



COLTS NECK RACQUET CLUB
JR PROGRAM 2024 –2025
AGES 12 & UP

BEGINNER / ADV BEGINNER

**TEACHING THE BASIC FUNDAMENTAL SKILLS OF TENNIS
BUILDING A STRONG FOUNDATION.**

**FOCUS IS ON STROKE PRODUCTION AND THE ABC'S (AGILITY,
BALANCE, & COORDINATION).**

INTERMEDIATE

EVALUATION REQUIRED FOR ENROLLMENT

**CONTINUED REINFORCEMENT OF PLAYERS TECHNICAL
FOUNDATION**

**FOCUS WILL BE ON LONGER RALLIES, PLACEMENT AND
GENERAL POINT PLAY**

HIGH SCHOOL

**PROGRAM IS DESIGNED TO IMPROVE COMPETITIVE
PLAY FOR THE HIGH SCHOOL LEVEL**

**FOCUS WILL BE PREPARING PLAYERS FOR THEIR
SEASON**