

JUNIOR PROGRAMS DAILY SCHEDULE

Mondays:

3:30-4:30pm **Mighty Mites**
4:30-5:30pm **Future Stars**
4:00-5:30pm **Elite**
5:30-7:00pm **Mid-Hi**
5:30-7:00pm **Junior Development Program (JDP)**
7:00-9:00pm **High School Practice**

Tuesdays

5:30-7:30pm **Tournament Players**
5:30-7:30pm **Jr Tournament Players Select (JTPS)**

Wednesdays

3:30-4:30pm **Mighty Mites**
4:30-5:30pm **Future Stars**
4:00-5:30pm **Elite**
5:30-7:00pm **Mid-Hi**

Thursdays

5:30-7:30pm **Jr Tournament Players Select (JTPS)**
5:30-7:30pm **Tournament Players**
7:30-9:00pm **High School Practice**

Friday

3:30-4:30pm **Mighty Mites**
4:30-5:30pm **Future Stars**
5:30-7:00pm **Junior Development Program (JDP)**
5:30-7:00pm **Jr Tournament Players Select (JTPS)**

Saturdays

10:00-11:00am **Mighty Mites**
11:00-12:00pm **Future Stars**
10:00-12:00pm **Tournament Players**

1. **Mighty Mites (MM)**: Classes use the 8&Under Tennis Red Ball format up to 8 years old. Lessons include movement activities, tennis skills and fun games! Players will begin to play points and matches leading toward school, interclub and tournament play.
2. **Future Stars (FS)**: Classes use the 10&Under Tennis Orange Ball format up to 10 years old. Older players will progress to full court. Lessons include movement activities, tennis skills and fun games! Players will begin to play points and matches leading toward school, interclub and tournament play.
3. **Mid-Hi**: This program is for beginner to intermediate middle school and high school players wanting to enhance their strokes, match play and conditioning to make their school tennis more enjoyable.
4. **High School Clinic**: This program is for high school students who have just started playing. Basic strokes, fundamentals, footwork, court positions, and how to keep score in a tennis match will be covered.
5. **Junior Development Program (JDP)**: This intense program is for younger junior players wanting to improve fundamentals, match skills, movement & balance on court. For the serious minded player wanting to improve to Tournament Player level.
6. **Junior Tournament Players Select (JTPS)**: This program is for 10-13 year olds looking to take their game to the next level. Program will focus on the four pillars of tactical technical, mental, and physical aspects of tennis. Sports nutrition, homework, and tournament coaching are all included in the program. Video analysis with Dartfish programming will be used twice each month. Only players desiring a southern or national ranking will be included. By Invitation Only
7. **Tournament Players & Elite**: This program is designed for more serious students who play tournaments. Drills are designed around live ball situations. Strategy, footwork, movement and fundamentals will be emphasized. Players learn how to play and prepare for tournaments. A weekly lesson plan is used to cover all aspects in a 52 week period. By Invitation Only