

Viewpoint Tennis Club
8700 East University Drive, Mesa AZ 85207

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| BEGINNER TENNIS PROGRAM POLICY | | Version#4 | November 2022 |
| Purpose: <ul style="list-style-type: none"> to provide guidelines for a tennis development program for beginners | | | |
| Policy: <ul style="list-style-type: none"> A program of tennis instruction encourages new members. Volunteer members implement this program. The beginner level program is focused on learning the game of tennis through free instruction and social play. The program leaders are responsible to the Vice-President and follow the Captains Handbook Guidelines as applicable. | | | |
| Form: Learning Checklist is attached. | | | |
| PROCEDURES: | | | |
| STEP 1 | VP secures volunteers to lead the beginner program. | | |
| STEP 2 | VP Coaching coordinator secures volunteer coaches for beginners as needed. | | |
| STEP 3 | Participation is encouraged by advertising in the activities hallway, on bulletin boards and on the website. | | |
| STEP 4 | Program leaders meet with potential players to review skills and evaluate possible team placement. Higher skilled players will be moved up to appropriate level through consultation with VPTC player evaluators. | | |
| STEP 5 | Potential players participate in 3-4 weeks of orientation program prior to making a commitment to join VPTC. | | |
| STEP 6 | Practices are held twice weekly, teaching the items on the Learning Checklist (attached). | | |

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Learning Checklist for Beginner Level

Tennis is a lifetime sport that can increase physical fitness and health. What's more is that tennis is a highly social sport. Players can revel in the competition but also enjoy the camaraderie that comes with participation in a team sport. In the words of Billie Jean King: "Playing on a team makes tennis more fun!"

As "coaches" for the Viewpoint beginner team, our main wish for all of you is that you simply enjoy the learning experience. Have fun as you get to know each other and as we introduce you to the following fundamentals for this great game: (not necessarily in this order)

- The importance of warming up before a game (none of us are 20 anymore)
- Getting to know the court (because we're not 20 anymore, we usually play doubles)
- How to score the game...game; set; match (you will finally enjoy watching tennis on TV)
- How to play a tie breaker (a crazy scoring system gets even crazier)
- Holding the racket (racquet) and racket preparation
- Ready position/introduction to split step/importance of moving the feet
- Shots: Forehand ground stroke, Backhand ground stroke, Forehand volley, Backhand volley, Overhead and Lob
- How to serve – it's how we get the ball in play
- Basics for the return of serve
- Learning to sustain a rally
- Basic court position for doubles tennis – when you are serving; when you are receiving the serve; when your partner is serving; when your partner is receiving the serve and once the ball is in play (defensive – back a little and offensive – forming the wall)
- Etiquette and sportsmanship (towards your partner, your opponent and the scorekeeper)
- Basic strategy for doubles tennis...doubles tennis is a team sport!
- Stretching after we play (remember, we're not 20 anymore)
- Care of the courts and club equipment