



## 2024 WINTER & SPRING – JUNIOR TENNIS PROGRAM @ FOUNTAIN VALLEY

**JAN 2<sup>ND</sup> – MAY 31<sup>ST</sup>**

**High Performance, Performance, and QuickStart Levels**

### **HIGH PERFORMANCE ACADEMY**

This is for advanced players who play competitive junior tournaments, and desire to play high school or college tennis. Development of these players will be the most intensive in the academy. It will be a comprehensive program including, physical, mental, emotional, and strategic training. This class is to specifically prepare players to achieve in tournaments and ultimately to play college tennis.

*Contact coach Quoc Tran: [quoct@agapetennisacademy.com](mailto:quoct@agapetennisacademy.com) for placement*

**Players age 10+**

**Tues and Thursday 5:30-7:30PM**

**\$40/class – Must register for the month**

### **PERFORMANCE ACADEMY**

This is for intermediate players who desire to play high school tennis or beyond. Players must have had match play experience and play in USTA leagues. Players will learn match play strategies, increase rallying abilities, and improve proper technique.

#### **Performance I**

**Players age 11+**

**Players must:**

- Be intermediate to advanced level players
- Sustain a 15-ball rally, use topspin and slice
- Consistently get serves in with a continental grip
- Players must have consent of coaches and meet new group requirements to move up to another level

**Tuesday, Thursday 5:30-7:30PM**

**\$40/class- Must register for the month**

#### **Performance II**

**Players ages 7-15**

**Players must:**

- Be advanced green ball level
- Sustain a 10-ball rally and use topspin
- Consistently get serves in with a continental grip
- Players must have consent of coaches and meet new group requirements to move up to another level

**Tuesday, Thursday 4:00-5:30PM**

**Saturday 9-10:30AM**

**\$30/class – Must register for the month**

## **QUICKSTART ACADEMY**

This is for students from beginner level to advanced levels from ages 4-17 years old. Quickstart is a fun and successful way for students to learn to play REAL tennis. It is designed to bring kids to the game by developing important skills, utilizing smaller racquets, slower and lighter balls, shorter court dimensions and modified scoring, all tailored to the age, size and skill of the student. Students will learn technique, strategy and tactics appropriate for various ages and skills. It also prepares students for match-play through league tennis such as USTA and ALTA.

### **Red Ball**

**Players 4-7 years old**

These players will be able to learn all the skills required to rally with a partner. They will learn how to start a point with underhand toss and overhead serve. Before advancing to Orange Ball, players must be able to send and receive on both sides off the bounce and out of the air, rally consistently 8 balls or more with recovery, balance and moderate technique, start a point with an overhead serve, and control depth and direction of the ball.

**Tuesday (4:30 - 5:30PM) Wednesday (4:30 - 5:30PM) Saturday(9:00 -10:00AM)  
Sunday (9:00-10:00AM)**

**\$20/class - Must register for the month**

### **Orange Ball**

**Players 7-11 years old**

These players will develop basic to moderate/advanced rallying skills from the 60 ft court baseline. They will learn how to start a point with both an underhand and overhand serve. Before advancing to Green Ball, players must achieve all movements and rally with balance, control depth and direction from the baseline, play all parts of the court including baseline, mid-court and net with moderate technique (forehand, backhand, serve, and volley) and rally 10 balls or more.

**Monday (4:30-5:30PM) Thursday (4:30-5:30PM) Saturday (10:00 -11:00AM)  
Sunday (10:00-11:00PM)**

**\$20/class -Must register for the month**

### **Green Ball**

**Players 11-17 years old**

These players will develop basic to moderate/advanced technique and rally skills on a 78 ft court from the baseline. They will learn how to start a point with an overhead serve and technical fundamentals for mid-court and net play. Before advancing to Performance I, players must be able to play a rally starting with proper serve technique and grip, control direction, depth and spin from the baseline, and play all parts of the court including mid-court and net with proper grips, footwork and fundamentals, and rally 12 balls or more.

**Monday (5:30 - 7:00PM) Wednesday (5:30-7:00PM) Saturday (11:00-12:30PM)  
Sunday (11:00-12:30PM)**

**\$30/class - Must register for the month**

### **IMPORTANT POLICIES:**

*\*Sign up online at [www.agapetennisacademy.com](http://www.agapetennisacademy.com) to guarantee spot*

*\*Payment is required at time of registration*

*\*Monthly payment is due at the beginning of each month*

*\*Pro-rated pricing is available depending on start date*

*\*Must sign up for specific days*

*\*Automatic re-registration unless notified by email prior to the end of the month*

*\*Credits will be issued for weather-related cancellations*

*\*Pro Shop will email cancellations and updates on junior program classes*

**PLEASE REGISTER ONLINE @[WWW.AGAPETENNISACADEMY.COM](http://WWW.AGAPETENNISACADEMY.COM)**

**EMAIL [FVINFO@AGAPETENNISACADEMY.COM](mailto:FVINFO@AGAPETENNISACADEMY.COM) OR**

**CALL (714) 587-0797**

