

In general, our Junior Regular Plan is designed to take kids beyond the basic playing, guiding them to approach tennis as a serious athletic discipline. Focused on progress and results, our training system leads to meaningful growth and opportunities both on and off 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 tennis teaching approach is structured around progression through nine clearly defined levels, grouped into three core programs: Fundamental, Development and High Performance. 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.

In our Fundamental Tennis Program, which includes Levels 1 through 3, kids begin with the basics. In Level 1, they learn the basic stroke technique in a static position and start building foundational footwork. In Level 2, they begin applying these strokes while moving on the court.

By Level 3, players are expected to develop more consistency in their shots from different positions.

In our Development Tennis Program, which includes Levels 4 to 6, we introduce competitive play. Level 4 is focused on fun, internal tournaments held around every two months to get kids comfortable with match play. In Level 5, they start participating in local and UTR tournaments with full planning guidance. Level 6 prepares players to compete in USTA events and begin earning regional or national rankings as they become experienced competitors.

In our High Performance Tennis Program, which includes Levels 7 through 9, players are solid competitors looking to take their game to the next level. Level 7 players typically are working toward success on school or high school teams. In Level 8, they're preparing to compete in ITF Junior tournaments. Finally, Level 9 is for players aiming to earn college scholarships, join university teams, or represent their state or country in national and international competitions.

□ **CLASSES STRUCTURE**

Classes take place at least twice per week, with each session lasting between 45 and 60 minutes, depending on the player's level (Level 1: 45 minutes; Level 2 and up: 60 minutes).

Training groups are intentionally kept small—no more than six players per class—to ensure every child receives focused, personalized attention.

Classes are scheduled Monday through Thursday, between 5:00 PM and 8:45 PM, with private sessions and make-up classes available on Fridays and Saturdays, based on space availability and your schedule.

Our coaching team is made up of certified, experienced professionals, including some with ATP-level playing or coaching backgrounds. Each coach teaches from our structured curriculum, with an emphasis on one of our four core training pillars. Every lesson is tailored to the individual player's current level, which keeps sessions both motivating and appropriately challenging as kids grow and progress in the game.

□ **CLASSES LOCATIONS**

We offer training at four convenient locations in the Woodlands-Spring-Tomball-Magnolia area:

- Creekside location: 27440 Kuykendahl Rd, The Woodlands, TX 77375

- Shenandoah location: 801 Maplewood Dr, Shenandoah, TX 77380
- West Woodlands location: 8905 West Ln, Magnolia, TX 77354
- Northgrove location: 8553 Burdekin Rd, Magnolia TX 77354

Kids will train with different coaches who rotate across all locations, ensuring a consistent and high-quality experience no matter where your child attends class.

□ **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, but over time, 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. For Level 1, the rate is **\$25** per 45-minute group class. For Level 2 and up, it's **\$29** per 60-minute group class. 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**

1. Just let us know you're interested, and we'll share available schedules and locations based on your child's level. If needed, we'll arrange a free assessment class to determine their level.
2. Once you pick a schedule, we'll reserve your spot—just 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