

# CUNNINGHAM TENNIS PARENT GUIDE

Hi Parents,

Welcome to the **Junior Development level** of our Junior Programs Pathway at Cunningham Tennis!

For players ages 11-18 this program is for all levels of play. Tennis fundamentals are taught and stressed while engaging in skill based games & point play. Progression is determined by periodic assessments from coaches and Director of Tennis considering the players overall level of commitment to tennis, competitive experience and goals.

## COURT & EQUIPMENT

Your child will be playing on a 78 ft court with green dot compression or regular yellow balls depending on proficiency. Racquet size up to 29".

## RULES

- Always bring your racquet!
- Wear comfortable clothing and sneakers.
- Bring a water bottle with you to every class.
- Parents are NOT allowed on the courts except for the last 5 minutes to briefly speak to the coach about their child's goals and progress.

## CONNECT WITH US

- Follow us on Facebook and Instagram @cunninghamtennis
- Make sure your on our email list to receive our monthly newsletter, club news, and special offers.
- For a more expanded version of this guide please visit: [cunninghamtennis.com/parentguide/](http://cunninghamtennis.com/parentguide/)

## CLASS STRUCTURE

Each session will be structured into 4 basic components:

1. Warm-up for athletic skills development
2. Drills for tennis skills development
3. Games for individual character and team skills development
4. Wrap-Up to review the lesson learned and homework assigned

## PROGRAM GOALS AND THEMES

Our goal is to develop the necessary athletic, tennis, and character skills to progress to the next level in our Junior Development pathway, the Tournament Training Program.

Here are a few themes we will cover during the 15 week program:

1. Footwork & court coverage
2. Athleticism
3. Consistency
4. Pace and spin
5. Neutralize, Attack, Defend
6. Speciality shots
7. Doubles
8. Net attack
9. Serve and Return
10. Match play

## TIPS & ADVICE

- Provide as many additional practice opportunities for your young tennis player, **3x a week** is suggested with an additional competition day and or private lesson.
- **Connect and communicate with your child's coach** via email or during the last 5 minutes of your child's lesson to discuss goals, progress, and competitive options.
- Join us at our monthly PACT (Parent Association of Cunningham Tennis) meeting and connect with other parents and learn more about how you can best support your young tennis player.