

CUNNINGHAM TENNIS PARENT GUIDE

Hi Parents,

Welcome to the **Red 2** level of our 10 & Under Youth Progression Junior Program at Cunningham Tennis!

The main objective of this level is to introduce players to the basics of tennis through a range of fun drills and games designed to build a solid foundation for long-term development. 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 you're 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 young tennis player, **2x a week** is suggested.
- **The PEP program is FREE for players enrolled in at least 2 classes per week.** If you meet this criteria, register by emailing our Director of Tennis, Bill Racho, at bill@cunninghamtennis.com.
- Be patient. Steady progression is unusual in children; peaks and plateaus are common.
- Always be positive and emphasize having fun.
- **Connect and communicate with your child's coach** via email or during the last 5 minutes of your child's lesson.
- Join us at our PACT (Parent Association of Cunningham Tennis) meetings 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/

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, Red 1.

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

1. Racquet skills
2. Ball receiving skills
3. Forehands and Backhands
4. Movement
5. Rallying
6. Volleys
7. Serving
8. Game play with scoring