



ELITE TENNIS AND WELLNESS

Red Ages 4-7 | Orange Ages 8-10 | Green Ages 11-12 | Yellow Ages 13-17

Youth Development Program

Student Information:

Players Name:

Birthday:

Address:

Home Phone:

Parent Information:

Name:

Cell Phone:

Email:

Red Elite (Ages 4 - 7)**Session 1:**

○ MONDAY	5:00 - 6:00 p.m.	November 30 - February 8 (no class 12/21, 12/28, 1/4, 1/18)	\$168/ \$210
○ THURSDAY	4:00 - 5:00 p.m.	December 3 - February 11 (no class 12/24, 12/31)	\$216/ \$270
○ SATURDAY	9:00 - 10:00 a.m.	December 5 - February 6 (no class 12/19, 12/26, 1/2)	\$168/ \$210

Session 2:

○ MONDAY	5:00 - 6:00 p.m.	February 22 - May 17 (no class 3/22, 3/29)	\$264/ \$330
○ THURSDAY	4:00 - 5:00 p.m.	February 25 - May 20 (no class 3/18, 3/25, 5/6)	\$240/ \$300
○ SATURDAY	9:00 - 10:00 a.m.	February 27 - May 22 (no class 3/20, 3/27, 5/1)	\$240/ \$300

Orange Elite (Ages 8 - 10)**Session 1:**

○ MONDAY	5:00 - 6:00 p.m.	November 30 - February 8 (no class 12/21, 12/28, 1/4, 1/18)	\$168/ \$210
○ THURSDAY	4:00 - 5:00 p.m.	December 3 - February 11 (no class 12/24, 12/31)	\$216/ \$270
○ SATURDAY	8:00 - 9:00 a.m.	December 5 - February 6 (no class 12/19, 12/26, 1/2)	\$168/ \$210

Session 2:

○ MONDAY	5:00 - 6:00 p.m.	February 22 - May 17 (no class 3/22, 3/29)	\$216/ \$270
○ THURSDAY	4:00 - 5:00 p.m.	February 25 - May 20 (no class 3/18, 3/25, 5/6)	\$240/ \$300
○ SATURDAY	8:00 - 9:00 a.m.	February 27 - May 22 (no class 3/20, 3/27, 5/1)	\$240/ \$300

Green Elite (Ages 11 - 12)**Session 1:**

○ WEDNESDAY	4:00 - 5:00 p.m.	December 2 - February 10 (no class 12/23, 12/30)	\$216/ \$270
○ THURSDAY	5:00 - 6:00 p.m.	December 3 - February 11 (no class 12/24, 12/31)	\$216/ \$270
○ SATURDAY	10:00 - 11:00 a.m.	December 5 - February 6 (no class 12/19, 12/26, 1/2)	\$168/ \$210

Session 2:

○ WEDNESDAY	4:00 - 5:00 p.m.	February 24 - May 19 (no class 3/24)	\$288/ \$360
○ THURSDAY	5:00 - 6:00 p.m.	February 25 - May 20 (no class 3/18, 3/25, 5/6)	\$240/ \$300
○ SATURDAY	10:00 - 11:00 a.m.	February 27 - May 22 (no class 3/20, 3/27, 5/1)	\$240/ \$300

Yellow Elite (Ages 13 - 17)**Session 1:**

○ MONDAY	4:00 - 5:00 p.m.	November 30 - February 8 (no class 12/21, 12/28, 1/4, 1/18)	\$168/ \$210
○ WEDNESDAY	5:00 - 6:00 p.m.	December 2 - February 10 (no class 12/23, 12/30)	\$216/ \$270
○ SATURDAY	11:00 - 12:00 p.m.	December 5 - February 6 (no class 12/19, 12/26, 1/2)	\$168/ \$210

Session 2:

○ MONDAY	4:00 - 5:00 p.m.	February 22 - May 17 (no class 3/22, 3/29)	\$216/ \$270
○ WEDNESDAY	5:00 - 6:00 p.m.	February 24 - May 19 (no class 3/24)	\$288/ \$360
○ SATURDAY	11:00 - 12:00 p.m.	February 27 - May 22 (no class 3/20, 3/27, 5/1)	\$240/ \$300

* A racquet and **non-marking tennis shoes** are required. Please note payment will be charged upon receiving this form to the credit card on file. Once payment has been made there will be no refunds or makeups. All parents are required to sign a waiver for their children. The player must bring a signed copy to their first day of class.

TOTAL:

Youth Development Pathway

Mission Statement: Elite's Youth Tennis mission is to use tennis education to enhance the personal health of youth and to inspire them through the challenge of learning and playing tennis. Each day, we attempt to provide a fun, educational atmosphere where youth are encouraged to seek personal skill improvement.

Youth tennis is considered to be the base of Elite's tennis learning system, providing a solid technical foundation through a whole person approach where all player's personalities, needs and aptitudes are valued.

The information you see below will provide a basic structure for each class, and how the players will transition from one level to the next. The curriculum will support nurturing the identified skills.

FOUNDATION

RED ELITE (AGES 4-7)

- Ball watching
- Hand/eye coordination
- Movement/balance
- Basic set-up and finish
- Simple stroke mechanics
- Follow direction/listening
- Values sportsmanship
- Have fun/celebrate success

ORANGE ELITE (AGES 8-10)

- Ball recognition
- Concept of spin
- Understanding stances
- Advanced movement
- More consistent swing
- Introduction to focus & competition
- Values sportsmanship
- Have fun/celebrate success

GREEN ELITE (AGES 11-12)


- Basic anticipation
- Positioning/recovery
- Concept of feel/control
- Values consistency
- Values sportsmanship
- Basic plays/tactics
- Understanding of intermediate competition
- Have fun/celebrate success

YELLOW ELITE (AGES 13-17)


- Basic anticipation
- Positioning/recovery
- Concept of feel/control
- Values consistency
- Values sportsmanship
- Basic plays/tactics
- Understanding of advanced competition
- Have fun/celebrate success

BASIC TESTING SKILLS


- Balance the ball on racquet w/ proper grip
- Toss & catch
- Bounce the ball w/ racquet facing down & up
- Agility Test - split step, shuffle v running
- Name and demonstrate the basic shots
- Forehands/Backhands - transition between each
- FH/BH Volley - transition between each
- Understand the serve
- Rally w/ coach




- Identify the lines on court
- Scoring format & rules
- Identify the different grips
- Understand straight spin
- Forehands, backhands & volleys w/ targets
- Execute serve
- Basic ladder drills, push ups, sit ups & jump rope
- More advanced rally w/coach



- Scoring - tiebreaker
- Basic positioning - singles
- Execution of all basic shots
- Consistent finishes
- Execution of directed shots
- Timing of high & low balls
- Execute a 1st & 2nd serve
- More advanced ladder drills, push ups/ sit ups & jump rope
- Rally w/ another player



- Play a doubles tiebreaker
- Understand basic positioning - singles and doubles
- Identify various stances
- Understanding several basic plays
- Execution of all basic shots
- Consistent finishes
- More advanced fitness - agility/flexibility
- Better direction & execution of first and second serve
- Advanced rally w/ another player



Elite Skills Test Dates: November 7, 2020 & May 1, 2020 * Invitation Only