

Goldstar Junior Program 2020/2021

This is a Full Year program for ages 6 to 16 using the Progressive Tennis system endorsed by the International Tennis Federation (ITF), Tennis Canada and Tennis BC.

Session #1: Spring GOLDSTAR Lessons \$90 plus GST

6 x 1 hour lessons (Mon - Thurs, Apr 27 – Jun 11, 3:30-6:30pm). Technical coaching emphasizes ball control and on-court movement. With a low student to coach ratio, players receive lots of personal instruction. Activities include: Opening Day BBQ, April 19th 2-4pm and Evaluation Session (your choice of April 21 or 23, 3:30-4:30pm)

Session #2: Summer GOLDSTAR Coach N' Play Sessions \$120 plus GST

7 weeks of Supervised Play with a low student to coach ratio (Mon, Wed and Fri, July 6 to Aug 21: Red and Orange 1-2:30pm, Green and Gold 2:30-4pm). During each 90 minute session, players receive direct instruction and playing practice. This combination allows players to develop their skills quickly. Activities include: friendly match with another club; preparation for Rogers Rookie Tour Event; Tournament Week (Aug 24—28); Wind-up BBQ

Session #3: Fall GOLDSTAR Match Play Sessions \$80 plus GST

10 x 1 hour play (Saturdays Oct 10—Dec 12). Players are grouped according to skill level, and play matches to develop important playing skills like consistency, directional control and shot selection.

Session #4: Winter GOLDSTAR Match Play Sessions \$80 plus GST

10 x 1 hour play (Saturdays Jan 9—Mar 13). Players are grouped according to skill level, and play matches to develop important playing skills like consistency, directional control and shot selection.

Package Price—Register for the Full Year (all four sessions) and receive a Junior membership (\$100 value) and Goldstar T-shirt. \$260 plus GST

Registration begins Feb 1, 2020

Junior Membership (18 years and under)

- Outdoor play with some indoor booking privileges
- Discount on RTC Lessons
- \$100 plus GST

Youth sports financial assistance programs:

www.a4k.ca

www.jumpstart.canadiantire.ca

www.Kidsportcanada.ca

CLUB COACHES

HOWIE JACKSON



- Tennis Canada Certified Career Coach
- Member of Tennis Professionals Association
- 40 years coaching experience
- Practical, results based coaching
- Learn technical efficiency, tactical proficiency and psychological strength

BILL WANG



- Tennis Canada Certified Tennis Instructor
- Member of Tennis Professionals Association
- 2017 Canadian 55+ Doubles Champion
- 2018 Richmond Senior Athlete of the Year
- Fluent in Mandarin, Shanghainese and Japanese



Tennis Club Richmond

Open to the Public

◆ SKILLS ◆ FUN ◆ FITNESS



GOLDSTAR JUNIOR PROGRAM

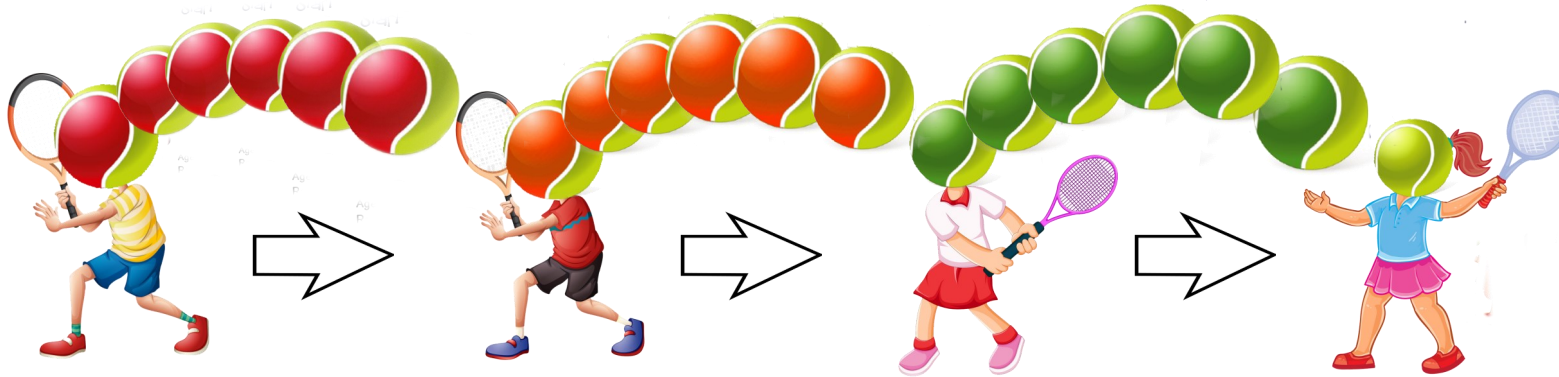


6820 Gilbert Road
Richmond, B.C. V7C 3V4
604 273 3631

www.richmondtennisclub.com
info@richmondtennisclub.com

Learn to Play with Progressive Tennis

Richmond Tennis Club (RTC) uses the Progressive Tennis system to introduce tennis in a fun and interactive way for young players aged 6—16 to enjoy immediate success. Endorsed by the International Tennis Federation (ITF) and Tennis Canada, Progressive Tennis uses equipment and courts more suited to kids sizes—modified tennis balls, smaller racquets, nets and courts so that young players can enjoy rallies and keep the ball in play longer. Early success in learning the fundamentals encourages players to continue in tennis over time. Skills are developed much quicker so there is an easy transition to a full court.



Red Ball

Age: 6-8

Racket: Up to 23"

Court: 36' x 18"

Orange Ball

Age: 7-10

Racket: Up to 25"

Court:

Singles: 60' x 21'

Doubles: 60' x 27'

Green Ball

Age: 7-10

Racket: Up to 29"

Court:

Singles: 78' x 27'

Doubles: 78' x 36'

Gold Ball

Age: 11+

Racket: 29"+

Court:

Singles: 78' x 27'

Doubles: 78' x 36'

Played on a 1/2 court with mini nets and oversize red balls that travel slower and bounce lower, making it easier to receive and hit which increases enjoyment of the game

3/4 court with similar ratios as a full court to develop realistic court coverage and similar tactics used on full court. Orange balls are 50% compression of regular balls for easier control and longer rallies to improve coordination and consistency to develop an all-court game

Move to a full court with green balls that are 75% compression of regular balls with the lower bounce for playing longer points and develops better biomechanical technique

Played on a full court with regular sized racquets and regular full compression yellow balls

TOURNAMENT PLAY

Players can participate in the Progressive Tennis tournaments at RTC, and in sanctioned tournaments created by Tennis Canada and Tennis BC. RTC hosts some of these tournaments:

The **Rogers Rookie Tour** is a national program that introduces junior players to competitive tennis at a level suitable for their age using the same red, orange, green or yellow balls and court sizes they have developed in. This is a step towards the provincial competitive junior circuit.

<http://www.tennisbc.org/youth-tennis/rogers-rookie-tour/>

U9/U10 players who have competed in at least three Rogers Rookie Tour Events can compete in the year-round Future Stars Circuit.

<http://www.tennisbc.org/youth-tennis/future-stars/>