

## 2022-2023 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 sessions, classes that meet once a week per enrollment (multiple sign-ups are encouraged)

Session 1: 9/6-10/23: 7 weeks (\$350) (Monday 6x (\$300)- No Play on 9/5)

Session 2: 10/24-12/18: 7 weeks (\$350) (No Play Thanksgiving Week 11/21-11/27)

Session 3: 1/3-2/19: 7 weeks (\$350) (Monday 6x (\$300)- No Play on 1/2)

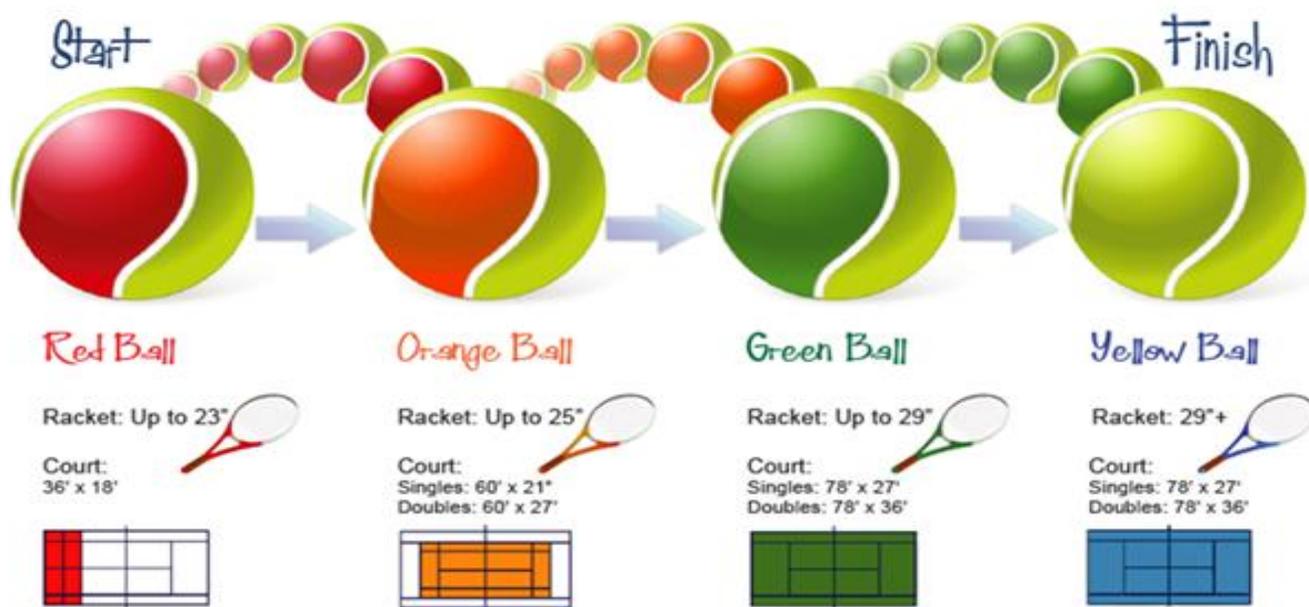
Session 4: 2/20-4/23: 8 weeks (\$400) (No Play Spring Break 4/3-4/9)

Session 5: 4/24-6/11: 7 weeks (\$350) (Monday 6x (\$300)-No Play on 5/29)

We will only be taking enrollments for students in the current session (i.e., Session 1 enrollment is from 7/15-10/23). 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, \$50 per class or \$350 per session. Red ball classes are \$35 per class or \$245 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:** \$65 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 current CDC guidelines regarding quarantine.
- Players must bring their own equipment: racquet, water, towel, etc.
- Players should wear athletic attire and must have proper tennis shoes i.e. Shoes must have good ankle support and have non-marking soles. (Running shoes, hiking shoes, flip flops/sandals, or shoes with black rubber soles are NOT acceptable footwear.) Players who arrive without proper footwear will not be allowed to play due to injury risk as well as risk of damage to the court surface.
- 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.