



# ELITE TENNIS AND WELLNESS

## Fall 2020

### Red Orange Green Yellow

# Youth Development Program

#### Student Information:

Players Name:

Birthday:

Address:

Home Phone:

#### Parent Information:

Name:

Cell Phone:

Email:

Welcome to the Elite Fun Zone! Elite Youth Tennis welcomes kids from ages 4 to 17 of all skill levels. Whether they are training to become the next Jack Sock or want to build fundamentals to play lifetime tennis, Elite has them covered. Our experienced pros will put your kids on the right path and elevate their games to the next levels with our tiered rewards system.

### Red Elite (Ages 4 - 7)

- MONDAY 5:00 - 6:00 p.m. August 17 - November 16 (no class 9/7, 10/26) \$288/ \$360
- SATURDAY 9:00 - 10:00 a.m. August 22 - November 21 (no class 9/5, 10/31, 11/7) \$264/ \$330

### Orange Elite (Ages 8 - 10)

- MONDAY 5:00 - 6:00 p.m. August 17 - November 16 (no class 9/7, 10/26) \$288/ \$360
- THURSDAY 4:00 - 5:00 p.m. August 20 - November 19 (no class 10/29) \$312/ \$390
- SATURDAY 8:00 - 9:00 a.m. August 22 - November 21 (no class 9/5, 10/31, 11/7) \$264/ \$330

### Green Elite (Ages 11 - 12)

- WEDNESDAY 4:00 - 5:00 p.m. August 19 - November 18 (no class 10/28) \$312/ \$390
- THURSDAY 5:00 - 6:00 p.m. August 20 - November 19 (no class 10/29) \$312/ \$390
- SATURDAY 10:00 - 11:00 a.m. August 22 - November 21 (no class 9/5, 10/31, 11/7) \$264/ \$330

### Yellow Elite (Ages 13 - 17)

- MONDAY 4:00 - 5:00 p.m. August 17 - November 16 (no class 10/26) \$288/ \$360
- WEDNESDAY 5:00 - 6:00 p.m. August 19 - November 18 (no class 10/28) \$312/ \$390
- SATURDAY 11:00 - 12:00 p.m. August 22 - November 21 (no class 9/5, 10/31, 11/7) \$264/ \$330

\* 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 Tennis Administrator: Lane Besler  
Youth Tennis Director: Ashley Wolf

(816) 262-1761  
(816) 679-5872

lbesler@elitetenisandwellness.com  
awolf@elitetenisandwellness.com

# 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 1<sup>st</sup> & 2<sup>nd</sup> 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 Date: November 7, 2020 \*Invitation Only