

**St. John's Tennis Association  
JUNIOR DEVELOPMENTAL PROGRAMS**

**INFORMATION GUIDE  
September 2022 - June 2023**



**Fall term: September 12 - December 18 (14 weeks)**

**Winter term: January 9 - March 26 (11 weeks)**

**Spring Term: April 3 - June 18 (11 weeks)**

**For additional information, visit**

**[www.sjta.ca](http://www.sjta.ca)**

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## Overview

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SJTA is committed to providing a wide variety of tennis skill development programs to junior players between the ages of 18 months to 18 years.

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.

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## General Program Information

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- For each child's enjoyment and optimal skill development, SJTA reserves the right to place players in the program most suitable to the child's age and skill level.
- Participants should wear appropriate athletic attire, including non-marking court shoes. We encourage participants to dress in layers as the facility can be chilly.
- If they have one, children 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.
- Programs will not take place on club-posted holidays. Club holidays will be noted within the program registration process and prices will reflect the reduced number of lessons. Every effort will be made to reschedule sessions missed due to unexpected closures, such as maintenance issues or unsafe court conditions.

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## Program and Administrative Policies

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- 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.

\*The program registration deadline is the Friday before the start of the program session. For example, the registration deadline for the 2022 Fall semester is Friday, September 9. Programs begin Monday, September 12.

- **Payment is due in full 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 \$40.00 plus HST per item.
- Due to the nature of our programs, we are unable to offer make-up sessions for those who miss sessions.
- Single class (drop-in) registration is not permitted. Children must register for the full program.
- 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.
- 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](mailto: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](mailto:gm@sjta.ca)). Final approval is at the discretion of the General Manager.

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## Head Professional

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**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](mailto:tennistd@sportnl.ca).

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## Developmental Stream

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### **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.

**Visit our [REGISTER NOW](#) website page for additional program details (days, times, start/end dates and fees).**

### **Le Petit** **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. Le Petit focuses on enhancing and developing beginning tennis and coordination skills, including centering skills, balance, basic setup and hitting actions.

**Visit our [REGISTER NOW](#) website page for additional program details (days, times, start/end dates and fees).**

## **Progressive Tennis**

### **4 years and older**

SJTA programs for children 4 years and older 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 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 youngsters 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 come to the net because of the shorter distance and narrower sidelines 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

SJTA is offering two levels of Red Ball this year:

- **Red Ball 1**  
Our all-comers program for children between the ages of 4-7 years.
- **Red Ball 2**  
For children of Red Ball age who have shown an interest in competing and playing tennis more often; have acquired basic rally skills through previous involvement in our Red Ball program; or have demonstrated aptitude to the Head Coach in previous tennis programs. Registration is by invitation only. Consult Head Coach Mike Meaney if you are interested in having your child evaluated for acceptance into this program.

Visit our **REGISTER NOW** website page for additional program details (days, times, start/end dates and fees).

# 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

SJTA is offering two levels of Orange Ball this year:

- **Orange Ball 1**

Our all-comers program for children between the ages of 6-10 years.

- **Orange Ball Competitive**

Generally, players in this competitive stream of Orange Ball have been playing tennis for a while, have progressed through our Red Ball program, have achieved an appropriate skill level and are keen to continue their development toward competitive tennis.

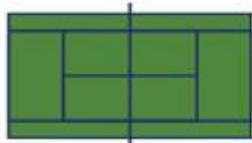
Registration is by invitation only. Consult Head Coach Mike Meaney if you are interested in having your child evaluated for acceptance into this program.

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# Green Ball

10 - 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.



78' X 27' (SINGLES)  
78' X 36' (DOUBLES)



SLIGHTLY REDUCED  
BOUNCE FROM YELLOW  
TENNIS BALL



Up to 25"

## 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

Competitive programs at this level can be found in our High-Performance Program information guide.

Visit our [REGISTER NOW](#) website page for additional program details (days, times, start/end dates and fees).

# Yellow Ball

12 - 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.

Competitive programs at this level can be found in our High-Performance Program description.

Visit our [REGISTER NOW](#) website page for additional program details (days, times, start/end dates and fees).