

# Richmond Country Club

## Junior Tennis Program

### GROUP DESCRIPTIONS

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The RCC Junior Tennis Program is an exciting initiative designed to nurture young talent and foster a love for the sport of tennis. This program is tailored to juniors of varying skill levels, from beginners to advanced players. The curriculum is meticulously crafted by experienced coaches, focused on enhancing technical skills, improving physical fitness, and promoting strategic thinking. Participants will have the opportunity to engage in both individual and group training sessions, allowing them to learn from their peers and compete in a healthy, supportive environment. The RCC Junior Tennis Program is not just about creating future champions, but also about instilling life-long skills and values in youth through the game of tennis.

## Progressive Groups

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

*The Red Ball Program is a unique initiative designed specifically for young players aged 4-5. The primary objective of this program is to introduce the basic developmental skills necessary for tennis, such as coordination, physical movement, and racquet skills. The program is meticulously structured to ensure that these foundational skills are developed effectively, setting the stage for future success. The main goal of the Red Ball Program is not just about teaching tennis, but also about creating a fun and engaging atmosphere. This approach is aimed at sparking an interest in the sport among the young participants. By making the learning process enjoyable, the program seeks to plant a seed of passion for tennis that could potentially grow into a lifelong love for the sport.*

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

*The Orange Ball Regular Program is a specialized training module designed for young players aged between 6 to 9 years old. The primary objective of this program is to instill and develop the necessary skills required to perform at an adequate level in the sport. To make the learning process more enjoyable and less daunting for the participants, orange felt compression balls are used. These balls are easier to hit, facilitating the development of rally skills, thereby making the game more enjoyable for the young learners. Additionally, to aid their progression and make the game more manageable, smaller courts are used. These courts have relative dimensions that are more suited to the physical capabilities of the young players, thereby helping them gradually adapt to the standard dimensions of the game.*

### Orange Ball Elite Program (6-9yrs) (4:1 Coach to Student Ratio)

*The Orange Ball Elite Program is a unique initiative designed specifically for children who are passionate about enhancing their tennis skills and aspire to elevate their game to a higher level. This program is not open to all; admission is granted only upon approval by either Coach Collin Ross or Coach Helen Kelesi. Prospective participants who are new to the program can arrange for an assessment by directly contacting the coaches at [cross@richmondcountryclub.ca](mailto:cross@richmondcountryclub.ca) or [hkelesi@richmondcountryclub.ca](mailto:hkelesi@richmondcountryclub.ca). The program is tailored for tournament-level players who aim to transition into High Performance. The morning sessions of the program are meticulously planned to focus on various aspects of the game. These include the development of point play strategies, live ball drills, mastering the correct serve technique, tennis-specific footwork, and enhancing tennis IQ. This comprehensive approach ensures that participants receive a well-rounded training experience.*

## **Orange Ball Elite Matchplay (6-9yrs) (6:1 Coach to Student Ratio)**

The newly introduced program is primarily designed with an emphasis on matchplay. It aims to consolidate all the skills that participants have acquired during group training sessions, providing a comprehensive platform for practical application. Coaches will revisit these skills, ensuring that they are effectively integrated and utilized during matchplay. The program's primary focus is on fostering a deep understanding of proper match etiquette, developing strategic match patterns, enhancing match IQ, and honing mental skills. This holistic approach is intended to equip participants with the necessary tools to excel not only in their technical abilities but also in their strategic and mental game.

## **Green Dot Ball Regular/Advanced Program (8-10 yrs) (6:1 Coach to Student Ratio)**

The Green Dot Ball is a stepping stone for players transitioning from the Orange ball level. This stage signifies a shift to a full court game, but with a ball that has slightly lower compression. This adjustment is designed to further enhance the players' skills and adaptability. The primary focus at this level is to improve tactics and consistency, while simultaneously fostering skill development. The players within this group are encouraged to continue their development, with a particular emphasis on refining their techniques and strategies. For those showing a keen interest, they would be introduced to, or would already be actively participating in, Tennis BC U10 Events. These events provide an excellent platform for these young athletes to showcase their skills, gain competitive experience, and further their growth in the sport of tennis.

## **Green Dot Elite Program (8-10yrs) (4:1 Coach to Student Ratio)**

The Green Dot Ball Elite program is a specialized training initiative designed for budding tennis players who are on the verge of, or already participating in, Tennis BC U10 tournaments. This program is aimed at players who have already developed a solid foundation in their strokes and are looking to further refine and enhance their skills. However, it's important to note that this program is not universally accessible. Admission is granted only upon the approval of Coach Collin Ross or Coach Helen Kelesi. Interested individuals can reach out to them via email at [cross@richmondcountryclub.ca](mailto:cross@richmondcountryclub.ca) or [hkelesi@richmondcountryclub.ca](mailto:hkelesi@richmondcountryclub.ca) respectively. The morning sessions of the program are dedicated to honing point play strategies, live ball drills, skill development, and fostering a deeper understanding of tennis IQ.

## **Green Dot Ball Elite Matchplay (8-10yrs) (4:1 Coach to Student Ratio)**

The Green Dot Ball Elite match play program is designed to build upon the foundational skills acquired in group lessons, similar to the Orange Ball Elite Program. The primary focus of this program is to reinforce these skills in a match play environment, thereby enhancing the participants' strategic match patterns, match IQ, and mental skills. However, the Green Dot Ball Elite match play program distinguishes itself by implementing these skills in a full court setting. The ultimate objective of this program is to foster the participants' development on a competitive stage, with the end goal of facilitating their transition to a yellow ball competitive setting. This program is a stepping stone on their tennis journey, equipping them with the necessary skills and experience to excel in more advanced levels of play.

## **Teen Learn 9+ (4:1 Coach to Student Ratio)**

*Teen Learn is an innovative program designed specifically for individuals aged 11 and above who are keen on embarking on their tennis journey. This program is an ideal starting point for beginners, focusing on imparting the core fundamentals of tennis through group lessons. The primary objective of these lessons is to enhance the rallying skills of the participants, thereby improving their overall game. The ultimate goal of the Teen Learn program is to equip the participants with the necessary skills and knowledge that will enable them to play tennis competitively, whether it be on their high school team or later in their adult years. This program lays a solid foundation for the participants, fostering their love for the game and encouraging them to pursue it further.*

## **Development / Competitive Groups**

### **Teen Tennis 12+ (6:1 Coach to Student Ratio)**

*Teen Tennis is a specialized program designed for participants aged 11 and above. This program is specifically tailored for those who have prior experience in tennis and have already begun to develop their game. Our primary objective is to further enhance their skills, enabling them to potentially participate in tournaments in the near future or even represent their high school team. While participants in this group will be exposed to the competitive aspects of the sport, we also place a significant emphasis on ensuring that the experience remains enjoyable. The balance between competition and fun is crucial in fostering a love for the game and encouraging continuous improvement.*

# Performance Groups

## **High Performance 1 (15+ years of age)**

*This group is specifically designed for national and top provincial level tennis players who possess the determination and ambition to train, play, and compete at a high level. It is mandatory for all athletes in this group to participate in provincial, national, or international tennis events, thereby ensuring a consistent level of competition and growth. The focus of the group will be on situational play, skill development, and enhancing tennis IQ, with each participant receiving tailored guidance to improve their game. Prior to enrolment, all players must receive approval from both the Director of Racquets and Athletics and the High Performance coach. This is to ensure that the group is composed of the right ages and skill levels, which is our number one priority. We believe that maintaining this balance is crucial for the overall development and progress of each individual within the group.*

### **HPE Criteria**

1. Age 15+ 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 2 (12+ years of age)**

*This group is specifically designed for top provincial and national level players who possess a strong focus and a burning desire for improvement. The players within this group are expected to maintain a consistent tournament schedule, demonstrating their commitment and dedication to the sport. Our group sessions delve into various aspects of the game, including situational play, skill development, and enhancing tennis IQ. These sessions are meticulously crafted to challenge and elevate the players' game to new heights. However, it is important to note that all players wishing to join this group must first receive approval from both the Director of Racquets and Athletics and the High Performance Coach. This ensures that only the most dedicated and promising players are part of this elite group, fostering a competitive and growth-oriented environment.*

### **HP2 Criteria**

1. Age 12+ years
2. Provincial Level Player - participates in Tennis BC Tournaments annually.
3. Have a minimum ranking of top 40 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 3 (10+ years of age)**

*High Performance 3 is a specialized program designed for young, aspiring tennis players who are eager to elevate their game in a high-intensity training environment. The primary objective of this program is to reinforce and refine the basic fundamentals of each individual player, thereby setting them up for a successful future in the sport of tennis. This program is tailored to cater to participants who are on the brink of entering the competitive phase of tournaments. It also serves to instill a passion for the sport, fostering a desire to train harder and dedicate more hours to mastering their craft. High Performance 3 is more than just a training program; it's a stepping stone towards a promising tennis career, nurturing the potential within each participant and transforming it into performance.*

#### **HP3 Criteria**

1. Age 11+ years
2. Provincial Level Player - participates in Tennis BC Tournaments annually.
3. Have a minimum ranking of top 80 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.*