

# SUMMER JUNIOR PROGRAM GUIDE 2019



**Program Dates:** July 2<sup>nd</sup> – August 30<sup>th</sup>, 2019  
Programs **DO NOT** run on Canada Day (July 1<sup>st</sup>) or Regatta Day

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

[722-3840](tel:722-3840)

## JUNIOR PROGRAM OVERVIEW

St. John's Tennis Association caters to the recreational tennis player and prides itself on offering the best developmental tennis programs in Atlantic Canada. Whether you have played the game before, or are playing for FUN, we have the program to suit your needs.

As the only indoor tennis facility in Newfoundland, we offer quality programs based on Tennis Canada curriculum delivered by Nationally trained coaches certified by Tennis Canada and the Tennis Professionals Association.

## **JUNIOR DEVELOPMENT PROGRAM**

During the summer months, we offer both week-long camps as well as summer-long lessons. All lessons are scheduled for Riverdale Tennis Club (4 Portugal Cove Rd), however, on days where the weather does not cooperate, we will move inside at Green Belt Tennis Club (114 Newtown Rd). We will make announcements via our social media accounts so parents know where to drop players off.

We are committed to providing your child with the best junior program in Atlantic Canada. Our coaches have the qualifications and knowledge to work with players ages 3 and up. Our two-streamed approach allows your child to participate in the developmental or high-performance program. Our programs are all Sport for Life certified and follow the Long-Term Athlete Development (LTAD) model.

The developmental stream has been crafted using skill-appropriate equipment and curriculum to ensure your child's chance of success. Our Les Petit Tennis program is designed for those 4 and up using the Tennis Canada Kids tennis curriculum. As the children progress, they can enter the high-performance stream, or continue playing at a recreational level.

In addition, we offer a Parent & Tot program based on the curriculum of Les Petit Tennis, endorsed by Tennis Canada, where parents help introduce their child to an organized sport program.

## **PROGRAM POLICIES AND INFORMATION**

- Some programs may be cancelled due to insufficient registrants. St. John's Tennis Association monitors registration levels prior to the start of programs to ensure quality programs are offered. A great course could be cancelled if there are not enough registrants. Register early to avoid program cancellations. In the event of a program cancellation, participants will be offered an alternate program, or a full refund.
- Participants should wear appropriate attire, including shorts/track pants, t-shirts and non-marking tennis shoes.
- Level-placement – For your child's enjoyment and appropriate skill development, we reserve the right to withdraw anyone in a class that may not be at the appropriate level. We will make every effort to place them in a program suitable to their age and skill level whenever possible.

- Classes will not run on club posted Holidays. These will be announced at the beginning of each term and prices will reflect missed classes. Any classes missed for unexpected closures (ex: snow days) will be rescheduled. Classes missed by individual players will not be offered as a make up.
- Cancellation notice must be received a minimum of 14 days prior to the first day of program/camp to qualify for a refund. Refund will be processed for the full amount of the fee paid, less an administrative charge (10% of the program fee, max \$50). Any cancellations received within 14 days of the program/camp start date will not receive a refund.
- Payment is due in full at time of registration (unless pre-authorized payments are available). Players may not attend classes unless registration and payment are completed. Accepted forms of payment: Visa, Master Card, American Express, debit cards and cash. The charge for a declined non-negotiable payment is \$20 plus tax.
- Credits may be issued in the case of a significant injury with a Doctor's note, and subject to the discretion of the General Manager.

## **HEAD PROFESSIONAL**

### **MIKE MEANEY - PROGRAM DIRECTOR / HEAD PRO**

Mike Meaney is a Tennis Canada Coach 3 Tennis Pro.

Over his 30 years in sport, he has been involved in tennis in a number of capacities. As a player, Mike has competed at the Atlantic and National level and was a member of the Team NL Canada Games team in 1989, so he knows what it takes to be a high level, competitive player.

Over the course of his coaching career, Mike has coached 4 Top-5 ranked National players including the 1996 Junior U16 Champion.

He is currently working as St. John's Tennis Association's Head Pro and has previously worked with Tennis Saskatchewan and the Lakeshore Tennis Club in Regina. Mike has also served as Head Coach for 3 Canada Games Teams, including the 2017 squad that competed in Manitoba.

## SUMMER-LONG LESSONS

Parent & Tot and Les Petit Tennis is offered once per week and will have 8 total sessions over the course of the summer.

### PARENT & TOT TENNIS – Ages 18mos. – 3 years

Parent and Tot Tennis begins to lay the foundation for life long participation in sport and physical activity. Using fun games to develop moving in patterns, coordination and balance, parents will help to introduce their child to the FUNdamental skills used for all sport. Tennis is used as the tool to develop interest and have fun while learning these key foundational motor skills. All classes are led by a coach but require parent participation with their tot.

**Program Time:** Saturdays: 10:00 – 10:30am (8 weeks) - \$52.00

### LES PETIT TENNIS – Ages 3 – 5 years



Les Petit Tennis is a Tennis Canada program that is the first progressive step in the Red Ball pathway. In this class, kids will play without the help of their parents on court. Like in Red Ball, players will use smaller racquets, nets, and court dimensions. Players spend a portion of the session working on physical literacy linked to learning tennis skills, all while developing tennis FUNdamentals. This is a great progressive step for those who have completed Parent & Tot Tennis, but no previous experience is required.

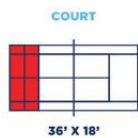
**Program Time:** Saturdays: 10:30 – 11:15am (8 weeks) - \$65.00

## SUMMER-LONG LESSONS

All Developmental Lessons are offered daily all summer (except posted Holidays). Lessons are priced with the understanding that families will likely take some holidays and not attend all classes. We do not prorate sessions based on missed lesson time.

### RED BALL PROGRAMS: UNDER 7

The RED ½ court tennis program is the first step of progressive tennis. The focus is on skill development. Coordination and cooperative activities will lead to the development of the basic strokes and fundamentals in a FUN, active environment.



#### EQUIPMENT MODIFICATIONS TO ENSURE SUCCESS:

- Bigger and slower ball (75% slower than traditional yellow ball)
- Smaller court
- Lower net
- Smaller racquet (21-23 inch)
- Shorter games (tie-breaks and short sets)

**Program Time:** Daily – 9:00 – 10:00am (9 weeks) - \$365.00

### ORANGE BALL PROGRAMS: 9 & UNDER

The ORANGE ¾ court curriculum allows young players to play on an 18m court with the same rules as those allowed on a regulation court. Playing the “real game” will promote the development of fundamentals required in game situations. The ORANGE ¾ court tennis program uses low-compression balls that facilitate development of the tactical areas, along with ensuring the development of good technical FUNdamentals.



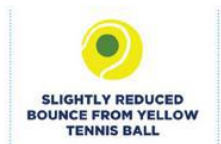
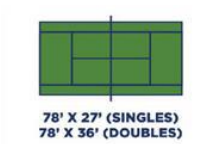
#### EQUIPMENT MODIFICATIONS TO ENSURE SUCCESS:

- Bigger and slower ball (50% slower than yellow ball)
- Smaller court
- Lower net
- Smaller racquet (23 – 25 inch)
- Shorter games (tie-breaks and short sets)

**Program Time:** Daily – 10:00 – 11:00am (9 weeks) - \$365.00

## GREEN BALL PROGRAM (10 to 12 years)

The GREEN ball program is designed on a full court using low compression balls. This program continues with skill development in all areas of tennis: technical, tactical, physical, and psychological. The program will successfully develop FUNdamentals from serve, rally and score.



### EQUIPMENT MODIFICATIONS TO ENSURE SUCCESS:

- Bigger and slower ball (25% slower than yellow ball)
- Full size court
- Standard net height
- Smaller racquet (23 – 25 inch)
- Shorter games

**Program Time:** Daily – 11:00am – 12:00pm (9 weeks) - \$365.00

## YELLOW BALL PROGRAMS (13 to 17 years)

This program is focused on developing ball control skills and fundamentals starting with low compression balls leading to yellow ball, depending on the skill level of players. This program is designed for a range of skill levels, from the total beginner to an intermediate player.

Older players typically progress quickly through low compression balls into yellow ball as their coordination is further developed and their physical strength allows for a faster transition through low compression balls.

- **The Ball – Regular yellow tennis ball or low compression for skill development enhancement**
- **The Court - Regulation court size, or ¾ court to help with skill development**

**Program Time:** Daily – 11:00am – 12:00pm (9 weeks) - \$365.00

## HALF DAY CAMPS

### MORNING & AFTERNOON CAMPS

We offer morning and afternoon camps for the tennis enthusiast in a safe, structured environment with top quality instructors. We play multiple sports oriented around tennis training and games to give the camper a varied experience in a fun setting.

**Camp Times:** Weekly – Monday – Friday, 9:00am – 12:00pm or 1:00 – 4:00pm  
\$130.00/week

### FEILDIA NS PROGRAM

Our partnership with Feildians Junior Soccer Program will continue this summer. Camps will take place in a safe, structured environment with top quality instructors, with an emphasis on developing tennis skills. Participants will attend camp at Riverdale/Green Belt on their off-days from Feildians Soccer Camp. Children must be enrolled in Feildians Soccer Program to avail of the rate for the summer. This rate is for the tennis portion of camp ONLY and must be paid directly to St. John's Tennis Association. Feildians portion of registration is paid directly to the soccer organization.

**Camp Times** – Tuesday/Thursday/Friday or Monday/Wednesday/ Friday

\$75.00/week. Full Summer Rate - \$500.00\*

\*Add all 9 weeks to your cart and discount will be applied.

## ADVANCED TRAINING ACADEMY

For players in our Yellow Ball Competitive, Little Aces, and Future Stars programs, this session is designed for you. The advanced training academy is an invitation only session focusing on developing your competitive game skills and success in the High-Performance program.

**Program Time:** Daily – 1:00pm – 2:30pm (9 weeks) - \$630.00