

U10 SPORTIME TENNIS SPORTIME U10 TENNIS

SPORTIME's 10 and Under Tennis Program

PROGRAM INFORMATION

SPORTIME's U10 Pathway for our youngest, newest players aims to develop the whole player, physically, mentally, tactically and technically, from his or her very first lesson. In the SPORTIME U10 Tennis Pathway, junior players work 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.

SPORTIME's U10 Tennis combines the best principles of child learning with world-class tennis instruction to create a truly innovative and engaging program. Our tennis kids don't just take tennis lessons, they get sent on missions, acquire skills, collect points and achieve milestones. Our "gamification" approach is a part of SPORTIME's fun and challenging environment, where our kids are encouraged to take risks, to use their intellect and to find solutions. If you think all U10 programs are alike, they are not. Get your child into the game at SPORTIME!

U10 RED LEVELS

U10 RED ONE: The first stage of the SPORTIME U10 Pathway is designed for young players just starting to play the game. Using the appropriate-sized RED Court (36') and ball (low compression red) U10 RED One players learn to serve, rally and score on the RED Court over the lower net. RED One students focus on tracking the ball, moving into effective hitting positions and directing the ball using basic stroke shapes. Actually playing the game from the start increases our youngest students' motivation to learn and to commit to acquiring new skills. RED One players compete in SPORTIME World Tour events.

U10 RED TWO: In RED Two, players continue on the RED Court, refining strokes, working on more advanced tracking skills and learning to send the ball to specific areas in order to start building a tactical understanding of court geography. RED Two players will also begin linking shots together and developing more advanced technical skills, including learning how to deal with spin and speed. Developing players that love to play and compete is our mission, so RED Two players continue to compete in SPORTIME World Tour events.

U10 ORANGE LEVELS

U10 ORANGE ONE: ORANGE One players transition to the larger ORANGE Court (60') and the full-sized net, using both red balls and orange balls that move faster and bounce higher, making tracking and movement more challenging. Tactical sophistication increases, as players learn to link shots into patterns and to develop an understanding of choices from different positions on the court, including how to move an opponent. Technique continues to evolve, with increased swing lengths and added spin needed to meet the demands of the court and to match growing physical capabilities. ORANGE One players continue to compete in SPORTIME World Tour events and also participate in SPORTIME Warrior Games.

U10 ORANGE TWO: Now more confident, ORANGE Two players start to master patterns and begin to understand their own strengths and weaknesses. Each shot is now hit with the intention of challenging the opponent. Players work on becoming more aggressive from the back of the court and also on playing more at the net. Tactical skills include decision making, taking time away from the opponent and increasing intensity of play. In ORANGE Two there is increased focus on developing the athletic skills that form the foundation of technical development and on maximizing the movement and balance skills that are essential for playing high-level tennis. ORANGE Two players continue to compete in SPORTIME World Tour events and in SPORTIME Warrior Games.

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. With four separate events held during each indoor season, each SPORTIME World Tour event is based on a Grand Slam theme, assuring a festive and social experience for kids and parents. Participation in World Tour is included with all Red, Orange and Green level programs.



SPORTIME World Tour events use a Flexi-Team format, which means that teams are formed on the days of the events and that new friends and partners will be found. The SPORTIME World Tour is linked to our SPORTIME Rewards Program, in which participants earn and accumulate points based on attitude, effort and sportsmanship.

SPORTIME WARRIOR GAMES

SPORTIME Warrior Games events are held twice a year and participation is included for all players in SPORTIME programs who are training on 60' or 78' courts with the orange or green ball. Reflecting the competitive vision of John McEnroe, these events enhance and promote the competitive skills needed for the long-term development of our players.



SPORTIME Warrior Games are team-based competitions divided into three segments, based on key areas of mental development: focus; dealing with adversity; the ability to make tactical adjustments. To prepare, players work on these skills during the competitive portion of each group lesson. Our goal is to give our students the mental tools that allow them to compete well, to enjoy competing, to respond to situations with multiple and adaptable tactics, and to win matches.

THE JOURNEY CONTINUES...

Depending on your SPORTIME home club location and on your tennis playing goals and aspirations, SPORTIME offers different pathways for the green and yellow levels that take our students on to the 78' full-sized court, playing with green and yellow balls, and leading to their ongoing participation in school teams, tournaments and collegiate play, and, for some, a career in professional tennis.

JUNIOR TENNIS KINETICS (JTK)

JUNIOR TENNIS KINETICS (JTK): SPORTIME's trade-marked junior development program, dedicated to meeting the instructional and recreational needs of our junior members through weekly group lessons that not only provide an excellent learning environment, but also create important social interactions and competitive opportunities. JTK tactical games are designed so that students can practice and perfect winning tactics in "live ball" point situations. The JTK tennis pathway is available at most SPORTIME tennis locations.

EXCEL HIGH PERFORMANCE

SPORTIME EXCEL: 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, with the goal of playing competitive tennis at the high school and/or collegiate levels, as well as playing USTA tournament tennis. Entry into the EXCEL Pathway is based on commitment, desire and ability. The EXCEL pathway is provided at all SPORTIME tennis locations where JMTA is not offered.

JOHN MCENROE TENNIS ACADEMY (JMTA)

JOHN MCENROE TENNIS ACADEMY (JMTA): JMTA is the New York region's #1 program for developing nationally and internationally competitive juniors. Conceived, developed and directed by John McEnroe and his world-class staff, JMTA boasts players that have won titles at sectional, national, intercollegiate and international levels. Every JMTA session features positive, encouraging coaching in a fast-paced, competitive environment. JMTA is offered at locations in NYC, Long Island and Westchester.