

# CUNNINGHAM TENNIS PARENT GUIDE

Hi Parents,

Welcome to the **Red 3 (Pre Rally)** level of our 10 & Under Youth Progression Junior Program at Cunningham Tennis!

The main objective of this level is to lay the foundations for serve, rally and score. In this program students learn about focus, fair play & teamwork while developing their ABC skills (athletic, balance, and coordination). Progression to next level is dependent on skill acquisition competency determined by periodic assessments from coaches and Director of Tennis.

## COURT & EQUIPMENT

Players will use low compression balls, 19-23 inch racquets and play on 36 ft. x 18 ft courts. The ball is larger, bounces lower, & moves slower, making it easier to hit. The racquet and court are now proportioned to your child's size.

## 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 contact email is current on Court Reserve to receive any communications including announcements, upcoming events, & 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 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 2.

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

1. Meet the Ball
2. Meet My Racquet
3. Control the Ball and Racquet
4. Forehands and Backhands
5. Watch Me Rally
6. Rally with My Partner
7. Serve and Rally
8. Tennis Olympics

## TIPS & ADVICE

- Practice at home with your young tennis player and provide as many additional play opportunities for them.
- 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.