

# CUNNINGHAM TENNIS PARENT GUIDE

Hi Parents,

Welcome to the **Orange 1** level of our 10 & Under Youth Progression Junior Program at Cunningham Tennis!

In our Orange Level 1 program, players will continue to build their athletic skills integrating more complex movement and footwork. We will introduce a variety of fun and competitive games to develop strong tennis fundamentals. Progression to next level is dependent on skill acquisition competency determined by periodic assessments from coaches and Director of Tennis.

## 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.

## 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.

## TIPS & ADVICE

- Provide as many additional practice opportunities for your child, **3x a week** is suggested including an additional competition day and or private lesson.
- Sunday Match play is **FREE** for players enrolled for a minimum of two 2 hr classes per week. **ONLY** players who meet this criteria, may register by emailing our Director of Tennis, Bill Racho, at [bill@cunninghamtennis.com](mailto:bill@cunninghamtennis.com).
- Participate in the USTA Youth Progression competitive pathway.
- **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.
- 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 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 youth progression, Green.

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

1. Routines
2. Athleticism and footwork patterns
3. Hold, attack, defend
4. Shot shape
5. Weapons & weaknesses
6. Tactics
8. Problem solving
9. Match play
10. Developing a style of play