



Rocks Tennis Sessions



For ages 6-12. The main focus of this program is to make tennis fun while teaching and developing good technique.

All sessions will be taught by Westfield High School, Girls Tennis Coach, Trudy Coler.

Ages 6-7 Red Ball, 36' court

Kids will be taught the fundamentals of tennis including forehand, backhand, volleys, and serve using age appropriate equipment. This includes slower bouncing balls, smaller racquets and smaller court sizes. Age and level appropriate drills and games will reinforce the fundamentals while also working on eye-hand coordination, movement and development of strokes. Drills will be fun, fast-paced with focus on building confidence, sportsmanship and teamwork. Kids should bring their own racquets but there will be some available for use.

- Open to girls and boys
- **Session dates are Saturday, August 18, 25, September 1, 8, 15 and 29 (off 9/22) from 9am-10am.**

Ages 8-10 Orange Ball, 60' court

- Open to girls and boys; kids should bring their own racquets.
- Age and level appropriate drills and games will reinforce the fundamentals while also working on eye-hand coordination, movement and development of strokes.
- Some match play may be part of the session for those ready to play.
- **Session dates are Saturday, August 18, 25, September 1, 8, 15 and 29 (off 9/22) from 10am-11am.**

Ages 11-12 Dot to Yellow Ball, Full court

- Open to girls and boys; kids should bring their own racquets.
- Age and level appropriate drills and games will reinforce the fundamentals while also working on eye-hand coordination, movement, development of strokes and consistency. We will also work on placement, targeting and introducing topspin and understanding match play and beginner strategies.
- Some match play may also be part of these sessions.
- **Session dates are Saturday, August 18, 25, September 1, 8, 15 and 29 (off 9/22) from 11am-12pm.**

Space is limited to 8 kids each session, all sessions are \$85. Registration deadline is August 11, 2018. Session enrollment minimum is 6. All sessions are at WHS tennis courts.

To register contact Trudy via e-mail at tcoler@mymetronet.net before August 11. Be sure to note what session you are interested in. If you have questions please feel free to contact me at (317-727-2759).

