Homenetmen Glendale Ararat Chapter
General Athletic Division
2014

ATP4Kids
(Ararat Tennis Program for Kids)
ATP4Kids

Program Director: Ara Zarifian
Coach: Ashot Arutyunyan

www.Ararat.org/ATP4KIDS

Tel: 323-256-0651
Registration Forms Available @
Ararat Center
North Campus
Athletic Office
www.Ararat.org/ATP4KIDS
Why Mini Tennis?

Kids play:
- on shorter courts
- with smaller racquets
- with slower, lower bouncing balls
- with more confidence
- engaged in constant action
Outline

- 6 sessions per year, 10 practices each
- Price: $100 per session
- 8-10 players per group
- Practice location: North campus
- Practice Duration: 1 hour
- Coach: PTR Certified Youth Coach
- Practice time:
  - Wednesday: 4:30-5:30pm
  - Saturday: 11:00-12:00pm
Coach

Coach Youth Tennis Program!
Innovative program provides valuable educational resources for coaches of every level
Consists of six online courses and an on-court workshop
Has been created in conjunction with the USTA, PTR, USPTA, and the USOC.
Provides an educational pathway leading to certification from the PTR and/or USPTA.
Pre-requisites for certification include: completing the six online courses and attending the 3.5 hour 10 and Under Tennis workshop.
The on-court workshop covers age-specific activities for skill development and games which include the appropriate equipment, courts and scoring.
The online courses range from 30-40 minutes long and can be accessed easily on any computer or laptop. Click http://coachyouthtennis.com/learncenter.asp?id=178497 to access the courses and to sign-up for an on-court workshop.

a- Complete 6 online course
b- Attend a workshop
Our Program Strengths

- Facility: Year round indoor court
- Staff: PTR Mini Tennis certified coach
- Ratio of Instructor to students: 1:1
- Cost: Competitive, on the lower end
- Competition: None in our area
## USTA Guidelines for 10 and Under Tennis

<table>
<thead>
<tr>
<th>Stage</th>
<th>Red</th>
<th>Orange</th>
<th>Green</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>8 and under</td>
<td>9 - 10</td>
<td>11 and up</td>
</tr>
<tr>
<td>Ball</td>
<td>Red felt or foam, moves slower and bounces lower than orange ball</td>
<td>Orange, moves slower and bounces lower than green ball</td>
<td>Green, slightly reduced bounce from yellow ball</td>
</tr>
<tr>
<td>Court Size</td>
<td>36' x 18'</td>
<td>60' x 21' singles, 60' x 27' doubles</td>
<td>78' x 27' singles, 78' x 36' doubles</td>
</tr>
<tr>
<td>Net Height</td>
<td>2'9&quot;</td>
<td>3' center, 3'6&quot; at net posts</td>
<td>3' center, 3'6&quot; at net posts</td>
</tr>
<tr>
<td>Racquet</td>
<td>Up to 23&quot;</td>
<td>23&quot; - 25&quot;</td>
<td>25&quot; - 27&quot;</td>
</tr>
</tbody>
</table>
Balls
- Kids need a tennis ball that is sized and paced to age and ability. Low-compression balls are designed to bounce lower and move slower through the air, giving kids more time to get ready for the next shot and allowing them to strike the ball at a comfortable height. Each age group uses a tennis ball better suited to its size and unique playing ability to help build confidence and develop an enjoyment of the game.

Court Sizes
- Children 8 and under play on a court that is 36 feet long and 18 feet wide. The net is 18 feet long and 2-foot-9 feet high. A regulation net (3 feet at the center) is used on the 60-foot court for kids ages 9-10.
- With equipment sized right, it's easier than ever for kids to play anywhere -- no court required! Portable nets are available from many manufacturers, and temporary nets can be constructed using tape or caution tape tied to existing nets, fences or even chairs! Kids can set up play areas at home in the driveway, at the local park or gym.

Scoring
- Scoring is modified to allow for shorter matches and more play and participation experiences for your child. This lets kids play more often and have more fun.
- 10 and Under Tennis allows them to stay active and engaged as they develop and mature.

©2014 by United States Tennis Association
Your child will enjoy playing with balls that bounce lower and move slower through the air, making them easier to hit.

Racquets are sized for small hands, making them easier to grip and swing.

Courts are smaller, so kids can cover them and have more success when they play.

Kids have more fun—and want to play more often.

Tennis is a sport that gets kids moving, improves balance, agility and hand-eye coordination, and can teach self-confidence and self-assurance.

Playing tennis, your child can make new friends in a safe, supportive environment.

Your whole family can play together anywhere—driveways, gyms and playgrounds can all be transformed into your very own tennis court.

By getting your kids into the game you’ll be opening a door to a lifetime of enjoyment!
What your child will learn in Stage 1 (Red)?

To be provided by the coach

**Below illustrations are samples format that could be customized to our program**
Balance:
One leg activity – picking up a ball from a cone on one leg.
Racing to the net while maintaining a ball on a racquet.

Agility:
Jumping over a line (forward-backwards) – 10 seconds (3 sets).
Jumping over a line (side-to-side) – 10 seconds (3 sets).
Shuffling path challenge for footwork.

Coordination:
Mirror with partner moving (keeping the ball in between 2 racquets – 2 partners); moving right to left, left to right.
Bear walks: (crawling) forward, backwards, sideways, going around a circle.

Receiving & Sending Skills Development:
Tunnel ball – students line up and the coach rolls one ball in any direction. Students must have the ball roll between their legs (moving).
Throwing to a moving ball – throwing a tennis ball towards a moving medicine ball.
The Four Pillars of Homenetmen Ararat and Mini Tennis

- Sportsmanship and Mutual Respect ✓
- Character and Confidence Building ✓
- Fun and family Oriented Environment ✓
- Physical and Intellectual Growth ✓
2014 Calendar

Session # 1: May 28-June 28
Session # 2: July 30-August 30
Session # 3: September 17-October 18
Session # 4: November 5-December 6

See next Slide for actual days