

CUNNINGHAM TENNIS PARENT GUIDE

Hi Parents,

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

In Red Level 1, players focus on serving, rallying and scoring while being introduced to different types of shots, grips, spins and match play. 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 contact email is current on Court Reserve to receive any communications including announcements, upcoming events, & 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 including an additional competition day.
- **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.
- **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 detailed 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, Orange 2.

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

1. Movement & receiving skills
2. Forehand & backhands
3. Groundstroke rallies
4. Volleys & overheads
5. Serve & return
6. Topspin & slice
8. Game play with scoring
9. Match play