



2021 WINTER/SPRING JUNIOR TENNIS PROGRAM AT DEKALB TENNIS CENTER

January 4th – May 31st

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 High Performance Director Emily at emilyz@agapetennisacademy.com for placement.

High Performance I

Players age 12+

Players must:

- Commit to at least two specific days per week
- Have a UTR Rating: 5.0+

(if not 5.0+, then you must beat 2 players in this group in a tournament or a challenge match)

- Participate in Tournament Play: mandatory at least one USTA/UTR a month

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

\$36/class – Must register for the month for at least 2 days/week

High Performance II

Players age 10+

Players must:

- Commit to at least two specific days per week
- Have a UTR Rating: 2.5 - 5.0

- Participate in Tournament Play: mandatory at least one USTA/UTR a month

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

\$36/class – Must register for the month for at least 2 days/week

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 and ALTA leagues. Players will learn match play strategies, increase rallying abilities, and improve proper technique.

Contact High Performance Director Emily at emilyz@agapetennisacademy.com for placement.

Performance I

Players age 11+

Players must:

- Be intermediate to advanced level players
- Sustain a 15-ball rally, use topspin and slice
- Have at least 15 match play experiences (USTA, USTA, UTR Tournaments, Flex League)
 - 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

Monday, Wednesday, Friday 5:30-7:30PM

\$36/class - Must register for the month

Performance II

Players ages 7-10

Players must:

- Be advanced green ball level
- Sustain a 10-ball rally and use topspin
- Have at least 10 match play experiences (USTA, USTA, UTR Tournaments, Flex League)
 - 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 and Thursday 4:00-5:30PM

\$27/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.

Contact Jr Development Director Neko at nekor@agapetennisacademy.com for placement.

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.

Mondays, Tuesdays, and Thursdays (4:30P-5:30P) Saturdays (9A-10A)

\$18/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.

Mondays, Tuesdays, and Thursdays (4:30P-5:30P) Saturdays (10A-11A)

\$18/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.

Mondays, Tuesdays, and Thursdays (5:30P-7P) Saturdays (11A-12:30A)

\$27/class - Must register for the month

IMPORTANT POLICIES:

- *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 are issued only for classes cancelled due to inclement weather**
 - *High Performance Classes and Performance II Classes are held rain or shine**
- *Please check with the pro shop to ensure we have your proper email address as this is how weather cancellations and other junior tennis updates will be communicated**

PLEASE EMAIL INFO@AGAPETENNISACADEMY.COM OR VISIT WWW.AGAPETENNISACADEMY.COM TO REGISTER

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CALL (404) 636-5628 FOR QUESTIONS ABOUT REGISTRATION, PAYMENT, BILLING