

PATC TENNIS PROGRESSION PROGRAM

MISSION STATEMENT

Our goal at Park Avenue Tennis Center is to create a healthy and enjoyable experience for every junior tennis player that enters our facility, regardless of age or ability level. By having programs such as the “Quick-Start” Tennis Progression, Junior Development Program and the High Performance Academy under one roof, our USP-TA and USPTR certified Pro-Staff is able to properly teach all of our students how to play the game of tennis from beginner to advanced tournament player. We are confident that our tennis programming provides a clear and concise developmental pathway for our students and allows the players to achieve their current goals while striving for their next level of proficiency.

Quick-Start Program

We use a “Game Based Model” that introduces hand & eye and movement motor skills as part of the learning and playing the game. We follow the youth progression pathway that uses low compression foam balls (red, orange & green dot) and proper sized racquets and courts which enables children to learn and play tennis more effectively using proper movement and stroke technique. The program is designed to use tennis, athletic skills and self confidence, while learning the basic tennis skills. Student program registration and placement are based upon age, athletic and tennis ability. New students will be evaluated by our PATC Pro-Staff.

Red Ball Program (Ages 4-8) Introduction to Tennis

This class is the beginning of your child’s journey through our **Tennis Progression Pathway**. In this first level, our goal is to get them to love the game of tennis while establishing a good fundamental base with their technique and athletic skills.

Days & Times: Monday: 4:00-5:00pm
 Tuesday : 5:00-6:00pm
 Thursday: 5:00-6:00pm





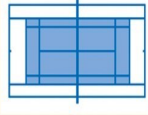

Cost: \$720
 Friday: 4:00-5:00pm
 Saturday: 12:00-1:00pm
 Sunday: 11:00-12:00pm

Orange Ball Program (Ages 9-10)

In the Orange Ball Program, children have graduated through the introductory Red Ball Program and have a good working knowledge of basic grips, stroke production and reaction and motor skills. Students in the Orange Ball Program are introduced to the “**3 DIMENSIONS OF TENNIS**”, height, spin and variation of depth. Players will focus on improving their movement and rallying skills. We guide each player through the development of their tennis mechanics and shot consistency. We use fun, agility, balance and coordination and movement activities to improve each player’s level and progression into the **Green Ball Program**.

Days & Times: Monday: 4:00-5:00pm
 Tuesday: 5:00-6:00pm
 Thursday: 5:00-6:00pm

Cost: \$720
 Friday: 4:00-5:00pm
 Saturday: 12:00-1:00pm
 Sunday: 11:00-12:00pm

STAGE	RED	ORANGE	GREEN
AGE	5 - 8	9 - 10	11 and up
BALL	 Red felt or foam Moves slower and bounces lower than orange ball	 Orange Moves slower and bounces lower than green ball	 Green Slightly reduced bounce from yellow ball
COURT SIZE	 36' x 18'	 60' x 21' singles 60' x 27' doubles	 78' x 27' singles 78' x 36' doubles
NET HEIGHT	29"	3' center, 3'6" at net posts	3' center, 3'6" at net posts
RACQUET	Up to 23"	23" - 25"	25" - 27"

Green Ball Program (Ages 10 & UP)

This class is for the junior who has progressed through the Orange Ball Program and is now able to rally consistently with proper technique on a 78ft court. When a player is ready to move up to the Green Ball Program, they should be able to serve, rally and score with a certain level of proficiency and confidence. Coaches will accomplish these goals through hand and racquet feeding and live ball progression drills.

Coaches provide constant feedback and assign corrections to players to give them a point of focus throughout the lessons.

This training session emphasizes all aspects of the game and helps improve proper shot technique. Focus is placed on live ball drills that develop rallying and decision-making skills along with proper movement and recovery. Point playing games are used to reinforce the skills learned and to improve a player’s competitive skills.

DAYS & TIMES: Monday: 4:00-5:00pm
 Tuesday: 5:00-6:00pm
 Thursday: 5:00-6:00pm

COST: \$720
 Sunday: 11:00-12:00pm

Yellow Ball Program SILVER (Ages 8-11) GOLD (Ages 12-14)

This program is designed for the player that has already successfully completed the Green Ball Progression Program. These 1.5 hr classes allow for more time to reinforce the player’s solid technical base with a daily emphasis on grips, strokes and tactical and technical skills and for tactical themes to be practiced. This program is geared for players that have the desire and heart to compete and move into the Junior Development Program.

DAYS & TIMES: **COST: \$945**

Monday: 4:30-6:00pm
 Wednesday: 4:30-6:00pm
 Thursday: 4:30-6:00pm
 Sunday: 12:00-1:30pm

Junior Development Program

Silver (8-11 yrs old) Gold (12-16 yrs old)

This class is for teens who have graduated through either the Yellow Ball Program-SILVER or GOLD, and want to become better recreational, junior varsity, varsity or USTA tournament players. All classes in the JD Program will be conducted on a strict 4:1 student to coach ratio and be comprised of 2 hrs of intensive drills, technical, tactical and point play situations. This program is geared for players who either want to play tennis competitively or have the desire to continue into the ACE Academy.

Days & Times: **Cost: \$1,260**

Monday: 6:00-8:00pm
 Wednesday: 6:00-8:00pm
 Thursday: 6:00-8:00pm

For further information or registration regarding the 2023-2024 PATC Fall/Winter Junior Tennis Programs, please contact Sean McCarthy @ 732-359-8800
Website: parkavenuetennis.com
parkavenuetennis@gmail.com



performance tennis academy
ACE TENNIS ACADEMY

The ACE Tennis Academy was designed by our USTA High Performance Coaches specifically for junior players who are currently on a competitive tennis pathway. This high-performance program is perfect for any player who is dedicated to the sport and is driven by the desire to improve. The ACE Academy offers an intensive and highly focused daily program which includes a 4:1 player to coach ratio, stroke specific instruction, performance drills, technical and tactical analysis, speed & agility training and supervised match-play.

Days & Times: **Cost: \$1,260**

Monday: 6:00-8:00pm
Wednesday: 6:00-8:00pm
Thursday: 6:00-8:00pm

Girls High School Performance Tennis Program

The PATC Girl's High School Performance Tennis Program is designed for any girl who either currently competes or is planning on joining her High School Tennis Team and is looking to train and play in a structured performance environment. This program is ideal for any player who is looking to improve her technical, tactical and competitive skills during the off-season but is unable to commit to numerous days of training.

The PATC Pro Staff instructing the program will be using the same coaching curriculum currently used in our ACE Academy. The curriculum was designed by our USTA High Performance Coaches and offers an intensive and highly focused 2 hr, program which includes a 4-1 student to coach ratio, performance drills, stroke analysis, fitness & conditioning and supervised match play.

Days & Times: **Cost: \$1,260**

Wednesday: 6:00-8:00pm

Park Avenue Tennis Center
Program Registration Form

First Name: _____

Last Name: _____

Gender: Male Female

Grade: UTR: Age: __

Junior Tennis Program (Day/Time/Type)

Mailing Address: _____

City: _____ State: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Emergency Contact:

First & Last Name _____

Contact Phone: _____

Things to know about registered student

(i.e. asthma, allergies, etc)

Waiver & Release I certify that myself (applicant) or my children), is, are in good health and can participate in the daily activities unless otherwise notified. I will not hold Park Avenue Tennis Center LLC or any instructor liable for any injury or accident that occurs while my child is participating in this program. In case of an injury, I grant Park Avenue Tennis Center LLC Staff permission to administer standard first aid treatment on site or to transport my child to the nearest medical facility equipped to handle the injury. By signing below, I also certify that my child(ren's) pictures may be used by Park Avenue Tennis Center LLC for promotional purposes on Park Avenue Tennis Center LLC website and in printed promotional items.

Signature of Parent or Guardian: _____

PARK AVENUE TENNIS CENTER

Fall and Winter 2024

Junior Programs

September 5—January 15, 2024



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07755

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