

## PROGRAM INFORMATION

SPORTIME's EXCEL Pathway is designed for players who want to make tennis an integral part of their lives and who are ready to commit to doing so. The EXCEL progression takes committed junior players through clearly defined stages of development - a challenging but rewarding journey. EXCEL Pathway players who start their journey with SPORTIME U10 Tennis will follow the USTA and ITF endorsed Red, Orange, Green and Yellow stages of player development that make it possible for even our youngest students to receive both technical and tactical training from their first lesson.

SPORTIME EXCEL is targeted to players aspiring to compete at the local, regional, national and intercollegiate levels. Our innovative tennis training techniques and tennis-specific conditioning regimens prepare players for the physical, mental and emotional demands of competitive matchplay. SPORTIME EXCEL players are trained to become well-rounded competitive athletes, with the technical foundation and the tactical know-how to win tennis matches.

Entry into the SPORTIME EXCEL Pathway is based on commitment, desire and ability. Players develop laser-like focus and the confidence

to succeed at the highest levels of the sport. Our players "EXCEL" on their high school teams, college teams and in USTA tournament play.

Every SPORTIME EXCEL session features:

- Positive, Encouraging and Motivating Coaching
- Technical and Tactical Instruction and Coaching
- Curriculums Based on Stages of Development
- Discovery-Based Learning
- A Balanced Competitive Environment
- Training to Develop the Ability to Construct Points, to Compete and to Win

EXCEL students receive important program benefits including:

- Player Development Support, including video analysis and assistance with tournament planning
- Free Court Time with walk-on and reservation privileges
- EXCEL Program Directors available for consultation by appointment

### EXCEL Green

EXCEL Green players transition from the Orange Court, and/or have the necessary strength, stature and skill to handle the full-sized 78' court, playing mostly with the USTA and ITF regulation green ball, and are challenged to adapt to the larger court space and to the faster and higher bouncing ball.

EXCEL Green players focus on tactical training, which is a signature of all SPORTIME programs. Players start or continue to train in a variety of "live ball" situations to help them learn to make good decisions both when attacking and defending. Technical refinements are ongoing, as players develop more strength and coordination and acquire more skills.

In EXCEL Green, SPORTIME's expert coaches are focused on preparing players for their involvement in USTA sanctioned tournaments and for their participation in SPORTIME World Tour events.



### SPORTIME World Tour and Other Competitive Events

In addition to the program detailed above, Green Ball players are invited to participate in the SPORTIME World Tour. The SPORTIME World Tour is our "Grand Slam" competition held at multiple SPORTIME sites each year, which allows students to compete in an age and level appropriate format. Other competitive events are held throughout the year. These events enhance and promote the competitive skills needed for the long-term development of our players. Find out more at [www.SportimeNY.com/World-Tour](http://www.SportimeNY.com/World-Tour).



### EXCEL Yellow

EXCEL Yellow is SPORTIME's program for the student dedicated to becoming the best player that he/she can be. At this stage of development, technical, tactical, emotional and physical skills are all essential to developing a skilled and confident player. EXCEL coaches are well-trained to adjust lessons and program emphases to meet the needs of each and every player. Their experience, advanced teaching skills and extensive knowledge in all areas of coaching ensure the success of our players.

Players in EXCEL Yellow are placed in appropriate group sessions based on playing level, age and stage of development. Sessions are predominantly "live ball," but we also use advanced drills when necessary and appropriate. SPORTIME'S signature tactical games challenge each student's ability to formulate, plan and execute his/her own winning tactics and strategies. Our coaches focus on teaching students these "X's and O's" of how to construct points, while providing the technical corrections to help students execute their tactical plans. In EXCEL, we do not want to develop players who just have "pretty strokes" but cannot win matches. Our goal is to develop players who know how to compete and to win.



**Questions?** The tennis and customer service staff at your local SPORTIME club is always happy to help. For a full listing of clubs, please visit us online at [www.SportimeNY.com](http://www.SportimeNY.com).

