

# DEVELOPMENTAL JUNIOR PROGRAM

## INFORMATION GUIDE

SEPTEMBER 2019 – JUNE 2020



**SESSION 1:** (FALL) September 9 – December 13th, 2019 (14 weeks)

**SESSION 2:** (WINTER) January 6 – March 27<sup>th</sup> , 2020 (12 weeks)

**SESSION 3:** (SPRING) April 6th – June 19th, 2020 (11 weeks)

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

# JUNIOR PROGRAM OVERVIEW

SJTA 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 just playing for FUN only, we have the program to suit your needs.

Our nationally recognized Tennis Development Centre (TDC) features some of the highest trained coaches in Canada and in Atlantic Canada, certified by Tennis Canada and the NCCP program.

## JUNIOR DEVELOPMENT PROGRAM

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 4 and up. Our two-streamed approach allows your child to participate in the developmental or High performance program. Our programs follow the curriculum of Tennis Canada and its Long Term Athlete Development (LTAD) model.

The developmental stream has been crafted to adjust the age and skill-appropriate equipment and curriculum to ensure your child's optimal success. Our early red ball programs are designed for those 4 and up using the Tennis Canada Kids tennis curriculum. As the children progress, they have the opportunities to enter the high performance stream.

In addition, we offer a parent/tot program based on the curriculum of les petit tennis, endorsed by Tennis Canada.



## 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.
- Member pricing applies to juniors who are children (or wards) of current SJTA non-promotional members.

# HEAD PROFESSIONAL



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

Mike Meaney is the Head Professional of the Greenbelt tennis club and has coached the sport of tennis full-time for over 15 years, and involved with the sport for over 30 years.

Mike has worked as Technical Director for several provincial and territorial tennis associations, with the majority of his time in his home province of Newfoundland Labrador. He has a Coach 3 designation from Tennis Canada. Mike has worked with many top 10 nationally ranked junior players, and developed a national champion along the way.

Mike has spent time coaching at over 30 national championships and four Canada Games, with four of them as coach.

# DEVELOPMENT STREAM

## PARENT AND TOT PROGRAM: 18 MONTHS - 3 YEARS

An introductory program for parents with young children looking for exercise, and structure in helping their children develop coordination and social skills with other children their age. The use of obstacle courses, and props will make it fun for them as they acquire new skills.

Saturdays (9:30-10:00am)

Fall (14 Weeks)		Winter (11 Weeks)		Spring (12 Weeks)	
Member	Non-Member	Member	Non-Member	Member	Non-Member
\$95	\$110	\$76	\$81	\$86	\$91

## LES PETIT TENNIS PROGRAM: 3 - 4 YEARS

This program allows the children who've already been a part of the parent and tot program, and now able to attend a tennis lesson on their own without a parent or guardian in the Les Petit Tennis program. Children will develop centering skills, balance, coordination and the basic setup and hitting actions required to hit a forehand, backhand and serve in a modified court. Games, props will make this an enjoyable experience for your son or daughter.

Saturdays (10:00-11:00am)

Fall (14 Weeks)		Winter (11 Weeks)		Spring (12 Weeks)	
Member	Non-Member	Member	Non-Member	Member	Non-Member
\$170	\$190	\$137	\$146	\$150	\$159

## RED BALL PROGRAMS: 4 – 7 YEARS

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)

Wednesdays (3:30-4:30pm)

Fridays (3:30-4:30pm)

Saturdays (10:00-11:00am)

Sundays (10-11am)

Fall (14 Weeks)		Winter (11 Weeks)		Spring (12 Weeks)	
Member	Non-Member	Member	Non-Member	Member	Non-Member
\$175	\$190	\$142	\$151	\$155	\$165

## ORANGE BALL PROGRAMS: 9 YEARS & UNDER

The ORANGE  $\frac{3}{4}$  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  $\frac{3}{4}$  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)

Wednesdays (4:30-5:30pm)

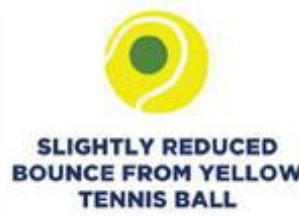
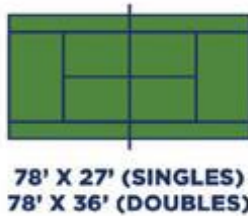
Saturdays (11:00-12:00am)

Sundays (11:00am-12:00)

Fall (14 Weeks)		Winter (11 Weeks)		Spring (12 Weeks)	
Member	Non-Member	Member	Non-Member	Member	Non-Member
\$198	\$215	\$158	\$168	\$175	\$183

## 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

Wednesdays (4:30-5:30pm)

Saturdays (12:00-1:00)

Sundays (12:00-1:00pm)

Fall (14 Weeks)		Winter (11 Weeks)		Spring (12 Weeks)	
Member	Non-Member	Member	Non-Member	Member	Non-Member
\$208	\$225	\$168	\$179	\$185	\$195



## 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.

### EQUIPMENT MODIFICATIONS TO ENSURE SUCCESS:

- Regular yellow tennis ball or low compression for skill development enhancement
- Regulation court size, or  $\frac{3}{4}$  court to help with skill development
- Standard net height

Wednesdays (5:30-6:30pm)

Saturdays (12:00-1:00pm)

Sundays (1:00-2:00pm)

Fall (14 Weeks)		Winter (11 Weeks)		Spring (12 Weeks)	
Member	Non-Member	Member	Non-Member	Member	Non-Member
\$235	\$250	\$184	\$196	\$200	\$214