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**junior tennis academy**

**USTA\* level descriptions**

**red ball:** (ages 5 – 7) Played with low compression balls, smaller courts, and smaller racquets. Children have fun learning the basic skills of tennis using games in a fun atmosphere. (60-minute sessions)

**orange ball:** (ages 8 - 10)Playing on a 60-foot court with lighter, low compression

balls to allow them to develop proper strokes, learn to rally, and to play points.

(60-minute sessions)

**green ball:** (ages 11-12) Played on a full court with slightly lower compression balls. Allows

players to rally longer, develop proper strokes, shot varieties and strategies.

(90-minute sessions)

**junior varsity:** (ages 13-18) Focus is on building a solid foundation in fun drill and point play

situations, regular courts and balls. (90-minute sessions)

**futures:** (ages 13-18) For players looking to make their high school team: building a solid foundation that can be expanded upon, learning specialty shots and percentage tennis. (2-hour sessions)

**high performance:** (ages 13-18) For high school varsity tournament level players, competitive drills, fitness, conditioning, and strategic point play are the focuses.

(2-hour sessions)

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