



Richmond Country Club

2023 Junior Tennis Program

RCC TENNIS

We are pleased to unveil our 2023 Junior Tennis Program. With the current COVID-19 situation, we will continue to make sure that we have proper protocols in place to provide the safest environment possible. We will closely follow all PHO Orders set out by the province. Outside of that, our main goal is to provide first class, quality tennis instruction to allow each junior to reach their full potential.

Registration Priority

Members will receive first priority for our Programs. If spots remain open, we will accept registration based on the criteria below.

NON-MEMBERS PLEASE NOTE: Members have 1st priority for spots in any of our programs. *If you are a non-member and want to increase your chance for a spot, please inquire about membership via our Membership Leader, Leah Bertrand at lbertrand@richmondcc.ca. At this time, individual junior memberships are not available. For a junior to become a member, you must apply for a family membership. Make sure you also notify us that you are in the process of applying for membership.*

Participants will receive invoices by email as confirmation if there is space in the program.

Invoicing Process (Non-Members)

You must secure your days by paying the invoice we send you which confirms your space availability. For example, once you choose to attend a specific class for the season, we will invoice you and your spot will only be held once payment is received. **If Payment is not received, your spot will be made available to the next participant on the waitlist.**

Payment (Non-Members)

To confirm your spot, non-member payments must be made by e-transfer to hchoi@richmondcc.ca. Credit card payments are available over the phone but are subject to a 3% fee. E-transfers are highly recommended over debit payments to decrease the amount of traffic flow within the club and to keep everyone safe. **If Payment is not received, your spot will be made available to the next participant on the waitlist.**

Court Occupancy

We aim to have no more than 4 to 6 students on a court at any given time with 1 coach on each court.

COVID-19 Policy

Participants and coaches will not be allowed to attend group lessons if they have symptoms of illness of any kind. They may not enter the facility if they have travelled outside of Canada within the past 7 days unless they are fully vaccinated.

Parent Viewing

Bubble Up: We are not allowing parental viewing of our group lessons in our indoor facilities at this time. Subject to change depending on current COVID-19 protocols.

Group Selections

We have the difficult task of placing all of our participants in specific groups based on our Selection Criteria and the makeup of our registration list. Our decisions will be based on the following criteria NOT in any particular order (membership status, ranking, coachability, level, years in the program etc). All decisions will be made collectively by the Director of Racquets and Athletics, Performance Coach and assistant coaches.

Changes - Administration Fee

There is an administrative fee of \$50 for any change made after invoices are prepared.

Refunds

There will be no refunds for our Junior Group Program.

Rain Days

If rain days occur during the fall term, make up days will be offered or credits will be transferred to the following term.

Junior Group Pricing

Non-Members \$ 30 per hour

Members \$ 39 per hour

Junior Matchplay Pricing

Members \$26 per class

Non-Members \$36 per class

Progressive

Red Ball Program (4-5yrs) (6:1 Coach to Student Ratio)

Days & Times: Sunday (max. 8) 11:00-12:00pm

This group is for players aged 4-5 years old who will be introduced to basic developmental skills like coordination, hand-eye coordination, physical movement and racquet skills. The development of these skills sets a platform for these young individuals' future success. One of our other main goals in this class is to create a fun and enjoyable atmosphere to help gain an interest in tennis and plant a seed for the future.

Orange Ball Program / Orange Ball Advanced (6-9yrs) (6:1 Coach to Student Ratio)

Days & Times: Regular - Wednesday (max. 8) 4:00-5:30pm
Sunday (max. 12) 12:00-1:30pm

Advanced - Wednesday (max. 4) 4:00-5:30pm
Sunday (max. 4) 1:30-3:00pm

This group is for players aged 6-9 years old and who are starting to learn and develop the skills needed to perform at an adequate level. Orange felt compression balls are used to make it easier for juniors at this age not only to make contact with the ball more frequently but also in time, rally balls to make tennis enjoyable. Smaller courts are also used to help facilitate relative dimensions to help their progression.

Green Dot Ball Program (8-10 yrs) (6:1 Coach to Student Ratio)

Days & Times: Regular - Wednesday (max. 8) 5:30-7:00pm
Sunday (max. 4) 1:30-3:00pm

Advanced - Wednesday (max. 4) 5:30-7:00pm
Sunday (max. 4) 1:30-3:00pm

This group is for players who have just transitioned from our Progressive Orange Court Group. Athletes within this group are transitioning to a full court with a slightly lower compression ball to enhance their skills. The main focus within this group is to improve tactics and consistency and give technical feedback in the process. Players within this group should be playing in Tennis BC U10 Future Stars events.

Development / Competitive

'Tween Tennis 9+ (4:1 Coach to Student Ratio)

Days & Times: Friday 6-7:30pm (max. 6) | Saturday (max. 6) 3:00-5:00pm

This group is for juniors from ages 9-12 yrs old who are either just being introduced to the game of tennis or are looking to improve their skills at a developmental or emerging competitive level. The main goal of this group is to emphasize a fun atmosphere and enjoyment of the game through fun game based learning. Our hope is that we can gain more interest in tennis for those participating in 'Tween Tennis. This is a good avenue for juniors who are looking to play high school tennis in a few years' time.

Teen Tennis 12+ (4:1 Coach to Student Ratio)

Days & Times: Sunday (max 12) 3:00pm-5:00pm

This group mainly targets teens who are interested in advancing their tennis game in a fun but focused atmosphere. Coaches in this group will be teaching a lot of technical and tactical work so that they can improve each athlete's knowledge of the game and hopefully put them in a position to play the game correctly. If you are looking to possibly play school tennis or just learn the fundamentals of tennis, this group is for you.

Performance

High Performance Elite (HPE - 16+ years of age)

Days & Times: Tuesday (max. 16) 6:30-9:00pm

Wednesday (max. 16) 6:15-7:45am **NEW PROGRAM TIME***

Wednesday (max. 6) 7:00-9:00pm *Limited Space*

Thursday (max. 16) 6:30-9:00pm

(All 2.5 hour classes include 30 minutes of mandatory fitness)

This group is for national level and top provincial level tennis players who have the focus and desire to train, play and compete. It is required for all athletes within this group to participate in provincial, national or international level tennis events. All participants will work on situational play, focus on technical requirements, and the mental rigours of competing at a high level. All players in this group must be approved by the Director of Racquets & Athletics and High Performance Coach prior to enrolling in the class.

Matchplay:

Days & Times: Sunday (max. 8) 5:00-7:00pm

Serve and Return being two of the most important aspects in tennis require a lot of dedication and time which is often overlooked and not practiced enough. This is a dedicated time where coaches will be able to help with technique and really foster these two aspects of the game. The end of this class will be dedicated to points with focus on patterns set by the serve and return.

HPE Criteria

1. Age 16+ years (younger players accepted at coaches' discretion).
2. National Level Player - Have been selected by Team BC to participate in Outdoor or Indoor Nationals.
3. Have a minimum Provincial Ranking of top 10 in BC.
4. Have participated in our program a minimum of 3 years.

**Richmond Country Club has the right to refuse participants that do not fall under these specific criteria. Depending on the makeup of our participants, groups can be altered to help facilitate proper grouping of participants.*

High Performance Provincial - HPP (13+ years of age)

Days & Times: Tuesday (max. 20) 4:00-6:30pm

Monday (max. 16) 6:15-7:45am **NEW PROGRAM TIME***

Wednesday (max. 6) 7:00-9:00pm *Limited Space*

Thursday (max. 20) 4:00-6:30pm

(All 2.5 hour classes include 30 minutes of mandatory fitness)

This group is for serious tennis players who have the focus and desire to train, play and compete. It is required for all athletes within this group to participate in provincial, national or international level tennis events. All participants will work on situational play, focus on technical requirements, and the mental rigours of competing at a high level. All players in this group must be approved by the Director of Racquets & Athletics and High Performance Coach prior to enrolling in the class.

High Performance I continued....

Matchplay:

Days & Times: Sunday (max. 8) 5:00-7:00pm

Serve and Return being two of the most important aspects in tennis require a lot of dedication and time which is often overlooked and not practiced enough. This is a dedicated time where coaches will be able to help with technique and really foster these two aspects of the game. The end of this class will be dedicated to points with focus on patterns set by the serve and return.

HPP Criteria

1. Age 12+ years
2. Provincial Level Player - participates in Provincials in their age category or participates in more than 8 tournaments a year.
3. Have a minimum ranking of top 50 in BC.
4. Have participated in our program a minimum of 3 years.

**Richmond Country Club has the right to refuse participants that do not fall under these specific criteria. Depending on the makeup of our participants, groups can be altered to help facilitate proper grouping of participants.*

High Performance Tournament - HPT (11+ years of age)

Days & Times: Monday (max. 8) 4:00-6:00pm
Friday (max. 8) 4:00-6:00pm
Saturday (max.4) 3:00-5:00pm

This group is for young aspiring tennis players who are looking to continue training the technical, tactical, physical, mental and emotional components of the game. The main goal of this group is to emphasize and continue to mold each athlete's basic fundamentals and set them up for a positive future in tennis. Successful HP2 participants eventually filter into our High Performance groups when they reach the appropriate age or level. All players in this group should be participating in Tennis BC Champs and Developmental tennis events.

HPT Criteria

1. Age 11+ years
2. Tournament Level Player - participates infrequently in Tennis BC tournaments (must participate in at least 2 tournaments a year.
3. Have a minimum ranking of top 100 in BC.
4. Have participated in our program a minimum of 2 years.

**Richmond Country Club has the right to refuse participants that do not fall under these specific criteria. Depending on the make up of our participants, groups can be altered to help facilitate proper grouping of participants.*

RCC 2023 Tennis Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HPE & HPP 6:15-7:45am (16 spots)						
						Red Ball 11:00-12:00pm (16 spots)
					'Tween Tennis 3:00-5:00pm (6 spots) HPT 3:00-5:00pm (8 spots)	Orange Ball Regular 12:00-1:30pm (18 spots) Orange Ball Advanced 1:30-3:00pm (6 spots) Green Ball Regular / Advanced 1:30-3:00pm (6/6 spots)
HPT 4:00-6:00pm (16 spots)	HPP 4:00-6:30pm (20 spots) HPE 6:30-9:00pm (16 spots)	Orange Ball Regular / Orange Ball Advanced 4:00-5:30pm (12/12 spots) Green Ball Regular/ Advanced 5:30-7:00pm (12/6 spots) HPE + HPP 7:00-9:00pm (12 spots)	HPP 4:00-6:30pm (20 spots) HPE 6:30-9:00pm (16 spots)	HPT 4:00-6:00pm (16 spots) 'Tween Tennis 6:00-7:30pm (6 spots)		Teen Tennis 3:00-5:00pm (12 spots) Matchplay 5:00-7:00pm (16 spots)