



2023 FALL JUNIOR TENNIS PROGRAM AT GA STATE- CLARKSTON

September 18th – December 15th
High Performance, Performance, & QuickStart Levels

HIGH PERFORMANCE ACADEMY

High Performance I and II will work to improve students' overall performance in a focused environment. We will work on ball recognition, footwork patterns, angles to the ball, shot selection, mental toughness, and competitive match play awareness. We will work to improve ball control and to develop a well-rounded game while understanding the unique identity of each individual player. HP I and II will develop all aspects of a complete player including the physical, mental, and emotional components.

Players must:

- Have a UTR Rating: 3.0+ (Evaluation needed if UTR rating is below)
 - Must play at least 1 UTR or USTA/month
- **Mondays and Wednesdays (5:30-7:30PM)**
- **\$40/class – Must register for the month**

PERFORMANCE ACADEMY

This is for intermediate players who desire to play high school tennis or beyond. Players must have had match play experience and play in USTA and ALTA leagues. Players will learn match play strategies, increase rallying abilities, and improve proper technique.

Players age 10+

Players must:

- Be intermediate players
- Sustain a 10-ball rally, use topspin and slice
- Have at least 10 match play experiences (USTA, USTA, UTR Tournaments, Flex League)
 - Consistently get serves in with a continental grip
- Players must have consent of coaches and meet new group requirements to move up to another level

Tuesdays and Thursdays (5:00-6:30PM)

\$30/class – Must register for the month

QUICKSTART ACADEMY

This is for students from beginner level to advanced levels from ages 4-17 years old. Quickstart is a fun and successful way for students to learn to play REAL tennis. It is designed to bring kids to the game by developing important skills, utilizing smaller racquets, slower and lighter balls, shorter court dimensions and modified scoring, all tailored to the age, size and skill of the student. Students will learn technique, strategy and tactics appropriate for various ages and skills. It also prepares students for match-play through league tennis such as USTA and ALTA.

Contact Coach Jose Dugo for placement at josed@agapetennisacademy.com

Red Ball

Players 4-8 years old

These players will be able to learn all the skills required to rally with a partner. They will learn how to start a point with underhand toss and overhead serve. Before advancing to Orange Ball, players must be able to send and receive on both sides off the bounce and out of the air, rally consistently 8 balls or more with recovery, balance and moderate technique, start a point with an overhead serve, and control depth and direction of the ball.

Mondays, Wednesdays and Fridays (4:30-5:30PM)

\$20/class – Must register for the month

Orange Ball

Players 7-11 years old

These players will develop basic to moderate/advanced rallying skills from the 60 ft court baseline. They will learn how to start a point with both an underhand and overhand serve. Before advancing to Green Ball, players must achieve all movements and rally with balance, control depth and direction from the baseline, play all parts of the court including baseline, mid-court and net with moderate technique (forehand, backhand, serve, and volley) and rally 10 balls or more.

Mondays, Wednesdays and Fridays (4:30-5:30PM)

\$20/class – Must register for the month

Green Ball/Yellow Ball

Players 11-17 years old

These players will develop basic to moderate/advanced technique and rally skills on a 78 ft court from the baseline. They will learn how to start a point with an overhead serve and technical fundamentals for mid-court and net play.

Before advancing to Yellow Ball, players must be able to play a rally starting with proper serve technique and grip, control direction, depth and spin from the baseline, and play all parts of the court including mid-court and net with proper grips, footwork and fundamentals, and rally 12 balls or more.

Mondays, Wednesdays, and Fridays (5:30-7:00PM)

\$30/class – Must register for the month

JUNIOR MATCH PLAY DAYS WITH COACH JOSE DUGO

Organized match play, strategy, mental toughness training, and live feedback. Prizes and pizza on the last Sunday of each month.

Players age 8+

Players must:

- Know how to keep score on their own
 - Sustain a rally
- Consistently get serves and returns in

Sundays (9:00-11:00AM)

No Match Play on 10/8. Match Play on 10/29 & 11/12 rescheduled for Saturday 10/28 & 11/11.

\$25/player

IMPORTANT POLICIES:

***Monthly payment is due at the beginning of each month**

***Must have credit card on file for registration**

***Pro-rated pricing is available depending on start date and availability**

***Must sign up for specific days**

***Automatic re-registration unless notified by email prior to the last class of the month**

***Credits are issued only for classes cancelled due to inclement weather**

***Any credits issued will be applied toward the next month**

***Pros will recommend when players need to be moved to another class**

***Please check with the pro shop to ensure we have your proper email address as this is how weather cancellations and other junior tennis updates will be communicated**

**PLEASE EMAIL CSINFO@AGAPETENNISACADEMY.COM,
CALL (678) 371-3959, OR WWW.AGAPETENNISACADEMY.COM**