

St. John's Tennis Association



SUMMER PROGRAMS GUIDE 2022

**All programs take place at
Riverdale Tennis Club**

**Summer Program Period:
June 27 to August 26***

**Summer Camp Period:
June 27 to August 19***

*No programs on Canada Day or Regatta Day

**To register, visit
www.sjta.ca/RegisterNow**

General Program Information

- All summer programs take place at Riverdale Tennis Club, SJTA's summer outdoor facility, located at 4 Portugal Cove Road.
- On days of inclement weather, programs will be relocated to Green Belt Tennis Club, 114 Newtown Road. Notice of any change in location will be posted to the SJTA website www.sjta.ca in the top left-hand corner (next to the SJTA logo), as well as to our social media accounts no later than 8:00 am. Please follow us on Facebook and/or Twitter to get updates in the most timely manner.
- Programs will not take place on club-posted holidays. During the summer, the club is closed and programs will not take place on Canada Day or Regatta Day. These holidays are noted within the program registration process and prices reflect the reduced number of lessons.
- Participants must wear appropriate athletic attire, including non-marking court shoes. We encourage participants to dress in layers, even indoors at Green Belt, as the facility can be chilly. Always dress for the weather.
- If they have one, children/adults should bring their own tennis racquets. If not, the club has loaner racquets which registrants can use while they are at the club. If you require guidance on purchasing a racquet, speak to one of our coaches during your first lesson and they will provide you with the information you need.
- COVID-19 Protocols - Due to ongoing COVID-19 concerns, both Green Belt Tennis Club and Riverdale Tennis Club require that social distancing be maintained while indoors at either club. Although not required, we strongly encourage the wearing of a mask while indoors.

Program and Administrative Policies

- Programs will be cancelled due to insufficient registration. If the minimum number of paid registrants has not been met as of the registration deadline*, the program will be cancelled. An alternate program (if space is available) or a full refund will be offered to those registered in a cancelled program.

*Please note: Our program registration deadline is before the start of programs each semester.
- Payment is required at registration. If payment is not made by midnight on the day a program registration is completed, the reserved spot will be lost.
- Payments can be made by credit card (Visa, Mastercard or American Express), personal cheque, debit card or cash. NSF or other refused forms of payment will incur a charge of \$20.00 plus HST per item.
- SJTA reserves the right to place junior players in the program most suitable to their age and skill level. This is to ensure each child's enjoyment and optimal skill development.

- Due to the nature of our programs, we are unable to offer make-up sessions for those who miss sessions.
- There may be times that Green Belt Tennis Club must close due to issues beyond its control, such as humidity creating unsafe court playing conditions or unscheduled emergency maintenance requirements. Program participants will be informed of these closures with as much notice as possible. A program session cancelled due to such circumstances will be made up in the week following the end of the program semester, when possible.
- Single class (drop-in) registration is not permitted. Participants must register for the full program.
- Program Refunds: To qualify for a refund, withdrawal requests must be received BEFORE the second session of a program. For example, if a program is held on Wednesday, the refund request must be received no later than Tuesday on the second week of programming. Refund requests must be emailed, before the refund deadline, to the General Manager at gm@sjta.ca

Refunds will be processed for the full amount of the fee paid, less an administrative charge (10% of the program fee to a maximum of \$50).

- Club credit or partial refunds will be provided to participants who must withdraw from a program for the remainder of the term for medical reasons. These requests must be accompanied by a doctor's note confirming the participant's inability to continue in the program. Requests must be submitted by email to the General Manager (gm@sjta.ca). Final approval is at the discretion of the General Manager.

Head Professional



Mike Meaney is SJTA Head Coach and Tennis Director, as well as Technical Director for Tennis NL. He has worked in the tennis industry for over 25 years, including a stint with Tennis Saskatchewan. He is a certified Tennis Canada Coach 3, has coached at four previous Canada Games and is currently head coach for the provincial 2022 Canada Games tennis team.

At Green Belt, Mike directs a strong team of certified tennis instructors and is responsible for junior and adult programming. At the provincial level, he oversees Tennis NL's school programs across the province.

A former provincial, Atlantic and national level junior player and 1989 Canada Games athlete, Mike started playing tennis by accident, but instantly fell in love with the game and hasn't

looked back since, turning his passion into a career.

Mike can be reached at Green Belt by phone at 722-3840 (Ext 203) or by email at tennistd@sportnl.ca.

Junior Programming Overview

Tennis is a game for life. The key to finding and maintaining a love for the game is developing the skills that make - and keep - the game fun. Without even realizing it, players also develop other skills, such as hand-eye and foot coordination, strategy and teamwork, which cross over to many other sports and activities. Junior developmental programs are a great way to build the foundation to make tennis part of a lifelong active lifestyle.

SJTA delivers some of the highest quality junior developmental programs in Canada. Our programs are based on Tennis Canada's progressive tennis model, as well as the "Quality Standards for Kids Tennis" initiative.

Quality Standards for Kids Tennis is a joint initiative between Tennis Canada and the provincial tennis associations and is supported by the Canadian Tennis Professionals Association (TPA). The goal is to raise the quality and consistency of children's tennis programs in an effort to provide safe environments and positive experiences that promote life-long participation in tennis.

The Tennis Canada progressive tennis model (red-orange-green-yellow progression) is provided to children ages four years and up. This model is designed to start the player at their current skill level and uses progressive tennis teaching strategies, beginning with reduced court size, reduced racket size and less pressurized (slower) balls to encourage fun and skill development.

Children progress at different rates, so our coaches constantly monitor each child's development. If we feel a child is ready to progress to the next level, we consult with the parents to discuss a possible transition.

Summer Junior Programs

Parent and Tot **Ages 18 months - 3 years**

An introductory program for parents with young children, this program helps build coordination and body and spatial awareness. The use of obstacle courses, throwing and props keep the little one's interest piqued with curiosity as they acquire new skills.

Wednesdays, 5:00 - 5:30 pm
June 29 to August 24 (8 weeks - no program Regatta Day)
Cost: \$60.00
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Les Petits **Ages 3 - 4 years**

This program is for children who have already been a part of our Parent and Tot program or are old enough to be independent and work with other players of a similar age. Les

Petits focuses on enhancing and developing beginning tennis and coordination skills, including centering skills, balance, basic setup and hitting actions

Wednesdays, 5:45 - 6:30 pm
June 29 to August 24 (8 weeks - no program Regatta Day)
Cost: \$70.00
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Progressive Tennis **(Red Ball - Orange Ball - Green Ball - Yellow Ball)** **4 years and older**

SJTA programs for children ages 4 and up follow Tennis Canada's Progressive Tennis development model.

What is Progressive Tennis?

Progressive Tennis introduces the sport of tennis in a fun and interactive way and ensures immediate success for young players. Using modified tennis balls, racquets, nets and courts, young players are properly equipped to enjoy rallies and learn the fundamentals of the game early on. Skills are developed much quicker, allowing for an easy transition to full court.

Tennis Canada fully endorses progressive tennis and is continually developing programs and competitive structures across the country to give more players the opportunity to experience its positive benefits.

Why Progressive Tennis?

Progressive Tennis is used as a developmental tool to allow young children to improve their overall tennis skills faster so they can transition to the regular court with more ease. Progressive Tennis allows children to train and compete with courts and equipment which are better suited for their size.

Distinctions Between Progressive Tennis levels

Court Size ... Players in the lower-level programs play on a smaller-sized court and progress towards the full court as they move up levels. Why is court size important?

The court size is proportionate to the child's size. This assists the young players in developing an all-court game by ensuring realistic court coverage. The proportioned court size will allow the children to develop tactics similar to the advanced tactics that they will use on a full court when they get older. For example, young players will be able to successfully come to the net because of the shorter distances and the narrower side-lines they need to cover.

Tennis Balls ... Players in the lower-level programs begin with larger and slower tennis balls and progress towards the standard ball as they move up levels. Why is the type of ball important?

The progressive ball moves through the court slower and bounces lower. Young players are able to receive and project the ball easier which aids in the development of proper technical fundamentals (grip, set-up, impact point, hitting zone and recovery). Use of the progressive ball also promotes longer rallies and the overall importance of consistency.

Racquet Size ... Players in the lower-level programs begin with smaller racquets and progress towards standard-sized racquets as they move up levels. Why is the length of the racquet important?

This aspect is one of the most important and is often ignored. The proper racquet size (length and weight) will ensure racquet head control, stability and “feel” for the ball - the most important factors in ball control. It will also help prevent injuries from the use of oversized racquets.

Red Ball 4 - 7 Years

The Red Ball program is the first step in our Progressive Tennis programming and is focused on skill development. Coordination and cooperative activities will lead to the development of the basic strokes and fundamentals in an active and FUN environment.



Equipment modifications to ensure success:

- Bigger and slower ball - 75% slower than the standard tennis ball
- Smaller court with lower net
- Smaller racquet (up to 21 inches)
- Modified game rules

Red Ball - Morning Program

Monday to Friday, 11:00 am - 12:00 pm

June 27 to August 26 (9 weeks)

NOTE: No program on Canada Day or Regatta Day

Cost: \$375.00

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Red Ball - Early Evening Program

Tuesday and Thursday, 5:00 - 6:00 pm

June 28 to August 25 (9 weeks)

Cost: \$170.00

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Orange Ball 6 -10 Years

The Orange Ball program allows young players to play on a smaller area of the full court with the same rules as full-court tennis. Playing the “real game” will promote the development of fundamentals required in game situations. Low-compression balls facilitate development of the tactical areas, along with ensuring the development of good technical FUNDamentals.



Equipment modifications to ensure success:

- Bigger and slower ball - 50% slower than the standard tennis ball
- Smaller court with lower net
- Smaller racquet (up to 23 inches)
- Modified game rules

Orange Ball - Morning Program

Monday to Friday, 9:00 - 10:00 am

June 27 to August 26 (9 weeks)

NOTE: No program on Canada Day or Regatta Day

Cost: \$375.00

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Orange Ball - Early Evening Program

Tuesday and Thursday, 5:00 - 6:00 pm

June 28 to August 25 (9 weeks)

Cost: \$170.00

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Green Ball 9 - 12 Years

The Green Ball program is played on the full court using lower compression balls. This program continues with skill development in all areas of tennis - technical, tactical, physical and psychological. The program will successfully develop solid FUNdamentals around serve, rally and score.



Equipment modifications to ensure success:

- Bigger and slower ball - 25% slower than the standard tennis ball
- Smaller racquet (up to 25 inches)
- Modified game rules

Green Ball - Morning Program

Monday to Friday, 10:00 - 11:00 am

June 27 to August 26 (9 weeks)

NOTE: No program on Canada Day or Regatta Day

Cost: \$375.00

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Green Ball - Early Evening Program

Tuesday and Thursday, 6:00 - 7:00 pm

June 28 to August 25 (9 weeks)

Cost: \$170.00

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Yellow Ball **11 - 18 Years**

The Yellow Ball program is focused on further developing the five ball controls - height, speed, spin, distance and direction. These fundamental skills start with lower compression balls and progress to standard tennis balls, depending on the overall skill level of players.

Older junior players, who are new to the game, will find this level a comfortable starting point. These players typically progress quickly from the low compression balls into yellow ball drills due to more developed coordination and physical strength.

Yellow Ball - Morning Program

Monday to Friday, 12:00 - 1:30 pm

June 27 to August 26 (9 weeks)

NOTE: No program on Canada Day or Regatta Day

Cost: \$560.00

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Yellow Ball - Early Evening Program

Tuesday and Thursday, 6:00 - 7:00 pm

June 28 to August 25 (9 weeks)

Cost: \$170.00

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Advanced Training Academy

The advanced training academy is an invitation-only program for stand-out junior players who want to develop competitive game skills and take their play to the next level. Parents of interested players should contact our Head Pro, Mike Meaney, to discuss whether the program would be appropriate for their child.

Monday to Friday, 1:30 - 3:00 pm

June 27 to August 26 (9 weeks)

Cost: \$650.00

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Summer Camps

This year - for the first time since 2019 - we are again able to offer summer camps!

Taking place Monday to Friday mornings, 9:00 am to 12:30 pm (with an 8:30 am early drop-off option), our week-long camps will have a three-themed approach this year - tennis, soccer and personal well-being and development (wellness). Through sport activities, our coaches will encourage the development of valuable life skills and healthy lifestyles.

* Note: There are no camps on Canada Day or Regatta Day. Prices have been reduced to reflect this.

	Dates	Ages	Cost	Registration Deadline
Week 1	June 27 - 30*	Ages 6-9	\$120	Monday, June 20
Week 2	July 4 - 8	Ages 10-12	\$150	Monday, June 27
Week 3	July 11 - 15	Ages 6-9	\$150	Monday, July 4
Week 4	July 18 - 22	Ages 10-12	\$150	Monday, July 11
Week 5	July 25 - 29	Ages 6-9	\$150	Monday, July 18
Week 6	Aug 1 - 5*	Ages 10-12	\$120	Monday, July 25
Week 7	Aug 8 - 12	Ages 6-9	\$150	Monday, Aug 1
Week 8	Aug 15 - 19	Ages 10-12	\$150	Monday, Aug 8

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Summer Adult Programs

Absolute Beginner Lessons

Designed for adults who have never played tennis, the Absolute Beginner class will teach the basics using Tennis Canada's progressive tennis model. Progressive Tennis introduces the sport in a way that ensures immediate success for new players. Using modified tennis balls, players are properly equipped to quickly enjoy rallies and learn the fundamentals of the game.

Wednesday, 7:00 - 8:30 pm

June 29 to August 24 (8 weeks)

NOTE: No program on Regatta Day

Cost: \$165.00 + HST (Members) | 181.00 + HST (Non-Members)

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Beginner Lessons

This program will help participants further develop the fundamentals and gain the confidence to play games and matches. Each lesson will consist of progressive tennis fundamentals, followed by game practice where players will put those fundamentals to work while learning to play and score.

Monday, 7:00 - 8:30 pm

June 27 to August 22 (9 weeks)

Cost: \$185.00 + HST (Members) | \$202.00 + HST (Non-Members)

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Intermediate Lessons

This program works on tennis fundamentals and tactical development. Participants should have solid rally skills and understand basic tactical strategies to allow the development of more advanced technical skills and in-depth knowledge of variables which go into shot selection and game strategy.

Tuesday, 7:00 - 8:30 pm

June 28 to August 23 (9 weeks)

Cost: \$185.00 + HST (Members) | \$202.00 + HST (Non-Members)

[REGISTER](#)

Cardio Tennis

Your entire body will get a workout with an emphasis on developing a higher level of endurance through this tennis bootcamp. Combining tennis drills with off-court fitness routines, you will leave invigorated after a hard workout on the tennis court. Practice your favourite tennis shots while getting the workout you crave.

Thursday, 7:00 - 8:00 pm

June 30 to August 25 (9 weeks)

Cost: \$160.00 + HST (Members) | \$176.00 + HST (Non-Members)

[REGISTER](#)