



What's In A Name?

Where to begin??? It can be tough to navigate through a sea of tennis clinic names like Mighty Mites and Future Stars and know where your junior player fits.

Many clinics are based on the age of your child, but there are many cases in which ability level trumps age. For instance, if you have a 7 year old that can rally and play matches, Mighty Mites is NOT for them.

This guide will hopefully give you some insight into this, but if all else fails, ask your pro!

Mighty Mites (MM) 4-7yrs

This clinic uses the larger, red, low-compression *Quickstart* balls, a smaller 36' court and a lower 27" net.

In almost all cases, these players are beginners. This will not feel like a standard tennis clinic, as players will be developing not only hand-eye coordination, but also a general sense of how to act on court.

They will perform a number of skills designed not only to help them put their racket on the ball, but to cooperate with other players.

To *graduate* up from this class to Future Stars, the player should be able to serve and maintain a rally.

Future Stars (FS) 7-11yrs

This clinic uses the orange, low-compression *Quickstart* balls, a smaller 60' court and a standard 36' net.

Most players in this class are beginner or intermediate level players. Many of the drills will be technique based, refining strokes, learning to keep score and playing matches.

This will be where players are sustaining rallies and are able to play competitive games like king of the court, singles matches, doubles matches etc.

To *graduate* up from this class to Mid-Hi or JDP, the player will be winning most of their matches and will show signs of using strategy.

Mid-Hi

This program is for Middle School and High School players with a combination of Beginner and intermediate skill levels.

As a general rule, these are players who probably didn't come up through Mighty Mites and Future Stars. They may have taken up tennis later in Middle School or High School, but would like to train and improve their results in their school performance.

Junior Development Program (JDP)

This program is a mix of orange, low-compression *Quickstart* balls and standard, yellow tennis balls. Generally speaking, players' ages will range from 7-13, but this is a clinic where we begin to break away from age qualifications.

If you have a child that wants to play tennis every day, this is the class for them. We do significant work on the fundamentals needed to become a Middle School player or a Tournament player.

Classes will often be a series of drills designed to work on a certain stroke, strategy or pattern of play necessary for match play. To *graduate* up from this class to Junior Tournament Players Select, the pros must see significant improvement and invite the student to move up.

THE NEXT CLINICS LISTED ARE INVITATION ONLY. A PRO MUST INVITE THE PLAYER.

Junior Tournament Players Select (JTPS)

This program is an intense, tournament training class for players who regularly play in competitive situations. We will cover tactical, technical, mental and physical aspects of tennis. Students will be required to enter USTA Tournaments regularly and will be motivated by their results. Generally speaking players graduate from JTPS to Tournament Players or Mid-Hi.

Tournament Players (TP)

This program is for advanced tournament players interested in improving their current play performance and tournament rankings. Many of these players are advancing with the intent of playing college tennis.

This class is almost entirely live-ball, match play drilling designed around a 52-week program to cover all aspects of advanced tennis.

If you have any questions about these programs or would like to participate, please email us at smokytennis@yahoo.com or call us at 865-670-7682

Class schedules can be found online at www.smokytennis.com