

Riverdale/Green Belt - Summer Tennis 2018 Programming

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)

RED BALL Program Times: Monday- Friday 9-10am

Program Cost: \$300.00 + tax for 9 weeks (July 3-August 31)

ORANGE BALL PROGRAMS: 9 & 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:

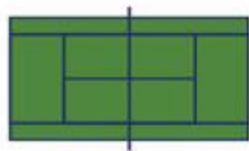
- Bigger and slower ball (50% slower than yellow ball)
- Smaller court
- Lower net
- Smaller racquet (23 – 25 inch)
- Shorter games (tie-breaks and short sets)

ORANGE BALL Program Times: Monday - Friday 10-11am

Program Cost: \$300.00 + tax for 9 weeks (July 3-August 31)

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.



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



SLIGHTLY REDUCED
BOUNCE FROM YELLOW
TENNIS BALL



UP TO 27"

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

GREEN BALL Program Times: Monday - Friday 11am-12 noon

Program Cost: \$300.00 + tax for 9 weeks (July 3-August 31)

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**

CLUB TEEN PROGRAM (13 to 17 years)

YELLOW BALL Program Times: Monday - Friday 1:00-2:00pm

Program Cost: \$300.00 + tax for 9 weeks (July 3-August 31)

HIGH PERFORMANCE PROGRAM

NEXT GEN PROGRAM (Under - 12 High Performance Development)

Competitive athletes playing orange and/or green ball in a high performance environment will want to attend this daily program to help you train during the tournament season. Players in this program will be striving to transition into green ball from orange, while players from the green ball program will be looking to advance to yellow ball. Physical development will be integrated within the program days.

Players currently playing Junior Atlantics, and playing ATA events and participating in the Greenbelt High performance program would be eligible to participate.

NEXT GEN Program Times: Monday-Friday 1:00-2:30pm

Program Cost: \$550.00 + tax for 9 weeks (July 3-August 31)

or \$100.00 + tax per week

PROVINCIAL TRAINING PROGRAM - CANADA GAMES

For players identified for 2021 Canada Games or currently enrolled in the high performance program at Greenbelt, and typically 12 and older with some exceptions based on skill level and past performances.

PROVINCIAL TRAINING Program Times: Monday – Friday 2:30-4:00pm

Program Cost: \$100.00 + tax per week

MORNING AND 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: Monday – Friday, 9:00am-12 noon and 1:00-4:00pm

Program Cost: \$125.00 + tax per week

**We need a minimum of 4 participants to run the camp.*

FEILDIAANS PROGRAM

We are again offering morning camps for members of Feildians Junior Soccer Program this summer. Camps will take place 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. The Feildians player will attend tennis camp at Riverdale or Greenbelt on the mornings when they are not scheduled to have soccer. Children must be enrolled in Feildians Soccer Program to avail of the rate for the summer.

CAMP Times: Monday/Wednesday/Friday, 9:00am – 12 noon

or Tuesday/Thursday/Friday, 9:00am – 12 noon

Program Cost: \$450.00 + tax for for 9 weeks (July 3-August 31)

or \$75.00 + tax per week