

2021-2022 Junior Program

The FRC Junior Program will offer group classes for players of all levels and ages. The program will be broken down into two main pathways: Development and Performance.

There will be five 7-week sessions, classes that meet once a week per enrollment (multiple sign-ups are encouraged)

Session 1: Sept 7-Oct 24 *the Monday classes in session 1 will begin on 9/13, will be 6 weeks long, and will be prorated*

Session 2: Oct 25- Dec 19 *no class Thanksgiving week, November 22nd-November 28th*

Session 3: Jan 3- Feb 20

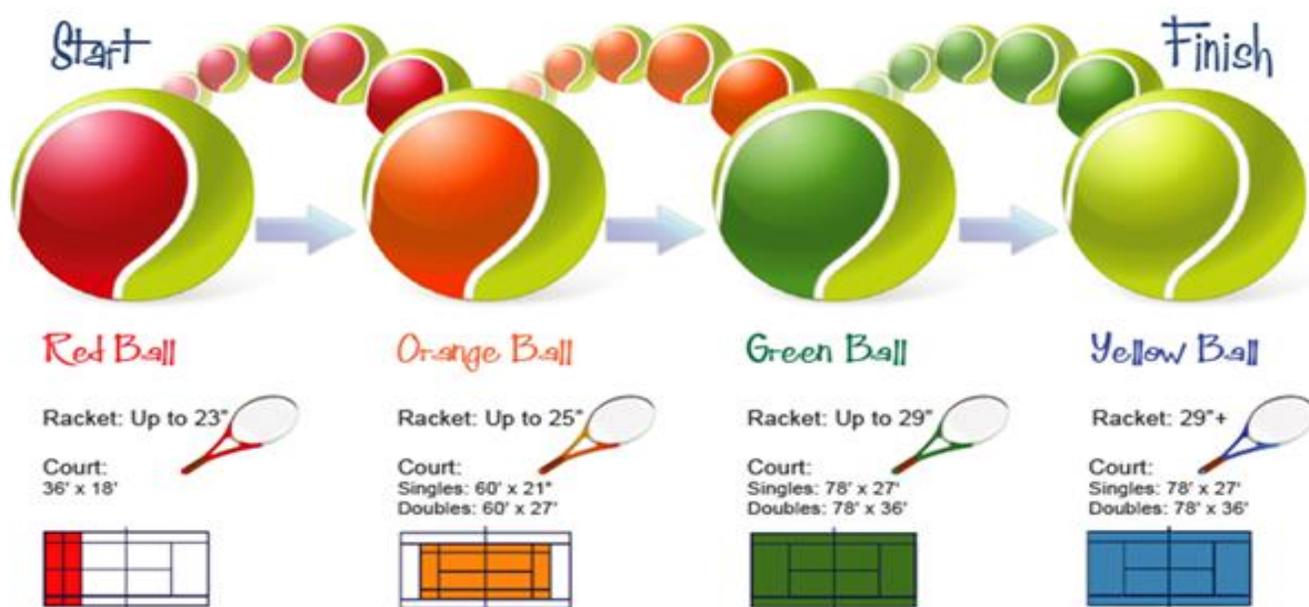
Session 4: Feb 21- Apr 17 *no class Spring Break, April 4th-April 10th*

Session 5: Apr 18- Jun 5

We will only be taking enrollments for students in the current session (i.e., Session 1 enrollment is from 8/1-10/24). Players enrolled will have priority to reenroll for subsequent sessions before openings will be made available to new students.

Due to limited space and enrollment availability, we do not offer makeups for missed classes

**If a student must unenroll due to a medical condition, a prorated refund will be given once a paid replacement is found. **



Philosophy: There are no shortcuts to success. We strongly believe in the process of development with a foundation built on sound fundamental techniques and a long-term big picture in mind. We want our players to have fun from the start so that they develop a love for the game. At the same time, we emphasize proper stroke mechanics and growth of general athletic skills to allow each player to maximize their potential on the court. Given that all players develop at different rates, we believe there is no one secret to success other than putting in the time and effort to improve. In order to focus on our players and their individual needs, the FRC Junior Program follows a low compression ball progression that scales court size, racket size, and type of ball to the age, size, and skill level of each player.

Development Pathway:

These classes are offered to players who are learning the fundamental techniques and skills associated with tennis. Players may range from beginner to intermediate to advanced levels and will be grouped within a class, based on their needs and skill level. Key components of the developmental pathway will be working on fundamental athletic skills, learning and refining proper stroke mechanics and technical skills, and developing consistency and control in live ball play. Classes will be offered in Red ball (ages 8 and under), Orange Ball (approx. ages 7-10), Green Ball (approx. ages 9-12), and Yellow Ball (approx. ages 12 and up).

Class Format: Orange, Green and Yellow ball classes are 90 minutes long and are multi court classes. Our enrollment ratio is based on 4 players per court, i.e., a 2-court class will have 8 participants, a 4-court class will have 16 participants, etc. However, participants will come together at various stages during a class (e.g., group warm-up or for certain drills & games) so there will be higher numbers on the court from time to time. Participants may also be moved in-between courts during class as is advantageous to the flow of class, etc. Red ball classes are 1 hour long with 4 players on the abbreviated Quick Start court.

Cost: For Orange, Green and Yellow ball classes, \$45 per class or \$315 per session. Red ball classes are \$30 per class or \$210 per session.

Performance Pathway:

Admission into the performance program will be based on a variety of factors including technical skill, player goals and motivations, and commitment to improvement. The performance program is invitation based, and any players wishing to join the performance group must complete a 30-minute private lesson assessment at \$45. Past or current enrollment in performance classes is not a guarantee of a future spot in class. Players will be continuously evaluated for appropriate placement in the performance program.

Performance classes will prioritize continued development of advanced technical skills as well as application of match-specific strategies and decision-making skills. Classes will incorporate a fitness component; however, players are expected to be serious tennis players who are working to improve their game outside of class as well as in the group setting. Players should be competing in tournaments or match-play and playing year-round.

Players in the performance program are required to enroll in at least 2 classes per week

Class Format: 2-hour classes, 4 players per court

Cost: \$60 per class, billed monthly.

Important Details to Note

- Please monitor your child's health and **do not come to FRC if your child has symptoms of Covid-19 or has been exposed**. Follow CDC guidelines regarding quarantine. For your information we have attached flyers from the CDC.
- Currently, we are continuing to ask that masks be worn in common areas in the club (e.g., locker rooms, lobbies, etc.). However, once on court players are free to remove their masks if they wish. Players are expected to distance from other players, approximately the distance of an extended arm and racquet. If this policy changes, we will notify you.
- Players must bring their own equipment: racquet, water, towel, etc...
- Due to limited space for viewing with appropriate distancing, we prefer that parents do not wait inside during the class (coaches also find that players tend to be more focused and learn better when they are left to be independent on court). However, please accompany your child into the building for drop-off and pick-up.
- Please note that students are supervised only while on court during class and are not supervised off court, before or after their class.
- Fairfax Racquet Club retains the right to assign, shift, postpone or cancel classes as necessary. We may not run classes that are unfilled.