



2011 Instructional Program Guide

Junior Tennis Programs

Mighty Mites- 3-4 yrs old

You're never too young for tennis. Activities for motor movement, hand-eye co-ordination, and basic tennis skills are emphasized. Rotations are 10 minutes with a high level of energy, keeping the kids moving, and having fun. This is an excellent skill builder for other sports that your child may participate in. Pro to player ratio is 4:1

Quickstart 5yrs – 8yrs old

10 and Under Tennis using the Quickstart Tennis play format, is designed to enable kids to learn, rally, play, and compete right from the start. This format utilizes age appropriate equipment from court size, racquets, balls and net height. Players are playing on a 36' court. Pro to player ratio 6:1

Quickstart 9-10yrs old

10 and Under Tennis using the Quickstart Tennis play format, is designed to enable kids to learn, rally, play, and compete right from the start. This format utilizes age appropriate equipment from court size, racquets, balls and net height. Players are playing on a 60' court. Pro to player ratio 6:1

Hot Shots

These 10 and under players are starting to develop modern strokes and training to enter the competitive arena. This is a 10 and Under Tennis program utilizing the Quickstart Tennis play format. Players are on a 60' court. Pro to player ratio 6:1. Must be recommended

Middle School Tennis

Take your game to the next level, and make your school team and High School team. Technical and tactical awareness is presented so that you not only hit the ball correctly, but you hit the right shot at the right time. Doubles and singles strategy with correct positioning is emphasized. Pro to player ratio 6:1.

Junior Tennis Programs

High School Tennis

For new to J.V. level high school players

This program is designed to help you make your High School team. Technical and tactical awareness is presented so that you not only hit the ball correctly, but you hit the right shot at the right time. Doubles and singles strategy with correct positioning is emphasized. Pro to player ratio 6:1.

Tournament Competitive Players

For varsity high school level and tournament level players

Juniors in this program are drawn from advanced players. Situational specific drills will be emphasized to refine technical and tactical skills. Players in this program are training for tournament play, and or to be competitive on their middle and high school teams.

Adult Tennis Programs

Cardio Tennis

Cardio Tennis is a fun, group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Burn calories, run fast to music and hit hundreds of balls. You will get tired BUT feel great! Just show up!

Play Tennis Fast

You can play this game in one hour. This program is designed for newcomers and returnees to the game. Revolutionized tennis teaching. Specialized tennis balls are used to make play easier and speed learning. FUNdamental strokes of the game are taught, guaranteed to be playing within an hour. Enjoy your free racket and let your tennis adventure begin!

Play To Win Clinics

Private Clinics

You establish your own group and select the pro. Stroke fundamentals are developed and incorporated into play specific drills. Situational specific point play is set up to work on strategy and tactics. Fast improvement guaranteed! To set up call the Tennis House or e:mail Sharon Cleland at cleland@midlandtennis.com

Adult Training Program (A.T.P.)

This class emphasizes the repetition of stroke development and addresses tactical awareness for both singles and doubles. Repetition is the key to mastery! \$5 an hour if you come to all classes per session.