

Code Red (Phases 1 & 2)

Ages 5 – 8

***Recommendation 1-2 days per week**

Players in Code Red™ will complete the first two phases of the Courtplay Athletics Junior Development Pathway. In Phase 1 players will develop the core balance, coordination and agility skills necessary in order to be successful in later stages of our pathway. Once a player moves to Phase 2 in our Code Red program they will learn the secrets to “Crack the Code”™.

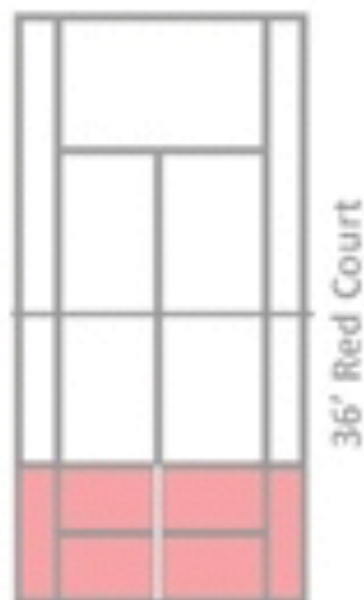
Using specific age/size appropriate equipment, we create a learning environment that develops competence in the following key fundamental areas:

- Foundational Footwork
- Balance
- Awareness of Contact Point
- Use of the Continental Grip
- Base understanding of tactics

Pricing: per/session

Member \$112.50

Non - Member \$125



Phase 3

Director Approval Only

*Transition Phase - From Red to Orange Ball/Court

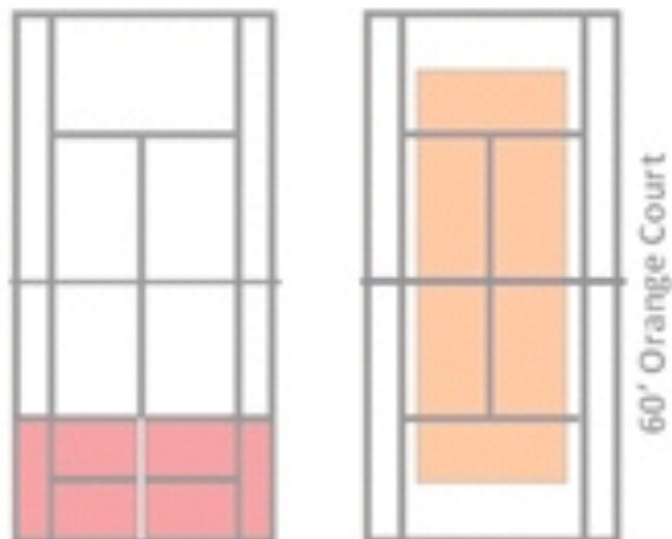
During the first half of Phase 3, players will learn to play with appropriate forehand and backhand grips, utilize topspin, recognize basic patterns and anticipate their opponents' response. As the player progresses through Phase 3 we begin the transition to the 60' court & orange low compression ball. The player will begin to experience variations in the court size and shape as well as the speed of the ball, in order to test and strengthen their movement, tactical and technical capabilities.

Duration: 1.5 hrs

Pricing Options: per/session

Member \$168.75

Non - Member \$187.50



Code Orange

Ages 8 – 10

*Recommendation 1 –2 Days p/week

Our Code Orange™ program is a great opportunity for players between the ages of 8 & 10 to be introduced to the Courtplay Athletics Junior Development Pathway. For beginners, we are able to lay a complete physical, technical & tactical foundation right from the onset of their tennis career. Intermediate “Code Orange”

players may have playing experience in both training and competitive environments. However, prior to entering the pathway they may need work in one or more of the areas we deem fundamental to success in the program. Those areas can include but may not be limited to:

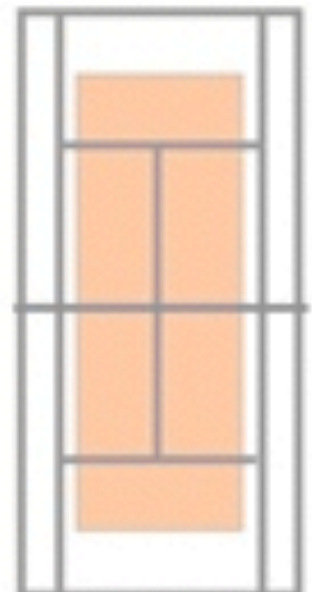
- Foundational Footwork
- Balance
- Awareness of Contact Point
- Use of the Continental Grip
- Base understanding of tactics

Duration: 1.5 hrs

Pricing Options: per/session

Member \$ 168.75

Non - Member \$187.50



————— **Phase 4** —————
Ages 8 – 10

*Recommendation 1 – 2 Days p/week

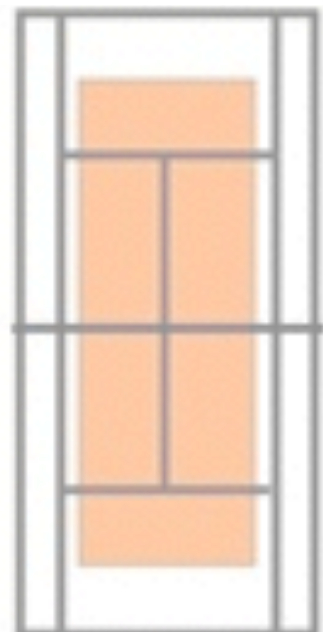
Players in Phase 4 of our developmental pathway will begin to gain a deeper understanding of groundstrokes, volleys and serve fundamentals. Phase 4 students will learn to effectively utilize all strokes, demonstrate variety in their shot selection, use spin, depth and various movement patterns.

Duration: 1.5 hrs

Pricing Options: per/session

Member \$ 168.75

Non - Member \$187.50



Phase 5

Director Approval Only

***Required: 2 Days p/week**

Phase 5 is considered a “Mastery” Phase in the Courtplay Athletics pathway. Players invited to Phase 5 will have developed sound fundamentals and will be ready to learn advanced tactics in the 60’ Orange court space. After completing their orange ball curriculum, they will begin to transition all skills to the full court and green dot ball.

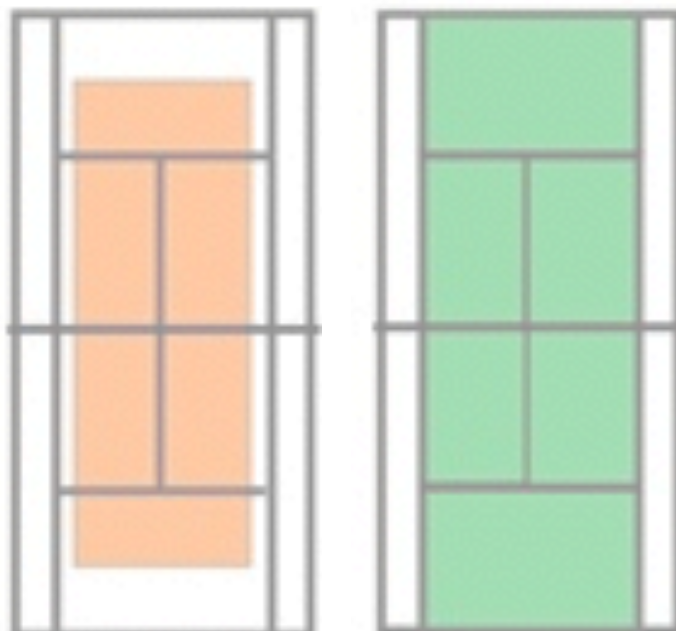
For more information on Phase 5, please reach out to Michael or Farshad directly.

Duration: 1.5 hrs

Pricing: per/session

Member \$ 168.75

Non - Member \$187.50



Code Green

Ages 10+

*Recommendation 1 – 2 Days p/week

Our Code Green™ program is a great opportunity for players over the age 10 to be introduced to the Courtplay Athletics Junior Development Pathway. For beginners, we are able to lay a complete physical, technical & tactical foundation right from the onset of their tennis career.

Intermediate “Code Green” players may have playing experience in both training and competitive environments. However, prior to entering the pathway they may need work in one or more of the areas we deem fundamental to success in the program. Those areas can include but may not be limited to:

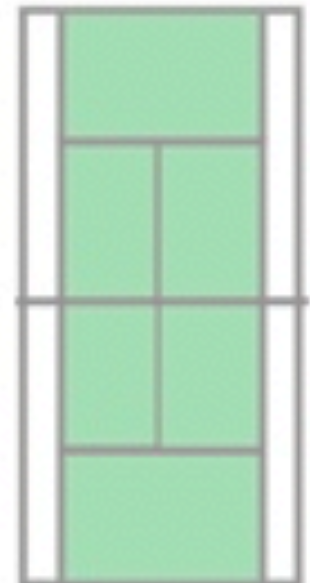
- Foundational Footwork
- Balance
- Awareness of Contact Point
- Use of the Continental Grip
- Base understanding of tactics

Duration: 1.5 hrs

Pricing: per/session

Member \$ 168.75

Non - Member \$187.50



Phase 6

Ages 10+

*Recommendation 1 – 2 Days p/week

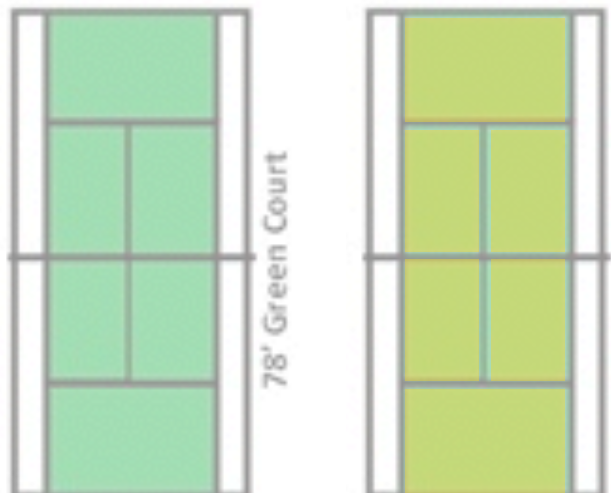
The primary focus of Phase 6 is to continue to develop and refine the fundamentals of a players' technique using the full 78' court and the green dot ball. Proper use of the kinetic chain, loading and unloading techniques and overall physical development continue to be priorities. As the player progresses through Phase 6, we revisit many of the tactical concepts initially introduced in earlier phases. Towards the end of Phase 6, players will complete the transition to the standard (yellow) ball. During this process a close eye is kept on all proficiencies developed up to this point.

Duration: 1.5 hrs

Pricing: per/session

Member \$ 168.75

Non - Member \$187.50



Phase 6 “Challenger”

Ages 14+

(Tournament Prep)

*Required: 2 Days p/week

Phase 6 “Challenger” pulls together all of the learning focuses and skills the players have developed to this point in their development. Through a targeted system of higher repetition, frequency and increased intensity, players in Phase 6 “Challenger” begin their transition from the fundamental stages of their development into an environment where they can begin to learn to train.

Duration: 1.5 hrs

Pricing: per/session

Member \$ 168.75

Non - Member \$187.50

