

VTA TENNIS PROGRAMS FOR ADULTS WHO ARE JUST STARTING TENNIS OR HAVE ONLY BEEN PLAYING FOR A SHORT TIME

As an association, we look to offer opportunities for all levels of players. For our beginning players, this year we will be using the Tennis Canada program and are looking to address the needs of our beginning players. Our aim is to ensure that when players come to the drop-in sessions that they will feel comfortable playing with the other players.

FAST - FOR THOSE WHO ARE JUST STARTING TO PLAY TENNIS OR HAVE DIFFICULTY PLAYING THE GAME

This program is for adult players just starting to play tennis and for players who have been introduced to the game but have difficulty playing the game due to a lack of consistency rallying and serving. Our plan is to follow the Tennis Canada **FAST** Program (Fun Adult Starter Tennis). This program takes the players through basic tennis instruction using low compression balls that enable players time to react and set up to hit a ball. Ground strokes, volleys, net play and serving will all be covered along with scoring and where to stand when playing singles and doubles. We will be covering the grip, hitting zone, set up (feet, racquet and body), impact point and recovery.

LEVEL TWO - FOR THOSE PLAYERS WHO ARE AT THE FOLLOWING STAGE OF DEVELOPMENT:

- Ground strokes (forehand and backhand) – Can get the ball in play but lack control, thus resulting in inconsistent rallies. Often choose to hit forehands instead of backhands.
- Return of serve – Tend to position in a manner to protect weakness. Inconsistent returns.
- Net play (volleys and overheads) – In singles, are reluctant to come to the net. In doubles, understand basic positioning; comfortable only with the forehand volley; avoid the backhand volley and overhead.
- Incomplete service motion. Toss is inconsistent. Double faults are common.

HOW WILL THE PROGRAMS WORK?

We are looking to have 4 players in a group and plan to set up a day and time that will work for all of the members of the group. All sessions will be held at Marshall Field. We ask that players be willing to attend 5 sessions. We will be offering a program as opposed to a drop-in session.

SETTING UP THE GROUPS

It is easy. Let us know which of the two programs you would like to join (FAST or Level Two) and your availability (days, during the week or weekends, and times). We will then look to get the group set up and keep you informed. We are aiming to have 4 players in a group.

Some players have already indicated that they are trying to set up their own group of four. If this is the case, let us know as there could be others who have contacted us who could join in with you.

You must be a 2019 VTA Member to participate in the Adult FAST program or Level Two. Please reply if you are interested in the programs offered above. There will be a small fee of **\$20/person for the 5 sessions**, which will be a donation to the VTA since Graham Cooper is providing the lessons at no cost. Once the group is organized, we will let you know, and then, if you haven't already, you may go on-line and purchase your VTA membership. Looking forward to hearing from you.