

## Junior and Adult Tennis Program Descriptions:

### Junior Clinics:

**Team Mini Stars:** Ages 5-8. This is a beginner clinic for juniors just starting tennis. This clinic will include learning racquet skills, hand eye coordination, simple tennis etiquette, the forehand groundstroke, volleys, and underhand serves. *These classes are offered Tuesday, Wednesday and Thursday from 4:30- 5:30 pm and Saturday from 10:30-11:30 am. Prices available on website.*

**Team All-Stars:** Ages 8-10. In this clinic your child will be working on their forehand and backhand stroke production, basic direction control, rallying skills, volleys, and serves. *These classes are offered Monday, Wednesday, Thursday from 4:30-5:30 pm and Friday from 1:30-2:30 pm. Prices available on website.*

**Team Super Stars:** Ages 8-10. In this clinic your child will be enhancing their rallying skills, basic understanding of tactics and strategy, stroke production, volleys and overheads, serves, and knowledge of tennis etiquette and rules. *These classes are offered Tuesday from 5:30- 6:30, Wednesday from 6-7 pm and Thursday from 6:30-7:30 pm. Prices available on website.*

**Junior Training** Ages 11-14. This clinic is used to help improve players stroke production, control over the direction of the ball, understanding of doubles positions, rallying skills, and understanding the concept of spin on the ball. Players may be introduced to USTA competitions. *These classes are offered on Monday, Wednesday and Thursday from 4:30-6 pm. Prices available on website.*

**Senior Training:** Ages (8<sup>th</sup> grade and up). Tournament level and high school aged players. In this clinic we will be improving upon the players ability to hit their strokes with different spins, doubles positioning, depth control, proper grips, and rallying skills to help prepare them for high school tennis/ tournament play. *These classes are offered on Monday, Wednesday and Thursday from 3-4:30 pm. Prices available on website.*

### Adult Clinics:

**Team O'Brien:** 3.5 level team. This practice is exclusively for teams. Contact Hannah for Information. [Hannah.shephard@parkcity.org](mailto:Hannah.shephard@parkcity.org)

**Adult Super Drill:** All levels are welcome. This clinic focuses on stroke repetition by running drills using the ball machine or a racquet fed ball from a pro.

**Monday Evening Drill:** All levels are welcome. This clinic focuses on ball repetition by running play based drills using the ball machine or a racquet fed ball from a pro.

**Open Advanced Drills:** 4.0 and up level. This clinic is exclusively for advanced players who want to work on expert level skill and tactics.

**PCWITL:** Park City Women's Intra Tennis League. This program is by invite only. In this league you will be assigned a partner and a court to play out a doubles match. If you are interested in joining in on this clinic contact our tennis director.

**Stroke of the Week:** 2.5-3.5 level. The tennis pro will pick a different stroke each week to focus on and incorporate it throughout the lesson.

**3.0/3.5 Clinic-** This clinic is for 3.0/3.5 players. A mixture of drills and skill building exercises with the primary focus of being on good doubles play.

**Up-Down Open Clinic:** This is a combination clinic for wheelchair players as well as able body players. You will be working on different aspects of tactical and technical strategies.