

## **RIDGEFIELD TENNIS CLUB JUNIOR TENNIS PROGRAMS**

### **PEE WEE TENNIS PROGRAM**

#### **45MIN CLINIC**

#### **AGES 4-6 YEARS OLD**

In this program players will learn hand-eye coordination, sending and receiving skills, racket skills, swing mechanics and correct tennis techniques in a fun environment. With a ratio of 5 players per court it allows students an optimum learning environment.

### **JUNIOR DEVELOPMENT PROGRAM (JDP)**

#### **1 HOUR OR 1.5 HOUR CLINIC**

#### **1 HOUR MATCHPLAY AVAILABLE**

#### **AGES 7-17 YEARS OLD**

This program is for beginner to intermediate players. In this program players will learn swing mechanics, correct grips and techniques, point play, footwork and strategies in a fun environment. Our teaching staff follows weekly lesson plans and use similar teaching styles. With a ratio of 5 players per court it allows students an optimum learning environment.

### **HIGH PERFORMANCE PROGRAM 2**

#### **1.5 HOUR CLINIC**

#### **1 HOUR MATCHPLAY AVAILABLE**

#### **HIGH SCHOOL PLAYERS (BY INVITATION ONLY)**

This program is for competitive players that play USTA and/or high school tennis and who aspire to attain a USTA ranking or play varsity tennis. At this level more emphasis is put on swing mechanics and technique in order to become a more consistent and effective player. Time will also be spent on point play and point construction, doubles play and strategies.

### **HIGH PERFORMANCE PROGRAM 1**

#### **1.5 HOUR CLINIC AND 30 MIN CONDITIONING TWICE A WEEK**

#### **1.5 HOUR MATCHPLAY AVAILABLE**

#### **HIGH SCHOOL VARSITY PLAYERS (BY INVITATION ONLY)**

This program is for competitive players who have a strong USTA ranking or who are high school varsity tennis players. On-court this program will put a strong emphasis on effective match play tactics, executing patterns of play, point construction and making tactical adjustments mid-match. While techniques will be taught, they will be taught for the purpose to achieving a tactical gain. The off-court component to this program will focus on strength and conditioning in order to allow the players to maximize their tennis ability during matches. A trainer will custom design a physical workout routine for each player to be performed under their supervision in the club's gym.

### **RTC JUNIOR MEMBERSHIP**

As a junior member of RTC players receive one clinic per week for the year, matchplay weekly for the indoor season, game arranging privileges, summer USTA Jr Team Tennis and SMASH League, use of the pool and gym and membership rates on private lessons and additional clinics.