

Dear Parents and Players,

Thanks for joining us for another huge summer at Woods Tennis. Our aim this summer is to continue to provide everything an up and coming tennis player (and their family) needs to continue their tennis journey. We want all players to grow in their knowledge of tennis, and their love of the game.

All of our coaches are happy to answer any questions and help guide you in any way that we can. Keep an eye on our junior page on our website [here](#) for updates as we go along this summer.

We have over 250 junior players signed up again this summer across a wide variety of ages and levels. This letter is broken down into our different class levels for ease of navigation. There is no need to read through every section, just click a link.

- [Little Aces, Red, Orange and Green Classes](#)
- [Yellow Class](#)
- [Teen Green Class](#)
- [Challenger Class](#)
- [UTR Classes](#)

Little Aces, Red, Orange and Green Classes - Youth Progression Classes.

The Youth Progression Pathway is a USTA initiative designed to get young players into the sport at various starting points. It uses modified balls, as well as smaller equipment and courts to help bring size appropriate and fun aspects to learning the game. For the last 10 years Woods has been a state wide leader in this initiative, and many of our high school and now college players have progressed through this program. The following is from the USTA website, and reflects our own thoughts on the youth progression process.

- A proper transition from the red to orange to green (to yellow) ball should be based on **sound technique** and **tactical competencies** rather than impatience to skip from one level to the next.
- There is a normal **decrement in performance** with each transition phase, and this decrement can be much greater if a premature transition is made.
- When children **transition too quickly** from one ball to another, there is a much greater likelihood that they will develop **technical flaws** as a means of compensating for developmentally inappropriate play.

We constantly evaluate our players and are always looking at when they have the desired skill set to move up. We are always happy to have a conversation on what a player needs to do to be ready and successful in moving up a class, and a list of goals can be found on our website [here](#).

Youth Progression Match Play:

Even at a young age we think it is important to get exposure to match play. When we are doing this with our younger kids, we want to focus on the enjoyment of competing, learning the rules and showing sportsmanship. While we keep score as a means of learning the rules, we very rarely focus on them. We want to encourage players to enjoy their experience, solve their problems and work hard.

There are three main avenues of match play we will be exposing our younger players to over the summer:

- Friday afternoon matches: During group on Friday afternoons we will be running supervised points and match play. These are a great on stress way to get out and play some points for all of our junior players.
- In-House tournaments: At least once per session we will be running in-house tournaments. These tournaments are slightly more formal than Fridays, and will involve non-elimination play. We are still finalizing some details on a couple of classes, but dates and entry can be found here: <https://forms.gle/ppnqzbLd9JtERvE97>
- USTA Junior Circuit: USTA tournaments open to anyone, more info [here](#). This is a tournament pathway for orange and green ball players that are 10 and under.

Yellow Class:

Once a player has progressed through our youth progression program they reach yellow ball. The yellow ball is what we see on TV - same ball size, same court size - not quite the same level, but we are getting there. Our yellow ball play is for experienced middle school players. We want to make sure that everyone is aware of everything that is offered over the course of the summer.

Strength and Conditioning: Once again this summer we will be using Kratos Performance and Fitness to conduct strength and conditioning sessions at Woods. Kratos are leaders in their field and have helped with many high school and college athletes across the city. They truly are leaders in their field. These sessions are **included in the price** of group lessons and come at a major discount to standard prices, and should be attended by everyone.

These will be held: Tuesday and Thursdays 12-1 - Starting June 6

Serve Practice: We want to make sure that beyond the regular practice, players are practicing the most important shot in tennis - the serve. We offer extra supervised serve practice for the yellow class.

This practice will be held: Wednesdays 12-1 starting in week 1. In case of bad weather, the serve practice will be canceled due to a lack of indoor courts.

Match Practice and match play: Matches are the **single most important aspect** of getting better. There is no better, cheaper and more helpful way to improve than playing matches. For the yellow ball class we would love to see them playing one or two matches per week. Playing practice matches helps players to identify what works and what doesn't, and gets us used to being in a pressure environment. We will be running a couple of different ideas to help, but the single best way is to share phone numbers and leave your kid at Woods. Players in group lessons get free "day-of" outdoor court bookings.

- In-House Tournaments: At least once per session we will be running in-house tournaments. These tournaments are slightly more formal than Friday interclub, and will involve non-elimination play; they are posted on our calendar and details can be found here: <https://forms.gle/ppnqzbLd9JtERvE97>
- Friday Interclub: This is perfect for players that are just starting to dip their toes into USTA tournament play, or are not quite there yet, and are looking for ways to branch out a little in their match play. We compete against other clubs across the city, in a couple of hours of match play on Friday afternoons. The schedule is available on the [Woods Summer Calendar](#) and we will be in communication each week to organize teams.

Tournaments: Navigating through USTA tournaments can be hard even for seasoned professionals. All of the coaches are available to chat about the USTA tournament structure, but we have also gathered a couple of resources online, including a calendar and handy little grid to figure out which tournaments may be a good fit. These resources can be found here:

- [Navigating the USTA](#)
- [Tournament Calendar and Grid](#)
- [USTA Junior Circuit](#)

- [USTA Junior Points Tournaments](#)

We will also be looking at sending coaches to various USTA tournaments over the summer, and will update parents once we have decided on which ones will work.

Teen Green

Since its creation a couple of years back, our teen green class continues to expand and change. It is our class for teens that are new (or newish) to the game that are looking to develop the skills to play in high school tennis.

Strength and Conditioning: As a late decision for this summer, we are opening up our strength and conditioning to teen green players. This will be an introductory course held at Woods. Once again this summer we will be using Kratos Performance and Fitness to conduct strength and conditioning sessions at Woods. Kratos are leaders in their field and have helped with many high school and college athletes across the city. They truly are leaders in their field. These will be held: Tuesday and Thursdays 12-1 - Starting June 6

Serve Practice: We are also adding an extra hour of serve practice for our teen green players. The serve is the most important shot in tennis, and this extra practice will help sure up the technique.

This practice will be held: Wednesdays 12-1 starting in week 1. In case of bad weather, the serve practice will be canceled due to a lack of indoor courts.

We are going to make these two additional programs (serve and strength and conditioning) optional for Teen Green players at a discounted price.

- 1 week trial: \$7 for 3 hours of play
- Full Session: \$20 for 3 hours per week.
- Full Summer: \$40 for roughly 24 hours of additional work.

If you are interested in signing up, please email woodsleagues@gmail.com

Match Practice and match play: Matches are the **single most important aspect** of getting better. There is no better, cheaper and more helpful way to improve than playing matches. As players transition to high school tennis, their ability to play in matches will be important.

- In-House Tournaments: At least once per session we will be running in-house tournaments. These tournaments are slightly more formal than Friday interclub, and will involve non-elimination play; they are posted on our calendar and details can be found here: <https://forms.gle/ppnqzbLd9JtERvE97>
- Friday Interclub: For some of our more experienced teen green players our interclub matches may be a good fit. We compete against other clubs across the city, in a couple of hours of match play on Friday afternoons. The schedule is available on the [Woods Summer Calendar](#) and we will be in communication each week to organize teams.

Challenger Class

Our challenger class is designed for high school players that are looking to develop in a supportive and challenging environment. For some players it may be their end goal of classes at Woods, for others it will be a place to learn the skills and gain the confidence required to play and compete well in USTA tournaments. All of these goals will be met for players that commit to their learning and improvement. The challenger class is one of the last great opportunities for players to work on their weaknesses in an environment that is paced to help them improve.

Strength and Conditioning: Once again this summer we will be using Kratos Performance and Fitness to conduct strength and conditioning sessions at Woods. Kratos are leaders in their field and have helped with many high school and college athletes across the city. They truly are leaders in their field. We understand that a lot of high schoolers do strength and conditioning at school over the summer, but this is more supervised, and very specific to tennis players' needs. These sessions are **included in the price** of group lessons and come at a major discount to standard prices, and **should be attended** by everyone.

These will be held: Tuesday and Thursdays 10-11am - Starting June 6

Serve Practice: We want to make sure that beyond the regular practice, players are practicing the most important shot in tennis - the serve. We offer extra supervised serve practice for the Challenger class.

This practice will be held: Wednesdays 10-11am starting in week 1. In case of bad weather, the serve practice will be canceled due to a lack of indoor courts.

Match Practice and match play: Matches are the **single most important aspect** of getting better. There is no better, cheaper and more helpful way to improve than playing matches. For the challenger class we would love to see them playing one or two matches per week. Playing practice matches helps players to identify what works and what doesn't, and gets us used to being in a pressure environment. We will be running a couple of different ideas to help, but the best way to help is just to leave players here and get them to hit for a little longer after practice. Players in group lessons get free "day-of" outdoor court bookings.

- In-House Tournaments: At least once per session we will be running in-house tournaments. These tournaments are slightly more formal than Friday interclub, and will involve non-elimination play; they are posted on our calendar and details can be found here: <https://forms.gle/ppnqzblD9JtERvE97>
- Friday Interclub: This is perfect for players that are just starting to dip their toes into USTA tournament play, or are not quite there yet, and are looking for ways to branch out a little in their match play. We compete against other clubs across the city, in a couple of hours of match play on Friday afternoons. The schedule is available on the [Woods Summer Calendar](#) and we will be in communication each week to organize teams.
- USTA Tournaments: As challenger players become more comfortable in pushing themselves, we would love to see them pushing themselves in USTA tournaments.

Tournaments: Navigating through USTA tournaments can be hard even for seasoned professionals. All of the coaches are available to chat about the USTA tournament structure, but

we have also gathered a couple of resources online, including a calendar and handy little grid to figure out which tournaments may be a good fit. These resources can be found here:

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- [USTA Junior Points Tournaments](#)

For those players wishing to progress out of Challenger class and into the UTR Tournament Classes, competing in USTA tournaments is a must. The cumulative results from these tournaments are what we use to determine group placement.

We will also be looking at sending coaches to various USTA tournaments over the summer, and will update parents once we have decided on which ones will work.

UTR Classes

Our UTR class is for consistent USTA tournament players. Placement in classes is based on the UTR score of players which comes from competing in USTA tournaments. While this is difficult for some players to be comfortable with, we practice to get better at matches, not to get better at practice.

Strength and Conditioning: Once again this summer we will be using Kratos Performance and Fitness to conduct strength and conditioning sessions at Woods. Kratos are leaders in their field and have helped with many high school and college athletes across the city. They truly are leaders in their field. We understand that a lot of high schoolers do strength and conditioning at school over the summer, but this is more supervised, and very specific to tennis players' needs. These sessions are **included in the price** of group lessons and come at a major discount to standard prices, and **should be attended** by everyone.

These will be held: Tuesday and Thursdays 11am-12pm - Starting June 6

Serve Practice: We want to make sure that beyond the regular practice, players are practicing the most important shot in tennis - the serve. We offer extra supervised serve practice for the Challenger class.

This practice will be held: Wednesdays 11-12pm starting in week 1. In case of bad weather, the serve practice will be canceled due to a lack of indoor courts.

Match Practice and match play: Matches are the **single most important aspect** of getting better. There is no better, cheaper and more helpful way to improve than playing matches. For the challenger class we would love to see them playing one or two matches per week. Playing practice matches helps players to identify what works and what doesn't, and gets us used to being in a pressure environment. We will be running a couple of different ideas to help, but the best way to help is just to leave players here and get them to hit for a little longer after practice. Players in group lessons get free "day-of" outdoor court bookings.

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- In-House Tournaments: At least once per session we will be running in-house tournaments. These tournaments are slightly more formal than Friday interclub, and will involve non-elimination play; they are posted on our calendar and details can be found here: <https://forms.gle/ppnqzblD9JtERvE97>
- USTA Tournaments: It is an expectation that UTR class athletes are pushing themselves in USTA tournaments throughout the summer.

Tournaments: Navigating through USTA tournaments can be hard even for seasoned professionals. All of the coaches are available to chat about the USTA tournament structure, but we have also gathered a couple of resources online, including a calendar and handy little grid to figure out which tournaments may be a good fit. These resources can be found here:

- [Navigating the USTA](#)
- [Tournament Calendar and Grid](#)
- [USTA Junior Points Tournaments](#)
- ITA Tournaments: ITA tournaments are open tournaments held on college campuses. Due to their location, they tend to feature a lot of college players in their draws, and it could be a good way to get in some varied match play. Draws and info can be found [here](#)

We will also be looking at sending coaches to various USTA tournaments over the summer, and will update parents once we have decided on which ones will work.