

CUNNINGHAM TENNIS PARENT GUIDE

Hi Parents,

Welcome to the **Green level** of our Junior Program at Cunningham Tennis!

In our Green level program, players are progressing from the 60 ft red court to the full 78 ft court. Players will build their athletic skills integrating more complex movement and footwork appropriate to the full size court. Players will continue to develop anticipation skills, weapons, and other tactics. Progression is determined by periodic assessments from coaches and Director of Tennis considering the players overall level of commitment to tennis, competitive experience and goals.

COURT & EQUIPMENT

Your child will be playing on a 78 ft court with a green dot low compression ball. Green dot ball allows better ball contact at a comfortable height and allow players to take full swings without fear of overhitting. Racquet size up to 29".

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/

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 individual 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 stages in our Junior Program Pathway (JD2 and Performance.)

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

1. Footwork & court coverage
2. Athleticism
3. Consistency
4. Pace and spin
5. Neutralize, Attack, Defend
6. Speciality shots
7. Doubles
8. Net attack
9. Serve and Return
10. Match play

TIPS & ADVICE

- Provide as many additional practice opportunities for your young tennis player, **3x a week** is suggested with an additional competition day and or private lesson.
- **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.