

## **Glendale "Ararat" Chapter** **Tennis Program**

The focus of Ararat Tennis Program is to expand, encourage & involve children and young people in sport of tennis, providing them with the opportunity to have discipline, commitment, health, fitness, personal and social development.

Our goal is to make sure that all members have a positive and enjoyable introduction to tennis and the opportunity to continue their interest through many years of practicing tennis in high schools & beyond.

Tennis committee is devoted to increase parent's involvement, continuously evaluates & improves quality of the practices and concentrates on analyzing the effectiveness and feasibility of the program.

## **Registration**

Each student is required to have a current, fully paid membership with Homenetmen Glendale "Ararat" Chapter.

All appropriate forms must be completed and be on file prior to use of the courts.

Our tennis practice application clearly describes the available programs, their duration and payment provisions.

Application are available at our athletic office.

## **Contact**

For further information you can visit our athletic office

Or call @ 323-256-0651.

You may also contact your Group Manager.

## **Programs & Fees**

	<b>Programs</b>	<b>Number of participants</b>	<b>Hourly Fee</b>	<b>Duration of the program</b>	<b>Duration of each practice</b>	<b>Advance</b>
A-	Group Program	8 students	\$5.00	16 hours	2 hours	\$80
B-	Intensive program	4 students	\$10.00	16 hours	1 hour	\$160

## **General practice direction & grouping action**

We expect that our players work hard, improve & develop a strong foundation in skills & techniques of Tennis.

Our program is based on the following practice path.

- **3-6 year olds**

Make it fun & get them interested in the game.

Kid will develop hand eye coordination and learn the basic strokes, areas of the court and early tennis skills. (Our day care is a good candidate.) Parents should definitely, get involved & understand that they cannot expect children at this age to be able to grasp the technical aspects of the game.

- **1st Year Students**

Build the basic foundation

New students will learn the proper grip and stroke techniques & will be introduced to fundamentals of the game. Fun games will also be included to allow the students to incorporate the new strokes into game like situations.

- **2nd and 3rd Year**

Technique Enhancement

Students should be able to demonstrate knowledge of grips, stroke patterns, rules, scoring, court etiquette and basic skills.

- **3rd Year and Up**

Refinement

Students will develop a strong foundation and will focus on refining techniques and skills. In this level, stroke development, playing strategy, competitions and tournament will be highly encouraged.

- **High School Players**

Scholarship

Academy student with 3 years experience will be encouraged to compete at the upper level of high school tennis & seriously consider college scholarships

**Instructors:**

A tennis player needs to become stronger, faster, more agile, and improve endurance.

This can only materialize when practicing under supervision of qualified instructors.

All effort will be placed on improving coaching techniques by employing qualified coaches for each program.

Instructors will use progress log and present advancement report to tennis committee as often as possible.

Currently all our instructors are well experienced & are coaching within the USTA guidelines.

## **Locations:**

Players are encouraged to stay local & make use of the facilities closer to their homes. Tennis committee will continuously look for available courts in all neighborhoods.

Currently we are using the following facilities:



### **Glorietta Park:**

2801 N Verdugo Rd  
Glendale, CA 91208



### **Fremont park**

600 Hahn Ave  
Glendale, CA 91203

## **GENERAL RULES**

1. Each member using the facility must have a current, paid membership with Homenetmen Ararat Chapter. All appropriate forms must be completed and on file prior to use of the courts.
2. In our programs parents are also involved and when requested they should be able to participate in different events.
3. Appropriate tennis attire is obligatory on the courts at all times. Appropriate tennis shoes are required and Ararat shirts must be worn at all times. (To purchase please contact Ararat Store).
4. Only tennis players & Team Managers are permitted inside the fenced court areas. Accompanying people should remain outside of the fenced areas.
5. During practice hours at list one parent for every 4 players is required to be present at all times as Team Manager.
6. Parents are required to participate in all invitational meetings.
7. When participating in tournaments outside our facilities parents are required to accompany their children.
6. Common rules of tennis etiquette should always be observed.
  - a-Students are required to be at the court, 5 minutes prior to the practice time.
  - b-Players are required to pay attention at all time & respect coaches demands.
  - d-Ball collection is responsibility of the student & should be carried out in shortest possible time.
  - e- Questions, disputes or other concerns relating tennis court rules & practice may be referred to the Team Manager or Tennis Committee members.
  - g. Members failing to follow tennis court rules and procedures are subject to remedial action.

## **Players level & verification**

Our coaches are mostly USTA certified & use (NTRP) method of verification for each student in our program.

(NTRP) stands for National Tennis Rating Program

For those who are interested followings are the descriptions of each level :

0.5- You have limited experience and are working primarily on getting the ball in play.

2.0- You lack court experience and your strokes need developing. You are familiar with the basic positions for singles and doubles play.

2.5- You are learning to judge where the ball is going, although your court coverage is limited. You can sustain a short rally of slow pace with other players of the same ability.

3.0 -You are fairly consistent when hitting medium-paced shorts, but are not comfortable with all strokes and lack execution when trying for directional control, depth, or power. Your most common doubles formation is one-up, one-back.

3.5- You have achieved improved stroke dependability with directional control on moderate shots, but need to develop depth and variety. You exhibit more aggressive net play, have improved court coverage and are developing teamwork in doubles.

4.0- You have dependable strokes, including directional control and depth on both forehand and backhand sides on moderate-paced shots. You can use lobs, overheads, approach shots and volleys with some success and occasionally force errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident.

4.5- You have developed your use of power and spin and can handle pace. You have sound footwork, can control depth of shots, and attempt to vary game plan according to your opponents. You can hit first serves with power and accuracy and place the second serve. You tend to overhit on difficult shots. Aggressive net play is common in doubles.

5.0- You have good shot anticipation and frequently have an outstanding shot or attribute around which a game may be structured. You can regularly hit winners or force errors off of short balls and can put away volleys. You can successfully execute lobs, drop shots, half volleys, overhead smashes, and have good depth and spin on most second serves.

5.5- You have mastered power and/or consistency as a major weapon. You can vary strategies and styles of play in a competitive situation and hit dependable shots in a stress situation.

6.0 to 7.0- You have had intensive training for national tournament competition at the junior and collegiate levels and have obtained a sectional and/or national ranking.

7.0- You are a world-class player.