

## BEGINNING TENNIS PROGRAM

New players to the VDO Tennis Club range from beginners with no knowledge of the game of tennis to experienced players. The purpose of the Beginning Tennis Program is to provide a basic structure of tennis training, an orientation to the tennis club, and an evaluation component to place new players to the club on a level of play commensurate with their demonstrated skills, knowledge of rules, and an understanding of the game of doubles tennis.

It is expected that new and inexperienced players to the club will receive training and instruction, and be evaluated at the 1.0 and 1.5 levels over a period of time prior to being placed on a higher level of play. New players who are experienced tennis players will receive a basic orientation to the club and will be evaluated quickly if they are appropriate for placement to a higher level of play.

- A. 1.0 Level: All new players begin at the 1.0 level and receive an orientation to the tennis club, have assigned court time for tennis instruction and practice, and receive an on-court skills evaluation when they are ready to progress to another level of play.

Players on the 1.0 level receive basic tennis instruction on rules, strokes, score-keeping, and tennis court etiquette. These players usually do not want to play competitive tennis matches but desire more tennis instruction. Attendance at practice sessions is optional for 1.0 level players. These players do not play league matches and are not assigned to any team. Players may remain on the 1.0 level indefinitely, although many 1.0 players only attend a few sessions. Players on the 1.0 level shall pay club dues as a social member if they participate beyond the initial session or want to use the tennis court equipment.

Instruction at the 1.0 level includes:

Orientation to the tennis club (bylaws, SOP's, dues, website, organization, socials, meetings, court reservations)

The tennis racket, parts, loaners, repairs

The tennis court, areas, net, sidelines

Tennis court etiquette

Basic rules

Strokes, proper grips, and practice  
Game play  
Doubles vs. singles, court positions, teamwork  
Score-keeping  
Use of tennis court equipment  
Maintenance of tennis court

A player on the 1.0 level may move to the 1.5 level with permission of the 1.5 captain if the player desires to play league matches and has demonstrated a minimum level of basic skills and an understanding of the game of tennis. On-court evaluations for 1.0 players moving to the 1.5 level are conducted by the 1.5 captain and a 1.5 coach. Players with no prior tennis experience must go to the 1.5 level for more instruction and training prior to placement on any other level.

Players on the 1.0 level who have had prior tennis experience and who may be appropriate for placement on a level higher than the 1.5 level must be evaluated by the Evaluation Team (Section II) if the 1.5 captain, the 1.5 coach and the rating committee agree that the new player has demonstrated skills beyond those of a beginner. The ET may assign the new players to the 1.5 team for beginners or to another level of play as appropriate to the level of skills demonstrated for experienced tennis players.

- B. **1.5 Level:** This level of play is designed for beginning tennis players who desire to continue to learn about tennis, want to improve their skills, want to be on an organized team with scheduled practices and round-robins, want to play league matches, and may have a desire to move to a higher level at some point. Attendance at team practices and matches is required. Players on this level pay dues as a regular member.

Players on the 1.5 level receive more frequent and intense instruction. The instructional program for the tennis club is based on the fundamentals of tennis doubles as outlined in the book Dynamite Doubles, by Helle Sparre Viragh. Copies of the book will be made available to tennis members on a loan basis. Members are also encouraged to purchase their private copy of the book as the principles of doubles play outlined in the book will be used at all levels of training by club coaches.

Instruction at the 1.5 level includes 1.0 level training plus:

- Different grips, purpose and use
- Strokes, swing-path, contact point, follow-through
- Split step, ready position
- Zones 1: defensive, offensive, transitional, attack
- Zones 2: two-thirds coverage, triangles
- Net play, volleys, overheads
- Footwork, stances, basic movements, weight-shift
- Targeting of ground strokes
- Beginning teamwork, positions, changing positions
- Lobs, offensive and defensive

Level 1.5 players may move to the 2.0 level when their skills and match record warrant it and the 1.5 captain and coach approve of the move. This approval may involve an on-court skills evaluation by the captain and coach. Level 1.5 players may not self-rate. Players of the 1.5 level who can demonstrate exceptional skills may receive an on-court evaluation by the Evaluation Team if requested by the 1.5 captain, the 1.5 coach and the rating committee. The ET will make a determination as to the appropriate level of play of these 1.5 players in accordance with Section II: Evaluation Team of the club SOP's. All other 1.5 players may only go to the 2.0 level.

Players on the 2.0 level may move to the 1.5 level to receive more instruction and practice of basic skills based on the recommendation of the 2.0 captains and the rating committee. These players may return to the 2.0 level after an on-court evaluation is conducted as applies to all 1.5 players.

### C. Annual Review of Beginning Tennis Program

The captain, co-captain and coaches of the Beginning Tennis Program should conduct an annual evaluation of the program, including strengths and weaknesses, and make

recommendations to the president and the executive committee at the conclusion of the season as to how the program can be improved for the next season.

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