the court “smaller” and age appropriate. Beginners are welcome in this class. During this 1-hour class, we focus on hand-eye coordination, hitting the ball in the court, proper grip, contact point, the different tennis strokes and the rally. We teach the tennis fundamentals, while keeping the classes fun. The student to coach ratio is 6:1.

**\*NEW\* Club Court GOLD (Ages 8-10):** This class is for students who have gained better ball control in our “Club Court” program (or equivalent elsewhere), can keep a 10-ball tennis rally going and practice at least 2 times a week. In this class we see students with good focus and attitude, and able to follow instructions. We teach this group with low compression Orange balls on a  $\frac{3}{4}$  tennis court, and roll out a new baseline to make the court “smaller” and age appropriate. During this class, we focus on hand-eye coordination, hitting the ball in the court, proper grip, contact point, the different tennis strokes, serves, footwork and the rally. Students gain basic knowledge of match play. Students who do well in this class will be able to continue in our “Futures” class (competitive program). The student to coach ratio is 6:1.

**Challenge Court (Ages 11-14):** We teach this group with Green balls on a full tennis court. Beginners and students who have played once per week for approximately 2 years are suited to this class. During this class, we focus on hand-eye coordination, hitting the ball in the court, proper grip, contact point, the different tennis strokes, serve and the rally. We teach the tennis fundamentals, while keeping the classes fun. The student to coach ratio is 6:1.

**Tournament Court (Ages 14-18):** We teach this group with Green balls on a full tennis court. Beginners and students who have played once per week for approximately 2 years are suited to this class. During this class, we will focus on hand-eye coordination, hitting the ball in the court, proper grip, contact point, the different tennis strokes, serve and the rally. We teach the tennis fundamentals, while keeping the classes fun. The student to coach ratio is 6:1.



### ***Competitive Program***

**\*NEW\* All Stars (Ages 6-9):** In January 2019 we will be introducing this competitive program. Students in this class hit long baseline rallies on a full court, and work on top spin and slice. 2-hour classes. Assessments are necessary for new students.

**Futures (Ages 9-12):** Students in this class hit long baseline rallies on a full court, have proper command of the fundamentals and work on perfecting top spin and slice. 2-hour classes. Assessments are necessary for new students.

### ***High Performance Program***

New students who would like to register for our High Performance Program require an assessment. Please email Karin at [karin@wvtc.ca](mailto:karin@wvtc.ca).