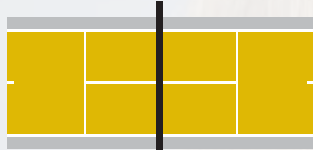



JUNIOR TENNIS PATHWAY

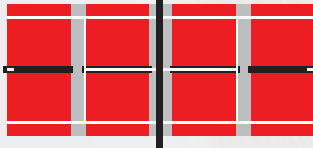



As with any sport, training and playing outside of lesson times is paramount to increasing an athlete's ability. This flow chart is meant only as a rough indication of the natural progression through the tennis programs at Headwaters Racquet Club. Remember, each athlete will progress at their own individual pace.

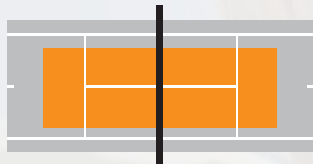
KID'S PROGRESSIVE TENNIS:




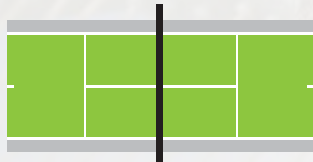
 **TINY TENNIS:** This program is designed to introduce our youngest players to the proper use of racquets and foam balls through movement and games. 4-6 yrs



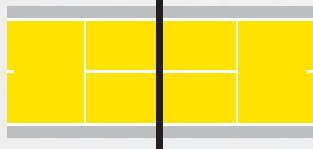
 **RED BALL: 1/2 Court Tennis, Mini-nets**
Red Ball teaches children to play the game of tennis using modified equipment, smaller courts and low compression balls that are more appropriate to the size of their bodies. Recreation 7 & 8 yrs, Competitive 6 & 7 yrs



 **ORANGE BALL: 3/4 Court Tennis**
Orange Ball is 50% slower and a smaller court size is used, playing over a lowered net. Recreation 8-10 yrs, Competitive 7-9 yrs



 **GREEN BALL: Full Court Tennis**
Green Ball is 25% slower and a regular court is used, without the alley. Recreation 10+ yrs, Competitive 9-10 yrs



 **REGULAR BALL: Full Court Tennis**

JUNIOR TENNIS ACADEMY: Designed for players ready to commit more time to training. This program is for juniors who want to develop their skills in order to become strong recreational tennis players or evolve into high performance competitors.

SELECT TENNIS ACADEMY: This program is suitable for players looking to add some intensity to their tennis training. The goal is to develop all aspects of the game in order to advance to the High Performance level. Players should consider competing in entry level OTA tournaments.

HIGH PERFORMANCE ACADEMY: Players in this program must have excellent rallying skills, be able to have some success at changing the speed and spin of their shots and a desire to work hard to improve their game in a competitive environment. The players should be interested in competing in tournaments in their age categories at the provincial level.