

# CUNNINGHAM TENNIS PARENT GUIDE

Hi Parents,

Welcome to the **Junior Development level** of our Junior Programs Pathway at Cunningham Tennis!

For players ages 11-18 this program is for all levels of play. Tennis fundamentals are taught and stressed while engaging in skill based games & point play. 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 60ft or 78 ft court with orange or green dot compression or regular yellow balls depending on proficiency. Racquet size up to 29".

## 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

## 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.

## PROGRAM GOALS AND THEMES

Our goal is to develop the necessary athletic, tennis, and character skills to progress to the last stages in our Junior Development pathway, Academy Pathway.

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

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1. Racquet & footwork skills      | 6. Rallying              |
| 2. Athletic & coordination skills | 7. Volleys & overheads   |
| 3. Forehands and Backhands        | 8. Serve and Return      |
| 4. Court coverage & movement      | 9. Gameplay with scoring |

## 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 detailed version of this guide please visit: [cunninghamtennis.com/parentguide/](http://cunninghamtennis.com/parentguide/)

## TIPS & ADVICE

- Provide as many additional practice opportunities for your young tennis player, **2x 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.