

In general, our Junior Tennis Weekend Plan is designed to help kids go beyond just hitting the ball. We guide them to take the sport more seriously while still having fun. With a focus on steady improvement, the program helps them grow as players and gain experience on the court.

□ CORE TRAINING PILLARS

Our training focuses on developing well-rounded players by building skills in four essential training pillars: technical skills, strategy and tactics, athletic development, and mental toughness.

1. Technical Skills

In the technical area, kids learn proper stroke technique, footwork, and court positioning using the most up-to-date methods to create a strong foundation and efficient movement.

2. Strategy & Tactics

We help kids understand how to play smart, while teaching them to create game plans, make quick decisions under pressure, and adapt to different opponents and match situations.

3. Athletic Development

We also work hard on physical development. Our training helps kids improve their speed, agility, coordination, balance, reaction time, flexibility, and endurance—both aerobic and anaerobic. This physical foundation is key to handling the demands of match play.

4. Mental Toughness

And more importantly, we focus on the mental game. We guide players in handling pressure and emotions with confidence, staying focused and positive, building resilience, taking responsibility for their own progress, learning to take decisions, and creating strong, healthy habits—skills that benefit them both on and off the court.

□ PROGRAM STRUCTURE

Our Fundamental Tennis Program is structured around progression through three levels: Level 1-Tennis Basics, Level 2- Skill Development, Level 3-PreCompetition. Advancement isn't based on age or how long a child has been playing, but on achieving specific objectives. Progress is also supported by our state-of-the-art Progress Tracker system, which keeps players and parents informed every step of the way.

Level 1: Tennis Basics

In this first stage, the goal is to help kids learn the basics of tennis in a fun and supportive way. Technically, they'll be introduced to the main strokes like forehand, backhand, volley, and serve, along with how to hold the racket, stand

correctly, and move around the court. Tactically, they'll start understanding how to rally, where to aim the ball, and the basic rules of play. Physically, we focus on building coordination, balance, and movement through games and simple exercises. Mentally, kids learn how to stay focused, follow instructions, be patient, and enjoy the learning process.

Level 2: Skill Development

In the second stage, players begin building on what they've learned and start playing more confidently. Technically, they work on improving the consistency and accuracy of their shots, learning how to add some spin, and becoming more comfortable with serving and moving during points. Tactically, they start thinking more about where to hit the ball and how to prepare for different shots. Physically, players continue to improve their quickness and balance while developing better coordination during play. Mentally, they learn how to stay positive during challenges, build confidence, and stay focused for longer periods on the court.

Level 3: Pre-Competition

In this stage, players are starting to become more consistent and ready for fun, friendly competition. Technically, they continue to fine-tune their strokes and serve while learning how to hit with more purpose and variety. Tactically, they begin using simple strategies like hitting to open spaces and setting up points. Physically, players are encouraged to keep improving their movement and stamina, so they can play longer and with more energy. Mentally, they work on managing their emotions during matches, learning how to bounce back from mistakes, and playing with focus and effort from start to finish.

□ CLASSES STRUCTURE

Training groups are intentionally kept small—no more than eight players per class—to ensure every child receives focused, personalized attention. Each session is led by a principal coach, with the direct support of an assistant coach. This two-coach structure allows for close supervision, detailed feedback, and the ability to tailor instruction to each player's individual needs throughout the session.

Our coaching team consists of certified, experienced professionals who follow our structured tennis program built around four core training pillars. Lessons are always adapted to match each child's current level, making training both motivating and appropriately challenging as they continue to grow in the game.

Classes are held once a week, with each session lasting 90 minutes. Classes take place on

Saturday mornings—Level 1 from 8:00 to 9:30 AM, Level 2 from 9:30 to 11:00 AM, and Level 3 from 11:00 AM to 12:30 PM.

□ CLASSES LOCATION

Our Junior Tennis Weekend Training Plan takes place at our Creekside location conveniently located at: 27440 Kuykendahl Rd, The Woodlands, TX 77375

□ PARTICIPANT'S COMPROMISE

To help kids succeed, we ask for three things from the families.

1. Regular attendance. Consistent practice leads to consistent progress. If a class needs to be missed due to illness, weather, or other reasons, and you notify us ahead of time, we'll gladly arrange a makeup session using our easy-to-use Makeups Planner tool.
2. Discipline, Positive attitude and patience. Improvement takes time, and a growth mindset goes a long way. Parents play a key role in supporting discipline early on while kids become more motivated and independent.
3. Basic equipment. Athletic clothing, tennis racket, water and sunblock—nothing fancy.

□ TUITION

Tuition is billed monthly in advance, depending on the number of classes that month. You'll receive a statement at the beginning of each month. Class Rate is **\$45** per 90-minute group class. There are no registration fees or hidden costs. Complimentary Private and Semi-private classes are also available on Fridays at a rate of \$90 Private (1 player) and \$45 Semi-private (2 players) per 60-minute sessions. There are no registration fees or hidden costs.

□ HOW TO GET STARTED

Getting started is easy:

1. Just let us know you're interested, and we'll reserve a spot based on your child's level. If needed, we'll arrange a free assessment class to determine their level.
2. Once your child's spot is reserved, you'll simply complete and send us the Registration Form—and you're all set!

We'd love to have your child join us! Reach out with any questions—we'll see you on the court