



# YOUTH TENNIS



On behalf of the Westport Parks and Recreation Department, we would like to welcome you to our instructional YOUTH TENNIS program. This program has been structured and designed to accommodate ALL participants. Our tennis staff has planned comprehensive workout schedules for all levels from beginners to advanced. We plan to make the tennis program enjoyable and fun for all while teaching the skills and fundamentals necessary to play the game.

## **THE PROGRAM**

The YOUTH TENNIS program is designed for boys and girls in grades 1 - 9. We look to promote a quality learning environment for all players of all levels. Our youth program will provide a fun and safe experience for all participants. **All classes will meet at the Longshore Tennis Courts, May 14 – August 16.**

### **Little Rallyers:**

For grades 1-3, red balls will be used, possibly orange depending on level, there will be some dead ball drills (meaning ball is fed by pro), but many live ball drills that begin with the student self-hitting, then learning to hit with other participants. Red balls are slower and give newer players time to react to ball. Also many drills on agility, balance and coordination. Lots of fun games! 32 ft. court

### **Orange Crush:**

For Grades 2-4, orange ball is faster than red ball, bounces a little higher, there will be some dead balls as well as self-feeding, drills that may emphasize more depth and placement as well as some doubles and singles points and serving. Fun games! There will be drills for agility, balance and coordination. 60 ft. court

### **Rising Spinners:**

For grades 3-6, orange or green ball may be used depending level of students, dead ball drills are necessary to develop shots and work on depth and placement. Many live balls for singles and doubles points as well as serving. Many exercises for agility, balance, and strength. Lots of games! 60 ft. court

### **Big Hitters:**

Grades 7-9, while we might have players here that have been playing a few years and might be aspiring to play on a tennis team or get into level 7 USTA tournaments, we will use different balls here where necessary. Many dead ball drills as well as live ball drills for singles and doubles. Lots of games! We will work on topspin, under-spin and serves. Agility, balance and strength exercises will be part of program. Regular sized court.

### **PlayDate:**

In this class, participants will meet other players, play fun tennis games with points. The focus is on learning to hit back and forth, serve and scoring. Each lesson is designed for the advanced beginner who is looking to up their game and progress to hitting, serving, and scoring. This is not for the beginner player.

### **Match Play:**

Participants will play singles and doubles games with serving and scoring. The lesson is designed to warm up and play against each other with Pro's playing in if necessary. Scoring, sets, and modified sets as well as discussion of rules, tie breakers and strategy will be taught. This is an excellent opportunity for those participants to get their serve in, hit back and forth, and looking for more playing experience. This is not for the beginner player.

Classes are offered in the spring and summer. Please consult [www.westportrecreation.com](http://www.westportrecreation.com) for more detailed information.

## **DROP OFFS, PICK UPS AND PARKING**

When dropping off, picking up or parking for any of the tennis programs, we ask that you please obey all traffic signs by parking in the assigned areas only. Children will be released only to parent or guardian. If someone else will pick up your child other than the parent, **THE PARENT MUST INFORM THE STAFF IN WRITING** prior to pick up. We ask that you be prompt in dropping off and picking up your child.

## **RAIN DAYS**

All instruction is OUTDOORS. There are no indoor facilities. Any day that the courts might be unplayable due to rain, it is up to you to call the cancellation line at the Parks and Recreation Office, **(203) 341-5074** to find out if lessons will still be held. We will wait until the last possible moment to cancel, about a half hour before the scheduled start time. There are no make-ups or refunds due to inclement court conditions.

## **WHAT TO BRING FOR INSTRUCTION**

- ▶ Attire for the lesson should be a short sleeve shirt, shorts and sneakers with socks. If the weather seems to be cool, a sweatshirt, jacket or sweatpants would also be appropriate
- ▶ Something to drink such as bottled water
- ▶ Sunscreen and hat to protect the participant from the sun
- ▶ A tennis racket

## **GENERAL RULES**

- ▶ Please be prompt and on time for your lesson. The instructors will not wait for you to begin.
- ▶ All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal from the program with no refund.
- ▶ At the end of each lesson, please be sure to pick up all belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. We ask that the parents please take the time to read this information with their child so he/she understands all the rules and regulations.