

## BEGINNING TENNIS PROGRAM

The Beginning Tennis Program guidelines pertain to the Beginner level and the 1.5 level players, captains, and coaches.

New players to the VDO Tennis Club range from beginners with no knowledge of the game of tennis to experienced players. The purpose of the Beginning Tennis Program is to provide a basic structure of tennis training, an orientation to the tennis club, and an evaluation component to place new players to the club on a level of play commensurate with their demonstrated skills, knowledge of rules, and an understanding of the game of doubles tennis.

It is expected that new and inexperienced players to the club will receive training and instruction, and be evaluated at the Beginner level over a period of time prior to being placed on a higher level of play. New players who are experienced tennis players will receive a basic orientation to the club and will be evaluated quickly if they are appropriate for placement to a higher level of play.

A. Beginner Level: All new players begin at the Beginner level and receive an orientation to the tennis club, have assigned court time for tennis instruction and practice, and receive an on-court skills evaluation when they are ready to progress to another level of play. Players on this level receive basic tennis instruction on rules, strokes, scorekeeping, and tennis court etiquette. These players usually do not want to play competitive tennis matches but desire more tennis instruction. Attendance at practice sessions is optional for Beginner level players. These players do not play league matches and are not assigned to a team beyond the Beginner level. Players may remain on the Beginner level indefinitely. Players on the Beginner level shall pay club dues as a regular member if they participate on the Beginner team beyond the initial training sessions, attend team practices and round robins, or want to use the tennis court equipment.

Instruction at the Beginner level includes:

- Orientation to the tennis club (bylaws, SOP's, dues, website, organization, socials, meetings, court reservations)
- The tennis racquet, parts, loaners, repairs
- The tennis court, areas, net, sidelines
- Tennis court etiquette
- Basic rules
- Strokes, proper grips, and practice
- Game play
- Doubles vs. singles, court positions, teamwork
- Scorekeeping
- Use of tennis court equipment
- Maintenance of tennis court

Players with no prior tennis experience must go to the Beginner level for instruction and training prior to placement on any other level.

A player on the Beginner level may move to the 1.5 level if the player desires to play league matches and has demonstrated a minimum level of basic skills and an understanding of the game of tennis. An on-court evaluation by the Evaluation Team is required for a Beginner level player to advance to the 1.5 or higher level.

- B. 1.5 Level: The 1.5 level of play is designed for beginning tennis players who desire to continue to learn about tennis, want to improve their skills, want to be on an organized team with scheduled practices and round-robins, want to play league matches, and may have a desire to move to a higher level at some point. Attendance at team practices and matches is required. Players on this level pay dues as a regular member.

Players on the 1.5 level receive more frequent and intense instruction. The instructional program for the tennis club is based on the fundamentals of tennis doubles as outlined in the book Dynamite Doubles, by Helle Sparre Viragh. Copies of the book will be made available to tennis members on a loan basis. Members are also encouraged to purchase their private copy of the book as the principles of doubles play outlined in the book will be used at all levels of training by club coaches.

Instruction at the 1.5 level includes Beginner level training plus:

- Different grips, purpose and use
- Strokes, swing-path, contact point, follow-through
- Split step, ready position
- Zones 1: defensive, offensive, transitional, attack
- Zones 2: two-thirds coverage, triangles
- Net play, volleys, overheads
- Footwork, stances, basic movements, weight-shift
- Targeting of ground strokes
- Beginning teamwork, positions, changing positions
- Lobs, offensive and defensive

Level 1.5 players may move to the 2.0 level when their skills and match record warrant it in accordance with the club SOP's and league rules.

Players on the 1.5 level may move back to the Beginner level to receive more instruction and practice of basic skills based on the recommendation of the 1.5 captains and the rating committee. These players may return to the 1.5 level after an on-court evaluation is conducted as applies to all Beginner level players.

### C. Annual Review of Beginning Tennis Program

The captain, co-captain and coaches of the Beginning Tennis Program should conduct an annual evaluation of the program, including strengths and weaknesses, and make recommendations to the president and the executive committee at the conclusion of the season as to how the program can be improved for the next season.