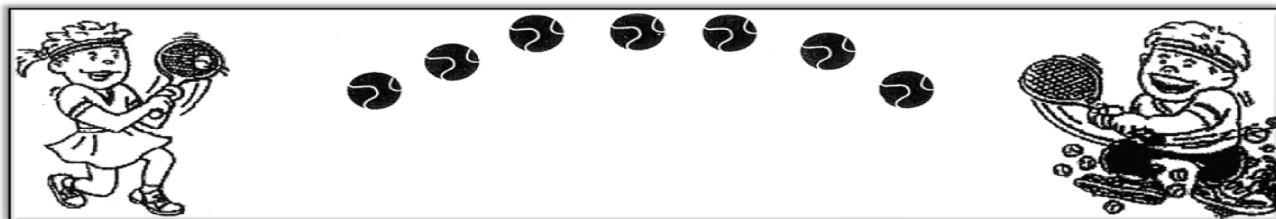


2011-2012 FCAC 10 & UNDER CLASS DESCRIPTIONS



Forest Crest (425) 774-0014	Glenn Delaney (425) 385-8786
• Coach: Glenn Delaney, USPTA/PTR Pro	• All Classes on indoor courts
• Student-Teacher Ratio 6:1	• Classes Sunday Thru Thursday Each Week

Brief Description:

Along with a 6:1 student-teacher ratio, this engaging program will employ all the positive aspects of QuickStart Tennis. QuickStart Tennis employs the format of graduated length instruction which modifies court, net, racket, and ball sizes to maximize your child's success! A fun age-appropriate environment accelerates the learning process and produces lasting results in your child's stroke development and focus. With experience and age, kids then graduate to regular sized courts and equipment.

Munchkins - Level 1 (Foam - Red Balls) Ages 4 & 5

Sundays, 3:00-3:45pm

This will be your child's first experiences on a tennis court in an informal environment that establishes a foundation for gross motor skill development. General athleticism is more important than tennis specific skill at this age. Basic movement and coordination skills will be introduced. The children will learn to receive and send the ball with their hands and other adapted equipment that fosters enjoyable learning experiences.

Little Rallevers - Level 2 (Foam - Red Balls - 36 ft courts) Ages 5 & 7

Sundays, 3:45-4:30pm

Introduce your child to tennis in Forest Crest's 10 & Under tennis program. Children will continue to develop their general motor and athletic skills. The program focuses on coordination training, movement and balance skills, as well as sending and receiving skills. Games are an important part of the program and the children will be exposed to games that are both fun and tennis related.

Little Champs Beginners - Level 3 (Foam - Red Balls - 36 & 42 ft courts) Ages 7 & 8

Tuesdays & Thursdays, 4:00-5:00pm

This is a program of movement, balance, coordination and motor skill development with a focus on self and partner rallying skills on the 36 ft then 42 ft court. Both reception and projection activities will be emphasized. Children will learn the first stages of cooperative tennis. The children will learn how to initiate a rally, how to move and judge a ball (reception and centering skills), how to control the racket at the contact point and control the height, direction and depth to be successful on the 36' court. They will learn adaptive skills that will be the foundation of their future tennis development, and they will be working toward playing Quickstart Tennis using a full or abbreviated serving motion in the 8 & Under division.

Little Champs Beginners / Advanced Beginners - Level 4 – (Red – Orange Balls – 36 ft, 42 ft and 60 ft courts) Ages 8 through 10

Tuesdays & Thursdays, 5:00-6:00pm

While using orange transition balls on 42 ft and 60 ft courts, children will learn the basics of tactical play from the 60 ft court for both singles and doubles. Swing rhythm on the forehands and backhands will be emphasized. The children will be introduced to topspin and will differentiate between a volley action and a ground stroke action. A variety of serve progressions will be taught and the serve and return of serve will be covered in each class.

2011-2012 FCAC 10 & UNDER CLASS DESCRIPTIONS

Little Champs Intermediate – Level 5 – (Orange – Green Balls - 60 ft and 78 ft court) Ages 8 through 10

Mondays and Wednesdays, 4:30-5:15pm (*have passed skills test I & SSV)

Children will experience the 5 play situations on the 60 ft court and will refine their tactical / technical skills using orange then green transitional balls moving toward play on a 78 ft court. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. A variety of adaptive skills will be trained using dead ball drills, live ball drills and competitive play situations in all areas of the court.

Little Champs Advanced Intermediate – Level 6 – (Green – Yellow Balls - 78 ft court) Ages 8 through 10

Mondays & Wednesdays, 5:15-6:00pm (have passed skills test II & SSV)**

Children will be exposed to a full range of technical / tactical development on a 78 ft court using green transitional balls, which puts the ball in their strike zone and lengthens their RPP (Rallies Per Point). Gradually all court tennis with yellow balls will be emphasized. The program will focus on drills that develop movement, recovery, and decision making skills. Situational and competitive play in the 5 play situations will be planned in the curriculum.