



pctennis

A higher degree of play

Winter 1 Junior Tennis

Effective January 4th 2021



Winter 1 dates: January 4 – February 12

No clinics held on January 18th

- Pro reserves the right to move juniors up or down depending on tennis ability.
 - Drop-ins not allowed for junior tennis programs. No exceptions.
- No refunds, exchanges or proration. Registration changes must be made 5 business days prior to program start.
 - It is recommended that juniors sign up for at least 2 days/week or more, but not mandatory.
 - No make-up classes allowed until further notice.
 - Serve and return class and forehand class cancelled until further notice.

Clinic	Days Offered	Time	Ages
Red Ball 1	M,T,W,TH	4:30 – 5:15 pm	4 - 5
Red Ball 2	M,T,W,TH	5:15 – 6:00 pm	6 - 7
Orange Ball	M,T,W,TH	4:30 – 6:00 pm	8 - 10
Green Ball	M,W,TH	4:30 – 6:00 pm	11 - 13
Yellow Ball	M,W,TH	3:00 – 4:30 pm	14 - 17
Peak Performance (Invite Only)	M,T,W,TH	3:00 – 4:30 pm	14 - 17

Park City MARC & Tennis

1200 Little Kate Road

435-615-5400

www.parkcitytennis.org

www.parkcityrecreation.org

Junior Clinic Descriptions

***All prices are listed on website at https://secure.rec1.com/UT/park-city-ut/catalog***

Red Ball 1 (4-5 years): The main goal of this class is to introduce hand-eye coordination, tracking and receiving skills for future success.

Red Ball 2 (6-7 years): The main goal of this class is to develop rallying skills.

Orange Ball (8-10 years): We use the appropriate size tennis court, tennis racquets and tennis balls for this age group. The main objective for this group is to be able to keep score, serve and rally consistently on the tennis court (60' black lines on the court for orange ball). We want to prepare these players to compete in USTA 10 & under tournaments. We focus on developing full groundstrokes, forehand and backhand volleys, overheads, and the overhand serve.

Green Ball (11-13 years): We use the appropriate size tennis court, tennis racquets and tennis balls for this age group. The main objective for this group is to be able to keep score, serve and rally consistently on the full tennis court. We want to prepare these players to compete in USTA Futures tournaments. We focus on developing topspin groundstrokes, and using the continental grip on volleys, overheads and serves.

Yellow Ball (14- 17 years): This group uses regular yellow tennis balls, full sized racquets and the full sized tennis court. The main objective is to prepare these players for High School tennis and USTA Challenger tournaments. We focus on further developing topspin groundstrokes, approaching and playing effectively at the net, and learning to hit spin serves.

Peak Performance – High School Varsity students only: (14- 17 years): This class is for players with experience on a High School Varsity team. The main goal of this class is to provide an intense practice session with other elite juniors.

Forehand Clinic— Yellow Ball (14– 17 years): This clinic uses video analysis to check for our 5 Forehand checkpoints. We then create a document that shows the players technique compared to that of a professional based on the 5 checkpoints. From there, we target the areas of the swing that need to be worked on, continuing to use the video analysis to guide the process.

Serve and Return - Yellow Ball (14- 17 years): This class uses video analysis to check for our 9 serve checkpoints. We then create a document that shows the player's technique compared to that of a professional based on the 9 checkpoints. From there, we target the areas that need to be worked on, continuing to use video analysis to guide the process. We will also work on serving strategy and the return of serve.