

Berkeley Tennis Club

2019 Fall Junior Development Program

September 3rd – December 6th

- Group 1 Beginning Players (ages 5-7)
 - Group 2 Beginning/Intermediate (ages 8 – 10)
 - Group 3 Intermediate/Novice, East Bay Junior League (ages 11-13)
 - Group 4 Tournament (ages 10 & up); Coach Evaluation Required
 - Group 5 High School Varsity Players; Coach Evaluation Required
- **See reverse side for Group Descriptions**

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
4:00-5:00pm	Group 1	Group 2	Group 1	Group 2
5:00-6:00pm	Group 2/3	Group 3	Group 2/3	Group 3
6:00-7:30pm	Group 4	Group 5	Group 4	Group 5

***Class Make Up Dates: December 9th – 13th**

Program Pricing (one day/week)

<i>Group</i>	<i>Member</i>	<i>Non-Member</i>
1, 2, 3	\$460	\$600
4 & 5	\$680	\$800

*See Refund Policy at berkeleytennisclub.org

Berkeley Tennis Club Coaching Staff:
Rafa Lima Peter Benko

We look forward to a wonderful season of tennis.

Come join the fun!

Please drop off or mail signed waiver/form with cash/check or credit card (in person only & 3.5% surcharge) to:

Berkeley Tennis Club • 1 Tunnel Road • Berkeley, CA 94705 • 510-841-1380

BTC After-school Program Description

Group 1 (Early Development, ages 5-7):

Focus on developing student's athletic skills: eye-hand coordination, lateral movement, balance, fine- motor skills. Introduce basic racket skills and fundamental technique to give the student the ability to rally.

Group 2(ages 8-12): The focus is on improving technical skills of the player. Develop an understanding of correct grips/preparation and positioning. Develop serving skills and learning basic rules and etiquette of the game.

Group 2/3(ages 8-12): Incoming students have the ability to rally consistently, have basic serve skills, and understanding of correct grips/preparation and court positioning. Players will work on ball control (topspin/underspin) and directional controls. Introduction of basic tactics and strategy for singles and doubles.

Group 3(11-15): Incoming students have ability to maintain rallies, consistent serve motion, ball control (topspin/underspin), directional control skills, volleys and overheads. Students will have an understanding of basic tactics/strategy for singles and doubles. The focus of this group includes: improving movement/court positioning, strengthening technical skills, improving tactics/strategy for singles and doubles.

Group 4 (Coach evaluation required, ages 11-15): Incoming students have competitive experience in USTA, USPTA, or team events. The student will have a command of technical skills (grips/preparation/positioning), rally and ball control skills, serves, volleys and overheads. Focus is on improving court positioning/movement skills; improving understanding of tactics/strategy for singles/doubles.

High School (coach evaluation required, ages 12-17): Incoming students meet the criteria for Group 4 and/or member of High School Varsity team. The areas of focus include:

- Strengthening the players' serve
- Improving consistency and point play
- Improving fitness and court movement skills