

CUNNINGHAM TENNIS PARENT GUIDE

Hi Parents,

Welcome to the **Competition levels 2 & 1** of our Academy Pathway at Cunningham Tennis!

In our Competition levels, players are ready for competition with the goal of playing in high school and or tournaments. Players will continue to build their athletic skills integrating more complex movement and footwork. They will work on developing 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 yellow ball. Racquet size up to 29”.

There will be a 5:1 player to coach ration.

RULES

- Expected in your tennis bag checklist
 - tennis rackets & water bottle
 - warmup card
 - mini band and rubber tube
 - jump rope
- 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.

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, character skills, and commitment to progress to the Performance levels of the Academy Pathway.

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.
- Sunday Match play is highly recommended. It is FREE for players enrolled for a minimum of two 2 hr classes per week. Register by emailing our Director of Tennis, Bill Racho, at bill@cunninghamtennis.com.