

# 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 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.
- **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/](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 1.

Here are a few themes we will cover during the 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