



SUMMER YOUTH ACTIVITY GUIDE

2024





SMASHERS CAMPS



The Quad City Tennis Club is hosting a variety of age based skill level camps this summer jam packed with tennis content, life skills & matchplay. See below for the option that best fits your player!

LIL' SMASHERS

3.5-5 years old (entering Kindergarten)

Looking for a fun way to engage your tiny tot this summer? Lil' Smashers might just be the class for you! Using foam balls, players will work one-on-one with High School Coaches to learn the rules of the game, proper form and hitting techniques, teamwork and most of all, what it means to have FUN in a group setting. Players MUST be 3.5 at the time of registration in order to participate.

	OPTION 1 Thursdays 8:30-9:00 am	OPTION 2 Saturdays 9:00-9:30 am	OPTION 3 Sundays 11:00-11:30 am
Session 1	6/13, 6/20, 6/27, 7/11*no 7/4	6/15, 6/22, 6/29, 7/6	6/16, 6/23, 6/30, 7/7
Session 2	7/18, 7/25, 8/1, 8/8	7/13, 7/20, 7/27, 8/3	7/14, 7/21, 7/28, 8/4

SMASHERS 1

Ages 6-8 years old (must have completed Kindergarten)

Is your kiddo ready to play like Serena? Hit like Novak Djokovic? Smashers I is their first stop! Using ROGY Pathway (Red and Orange Ball) techniques and guidelines, Smashers I will utilize Red Balls to work on a variety of tennis & Life Skills, Continental grip, forehands, and backhands and being a good team player will be the main focus. Players will build on skills each week and by the end of summer should be Ready2Rally!

	GROUP A Tuesday, Wednesday, Thursday 9am-12pm	GROUP B Tuesday, Wednesday, Thursday 1-4pm
Week 1 - For the LOVE of Tennis*Intro to Red Ball & Racquet	June 11-June 13	
Week 2 - CONTROL *Controlling the ball & racquet	June 18-June 20	
Week 3 - Forehands & Backhands	June 25-June 27	
Week 4 - Watch Me Rally	July 2-July 4*No programs on July 4	
Week 5 - Rally with Friends	July 9-11	
Week 6 - Intro to Serving	July 16-18	
Week 7 - Watch Me Volley	July 23-25	
Week 8 - Tennis Olympics	July 20-August 1	

SMASHERS 2

9-12 years old (must have completed 3rd grade)

For the beginning or returning player, Smashers II is for the late Elementary - Middle School player who is looking to increase their tennis knowledge. Using ROGY Pathway (Green & Yellow Ball) techniques and guidelines, Smashers II will utilize Green & Yellow Balls to work on a variety of tennis skills such as serves, volleys, overheads & rallies. Players will work on scorekeeping, match etiquette and teamwork.

	GROUP A Tuesday, Wednesday, Thursday 9am-12pm	GROUP B Tuesday, Wednesday, Thursday 1-4pm
Week 1 - Into to Tennis	June 11-June 13	
Week 2 - Opening Up the Court	June 18-June 20	
Week 3 - Attack & Defend	June 25-June 27	
Week 4 - Serving & Overheads	July 2-July 4*No programs on July 4	
Week 5 - Dropshots & Attacking the net	July 9-11	
Week 6 - Focus on Doubles	July 16-18	
Week 7 - Hit it Heavy!	July 23-25	
Week 8 - Tennis Olympics	July 20-August 1	

UPPER LEVEL YOUTH CLINICS

The "Upper Level Youth Clinics" Category focuses on our Junior High/Middle School - High School Aged player.

HIGH PERFORMANCE

Must have coaches permission

Tuesdays & Wednesdays - 12:00-2:00pm

Thursdays - 12:00-3:00pm

6/10-8/14/2024

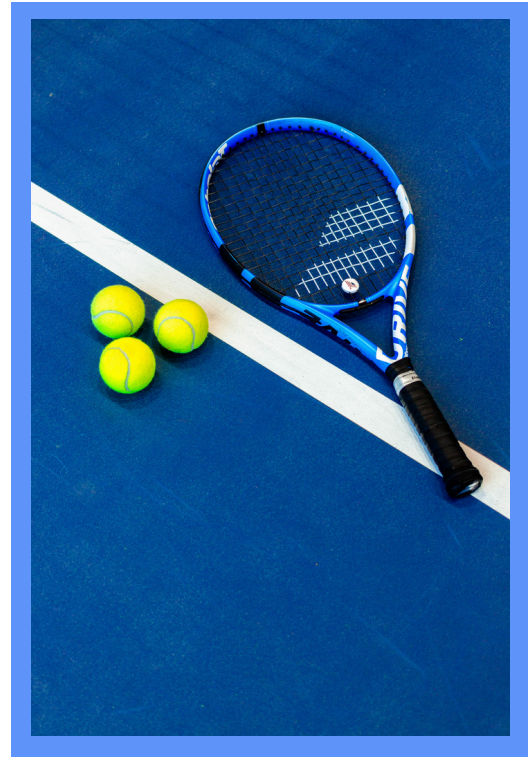
The on-court training will involve instruction and repetition designed to develop the technical and tactical player who is playing USTA tournaments, high school tennis, college & beyond.

Coaches recommendation for this program will be applied.

Participants will receive instruction in technical, tactical, and mental aspects of the game.

There will be a balance for players of instruction and competition in the 12:00-2:00pm time period. Technical and tactical foundations will be developed through drills, repetition, and specific point play competition. Mental skills will be focused on during this time period.

The Thursday 2:00-3:00pm time will consist of Verified UTR match play and tennis specific footwork, agility & speed enhancement. Match play will be contingent upon HP registered players. The program will add additional UTR match play days as it warrants.



JUNIOR HIGH

DROP-IN CLINIC

Players entering 6th-8th grades

Tuesdays - 4:00-5:30PM

6/10-8/14/2024

Working with QCTC Staff Professionals, each drop-in clinic will follow a 45 minute coaching, 45 minute match play format. Players will work on a different skill each week for the first hour of the class, and for the second hour, players will be matched up with similar ability players to play in a singles or doubles match. Players do not have to be QCTC members to join, however QCTC members will receive a discount for participating.

Pre-Registration for class is required. Players must register by 10am the day of class to participate.

HIGH SCHOOL

DROP-IN CLINIC

Players entering 9th-12th grades

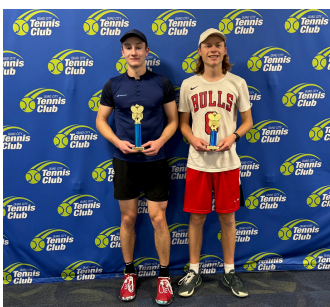
Tuesdays - 5:30-7:30PM

6/10-8/14/2024

Working with QCTC Staff Professionals, each drop-in clinic will follow a 1 hour coaching, 1 hour play format. Players will work on a different skill each week for the first hour of the class, and for the second hour, players will be matched up with similar ability players to play in a singles or doubles match.

Players do not have to be QCTC members to join, however QCTC members will receive a discount for participating

Pre-Registration for class is required. Players must register by 10am the day of class to participate.





ACADEMY YOUTH PROGRAMS



The Quad City Tennis Club is dedicated shaping the lives of young tennis players from all walks of life by reinforcing the values of good sportsmanship, dedication, perseverance and grit. By challenging players to hone their competitive spirit, the Quad City Tennis Academy is committed to driving your player's game to its full potential.

RED ACADEMY

Players at least 5-7 years old
Saturdays, 9:30-10:30AM
6/15-8/10/2024

This QCTA early tennis and athletic development class. That is a serious title for your young players to have FUN while learning to play tennis. We start with using QCTA Red Ball and USTA Net Generation guidelines to work on the ABC's (agility, balance, coordination) then moving onto sending and receiving skills used in tennis. Saturdays are reserved for team Match Play.

ORANGE ACADEMY

Players who have completed Red Academy
OR are between 7-9 years old
Saturdays, 10:30-11:30AM
6/15-8/10/2024

This QCTA class involves the next steps for young tennis players to improve their skills after playing Red Academy or coaches' permission. The class content involves continued improvement of the ABC's and tennis specific movement. Tennis fundamentals focus on stroke development along with direction, depth, spin and speed. Classes utilize drills, games, and competition. Saturdays are reserved for team Match Play.

GREEN ACADEMY

Players who have completed Orange Academy
OR are between 9-11 years old
Saturdays, 11:30AM-12:30PM
6/15-8/10/2024

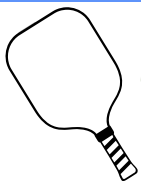
This next level builds upon the stroke and movement development attained in the Orange Academy. Coaches' permission or prior academy participation required to attend. Players will continue to develop the ABC's with more advanced tennis specific movement on a full tennis court. Player stroke fundamentals and tactics will continue to be developed using placement, depth, spin and speed.

ACADEMY 2

For players who have completed Green Academy or have received Coaches' Permission
Saturdays, 10:00-11:00AM
6/15-8/10/2024

This class will serve players looking to get started with tennis and players with limited experience. The focus will be learning and reinforcing the basic fundamentals. The complete stroke package will be covered while learning how to apply them in singles and doubles matchplay.





DINKERS YOUTH PICKLEBALL PROGRAMS

The "Dinkers" Youth Pickleball programs are a series of programs created to teach our youth players the rules & strategies of the game of pickleball.

LIL'

DINKERS

at least 6 years old - 8 years old
Tuesdays, 8:00-9:00AM
Saturdays, 8:30-9:30am

The Lil' Dinkers class is your players first introduction to the Pickleball World! From learning about the kitchen to how to dink to mastering the art of the rally, the Lil' Dinkers class will have your player ahead of the curve and ready to take on America's newest favorite sport!

Class is on a drop-in basis, however, Pre-Registration is required. Players must register by 4pm the day before each class.

	<u>OPTION 1</u> Tuesdays 8-9am	<u>OPTION 2</u> Saturdays 8:30-9:30am
<u>Session 1</u>	6/11, 6/18, 6/25, 7/2	6/15, 6/22, 6/29, 7/6
<u>Session 2</u>	7/9, 7/16, 7/23, 7/30	7/13, 7/20, 7/27, 8/3

HIGH SCHOOL

OPEN DINK

must be entering Freshman Year -
18 years old
Fridays, 10:00AM-12:00PM

The Lil' Dinkers class is your players first introduction to the Pickleball World! From learning about the kitchen to how to dink to mastering the art of the rally, the Lil' Dinkers class will have your player ahead of the curve and ready to take on America's newest favorite sport!

Class is on a drop-in basis, however, Pre-Registration is required. Players must register by 4pm the day before each class.



TRY IT!

YOUTH SERIES

June 29th, July 27th, August 31st
12:30-2:00pm

Have you caught on to the newest buzz in town? Pickleball is booming all over the country and we want you to take part! Come join us on June 29th, July 27th and/or August 31st for a Pickleball "Try It!" day on our outdoor courts! Players will work with QCTC Staff to learn the basics of pickleball in a fun environment. Pre-Registration is required.

DINKERS 1

at least 8 years old - 11 years old
Thursdays, 8:00-9:00AM
Saturdays, 9:30-10:30AM

The Dinkers I class is designed to set your dinker up for success! Starting with the basics, players will learn how to serve, drive and dink. With each week building on a different skill, Dinkers I is designed to get your player out on the courts and rallying points with their friends!

	<u>OPTION 1</u> Thursdays 8:00-9:00am	<u>OPTION 2</u> Saturdays 9:30-10:30am
<u>Session 1</u>	6/13, 6/20, 6/27, 7/11*no 7/4	6/15, 6/22, 6/29, 7/6
<u>Session 2</u>	7/18, 7/25, 8/1, 8/8	7/13, 7/20, 7/27, 8/3

DINKERS 2

at least 11 years old - 14 years old
Fridays, 9:00-10:00am
Saturdays, 10:30-11:30am

The Dinkers II class is designed for the Junior High Player looking to learn a new sport or a new skillset. Players will learn the fundamentals, history and strategy behind the game of pickleball through

	<u>OPTION 1</u> Fridays 9:00-10:00am	<u>OPTION 2</u> Saturdays 10:30-11:30am
<u>Session 1</u>	6/14, 6/21, 6/28, 7/12	6/15, 6/22, 6/29, 7/6
<u>Session 2</u>	7/19, 7/26, 8/2, 8/9	7/13, 7/20, 7/27, 8/3

SUMMER YOUTH PROGRAMS PRICING

All payments are made upon play. Payments can be made in the form of cash, check or debit/credit card. Please call the Front Desk with any questions (309)762-2400.



SMASHERS CAMP PRICING

	Daily Drop-in Price *Only if space available, must be pre-registered and paid*	Weekly Pricing
Smashers 1	\$50	\$130/week *week of July 4th, \$100
Smashers 2	\$60	\$150/week *week of July 4th, \$110

DINKERS PRICING



	Option 1 Full Session	Option 2 Full Session
Lil' Dinkers	\$35	\$35
Dinkers 1	\$75	\$75
Dinkers 2	\$100	\$100



DROP-IN CLASS PRICING

	Drop-In Price Members	Drop-In Price Non Members
Lil' Smashers	\$10	\$10
High Performance	\$60 (T, W) \$72 (Th)	\$80 (T, W) \$92 (Th)
Jr. High Drop-In	\$20	\$25
High School Drop-In	\$25	\$30
High School Open Dink	\$20	\$25
Try-It! Youth Series (PB)	\$20	\$25



ACADEMY PRICING

	Drop-In Price Members	Drop-In Price Non Members
Red Academy	\$20	\$20
Orange Academy	\$25	\$30
Green Academy	\$30	\$40
Academy 2	\$35	\$50