

Forest Crest Junior Development Program

CLASSIFICATION & DESCRIPTIONS

<p><u>C -10 HIGH PERFORMANCE</u> (Ages 18 & Under, intermediate to advanced).</p>	<p>Class is for the most serious, dedicated advanced juniors seeking high performance training standards and who are willing to train 5 to 6 days a week throughout most of the year. EMPHASIS on perfecting all basic and specialty shots along with advanced singles and doubles tactics and strategies. REQUIREMENTS: Must pass Skills Test 4, be currently playing Champs Division sanctioned tournaments. Must have a parent/student/coach (meeting and interview) to determine possible admittance to program. Future Goals: Achieve a high-ranking in the PNW and going on to play college tennis after high school competition.</p>
<p><u>C-9 FUTURE HIGH PERFORMANCE</u> (Ages 11 to 14, intermediate to advanced).</p>	<p>Emphasis on perfecting all basic strokes and introduction to specialty shots. Advanced singles and doubles tactics are introduced. REQUIREMENTS A minimum of 5 sanctioned tournaments played within the last 12 months. Junior is now playing in Challenger or Champs Division tournaments. Must pass Skills Test 3. Future Goals: Passing Skills Test 4 and moving to C-10 or C-8A.</p>
<p><u>C-8A ELITE VARSITY</u> (Ages 14 - 18, intermediates to advanced, 9th Grade and above).</p>	<p>EMPHASIS same as C-9 for older, top high school varsity players. Most players have a couple of years of high school varsity experience. REQUIREMENTS: Must pass Skills Test 4. Future Goals: Placement in C-10 or State H.S. Division Play-offs.</p>
<p><u>C-8B VARSITY</u> (Ages 14 - 18, low intermediates to intermediates, 9th Grade and above).</p>	<p>EMPHASIS on improving basic strokes with introduction into shot selection and spins used for special tactics and strategies in singles and doubles. SPECIAL PERMISSION REQUIRED FOR PLACEMENT. Must pass Skills Test 3.</p>
<p><u>C-7 ELITE CHAMPS</u> (Ages 11 to 14, low intermediates).</p>	<p>EMPHASIS on developing basic strokes and introduction to various spins for shot selection. Basic singles and doubles strategy is covered involving positioning, movement, shot selection, etc. REQUIREMENTS: Must pass Skills Test 2. Junior is starting to play Rookie tournaments.</p>
<p><u>C-6 FUTURE ELITE CHAMPS</u> (Ages 10 & Under, advanced beginners to low intermediates).</p>	<p>EMPHASIS same as C-7 but for the younger juniors. Minimum of 1 to 2 year tennis instruction is necessary to succeed in this class. REQUIREMENTS: Must pass Skills Test 2. Future Goals: Playing PNW Division Rookie and Challenger Tournaments, placement into C-9.</p>

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<p><u>C-5A ELITE JR. VARSITY</u> (Ages 14 to 18, advanced beginners to low intermediates, 9th Grade and above).</p>	<p>EMPHASIS on perfecting basic strokes and introduction to spins and shot selection used during singles and doubles play. Double positions and functions of each are covered. REQUIREMENTS: Must pass Skills Test 2. Top High School J.V. players belong in this class. Future Goals: Playing H.S. Varsity, placement in C-8B.</p>
<p><u>C-5B JR. VARSITY</u> (Ages 14 to 18, beginners and advanced beginners, 9th Grade and above).</p>	<p>EMPHASIS on learning all basic strokes and footwork required to execute basic shots. Students will learn rules and court etiquette in this class. This class is for all H.S. students new to tennis or those that have not passed Skills Test 2. Future Goals: Playing H.S. J.V. matches and placement into C-5A.</p>
<p><u>C-4A ADVANCED FUTURE CHAMPS</u> (Ages 11 to 14, advanced beginners).</p>	<p>EMPHASIS on continuing to improve the basic strokes and footwork involved in tennis. Continued work on understanding tennis rules and proper court etiquette. REQUIREMENTS: Must pass Skills Test 1. Future Goals: Playing PNW Division Rookie Tournaments, placement into C-7 or C-5A.</p>
<p><u>C-4B FUTURE CHAMPS</u> (Ages 11 to 14, beginners).</p>	<p>EMPHASIS on a true introduction to the game of tennis. Students will learn what the basic shots in tennis are and the footwork involved in executing those shots. Students will learn the basic rules of tennis and proper court etiquette. Fun games related to tennis will be the norm. Future Goals: Placement into C-4A.</p>
<p><u>C-3A LITTLE CHAMPS Baseliners</u> (Ages 8 - 10, advanced beginners).</p>	<p>EMPHASIS same as C-4A but geared for the younger ones. REQUIREMENTS: Must pass Skills Test 1. Future Goals: Placement in C-6.</p>
<p><u>C-3B LITTLE CHAMPS Service-liners</u> (Ages 8 - 10, beginners).</p>	<p>EMPHASIS same as C-4B but geared for the younger player. More games with fun in mind.</p>
<p><u>C-2 FUTURE LITTLE CHAMPS</u> (Ages 6 & 7, beginners).</p>	<p>EMPHASIS same as C-3 with even more age-appropriate games and a bunch of fun in mind. Contact Club for Details.</p>
<p><u>C-1 TINY CHAMPS</u> (Ages 4 & 5, beginners).</p>	<p>For the very little ones new to tennis. EMPHASIS is on hand-eye coordination drills, getting familiar with the court with fun games and more FUN! Contact Club for Details.</p>