

## PROGRAM DESCRIPTIONS

*Below is a description of the junior programs offered at Crooked Creek. These descriptions act as a guideline in assisting the best class placement for students.*

**Orange 1** – For ages 6-8 that are looking to be introduced to the sport. No experience necessary, class focus will be on learning the basics of each stroke. Students will learn to recognize each stroke in a rally situation and be able to set up and swing through the ball with proper technique. The goal is to consistently maintain a 6+ ball rally with other students and learn 10/U scoring options for USTA League.

***Class Times - Monday, Tuesday and Thursday 3-4pm***

**Orange 2** – For ages 8-10 that have participated already in Orange Ball 1 or are new to the sport. Increased knowledge of stroke recognition, maintain 10+ ball rally with other students and recover to appropriate positions on the court after each shot. Be introduced to different spins of ground-strokes and be able to participate in ALTA/USTA team tennis.

***Class Times - Monday, Tuesday, and Thursday 4-5p. Tuesday 5-6pm and Thursday 5-6pm***

**Green 1** - For ages 8-11 that have already participated in Orange Ball 2. Students should be on USTA/ALTA League teams and able to compete in Level 6/7 tournaments where available. Increased knowledge of stroke recognition, maintaining a 10+ ball rally with other students and recovering to appropriate positions on the court after each shot. Develop control and recognition of different spins. Learn singles and doubles match-play.

***Class Times - Monday and Wednesday 4-5:30pm***

**Green 2** - For ages 9-12 that have participated already in Green Ball 1 or Orange Ball 2. Students should be on USTA/ALTA League teams and able to compete in Level 6/7 tournaments where available. Increased knowledge of stroke recognition, maintaining a 15+ ball rally with other students and recovering to appropriate positions on the court after each shot. Increased control and recognition of different spins and serving in a Continental Grip.

***Class Times - Tuesday, Thursday and Friday 5:30-7pm***

***Beginning Tennis*** - This group is for players new to the sport that want to learn the basic techniques to groundstrokes, volleys and serves, before progressing into other classes with players of more experience. Ideal age is 12 and older.

***Class Times - Monday and Wednesday 5:30-7pm***

**Yellow 1** – For ages 11-14 that have participated in Green Ball Classes or have prior experience playing with Yellow Balls. Students should be looking to participate in ALTA/USTA team play or play JV High School tennis with the potential to move into Varsity. Group will focus on developing proper technique on strokes and learning match play strategies for singles and doubles. Developing use of topspin and slice shots as well as able to recognize speed, spins and depths of shots from opponents. Students should be able to rally 20+ balls with another student.

***Class Times - Tuesday, Thursday and Friday 5:30-7pm***

**Yellow 2** - For ages 11+ that are actively playing monthly USTA tournaments and planning on playing High School Varsity tennis. Groups will involve on court conditioning, stroke specific drilling, live ball strategic planning and developing an attacking style game plan. Increased ability to control different speed, spins and depths of shots and develop appropriate shot selection based on court position and point situation. Students should be able to rally 50+ balls with another student.

***Tuesday, Wednesday and Thursday 3-5pm***

***Monday, Wednesday and Thursday 5-7pm***

**Stephen Huss 7576 Elite Training** - Please see program description