

PROGRAM INFORMATION

SPORTIME's Junior Tennis Kinetics (JTK) Pathway is our complete junior tennis development program, dedicated to meeting the instructional and recreational needs of our junior players in a positive and dynamic environment. The JTK Pathway aims to develop the whole player, physically, mentally, tactically and technically.

JTK players move through clearly defined stages of development that follow an internationally accepted progression of court sizes (red 36', orange 60', green/yellow 78'), ball types (red, orange, green, yellow) and net heights that make it possible for kids to actually play tennis from the moment they step on a tennis court. Within a structured framework of guidelines, goals and competencies, we approach learning flexibly to meet the needs of the individual student. JTK students master key fundamentals, including movement, balance, agility and rally skills, which provide the foundation for them to become complete players.

SPORTIME's coaching philosophy is designed to help our students learn how to play the game (the tactical) and to give them the means to execute those tactics (the technical). Our tactical games are designed so that students get to perfect and practice winning tactics in "live ball" point play situations in each JTK session.

Every JTK session features the following:

- Positive, Encouraging and Motivating Coaching
- Highest Standards for Sportsmanship and Demeanor
- Targeted Curriculums Based on Stages of Development
- Discovery-Based Learning
- A Balanced Competitive Environment

Junior TK Green Levels

JTK Green One: Players either transition from the Orange Court or have the necessary strength and stature to handle the full-sized Green Court (78') playing mostly with the green ball. Whether building on strong foundations from the 36' and 60' court experience or learning new skills, players now spend time working on developing awareness of their opponent and balancing offense and defense tactics. In JTK Green One, we focus on sound patterns of play and strong technical foundations, with an emphasis placed on the physical demands of advanced play. Competitive skills are refined as players mature. JTK Green One players are expected to participate in SPORTIME World Tour events.



JTK Green Two: Players in JTK Green Two are able to expand their tactical awareness, as they continue to develop and refine athletic skills that help them to move and balance better for increased swing speeds and swing shaping. Technical skills refinement includes the player's ability to vary height, speed, spin, depth and direction in order to execute newly acquired tactics. Emphasis is now on building offensive skills to control points and on formulating strategies and game plans. Players are trained to identify their own strengths and weaknesses and those of their opponents. SPORTIME coaches encourage kids to participate in level-appropriate competitive tennis in addition to required 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 also 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.



Junior TK Yellow Levels

JTK Yellow One: Students either transition from JTK Green, or, if age/skill appropriate, start playing tennis on a full-sized (78') court with yellow balls. Our targeted curriculum focuses on the full athletic development of the child, as well as on his/her technical and tactical mechanics. Social interaction at this age and stage of development really helps each player's rate of improvement. Students hit hundreds of balls each session, working on movement, stances and balance to improve their ball striking skills and their levels of fitness. Our world-class professionals teach our players how, why and when to hit every stroke in the game in order to properly execute their tactical plans. Challenging drills and spirited games provide the tactics, experience and confidence needed for competitive play. JTK Yellow One players are encouraged to play school or tournament tennis.



JTK Yellow Two: JTK Yellow Two is SPORTIME's group lesson program for students 12 and over. The JTK Yellow Two curriculum is dedicated to elevating every student's ability to enjoy and to be successful in match play. At this stage, technical, tactical, emotional and physical skills are all essential in developing a confident player. Whether in individual sanctioned tournament play or school team competition, JTK players learn the keys to winning in both singles and doubles. Many JTK Yellow Two players compete on their junior high school and high school tennis teams, so doubles strategy and tactics are a major emphasis. Competitive singles drills and games challenge each student's ability to formulate, plan and execute her/his own winning tactics and strategies. Years of experience, advanced teaching skills and extensive knowledge in all areas of coaching give our tennis professionals the ability to help JTK players meet and surpass their tennis goals and aspirations.

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.

