



Quad City Tennis Academy (QCTA) & Junior Development  
Winter 2023 Program Descriptions  
**1/2/2023-4/23/2023**

Ages	Class Name	Class Description
4-6	<b>Tennis for Tots</b>	This program is designed for children ages 3-5 years old. Get your little one out on the courts early! During this Adult/Child class, you and your child will participate in a series of fun games and exercises that will build tennis skills and a love for the game!
<b>High School</b>	<b>Varsity</b>	This class is for the high school varsity or JV player that is just completing their season or getting prepared for the Winter season. We will cover the fundamentals of serve, groundstrokes, and net play in a team atmosphere. Singles and doubles strategies will be emphasized with an area of focus each week. The focus in drills and matchplay will be tactics best suited to the individual player. Players will work together with a team focus to take their games to the next level.
<b>Green and Up</b>	<b>Match Play</b>	Match Play is designed for your child to drop in and play a singles or doubles tennis match against a player(s) of equal ability. Participants will be required to register by calling the QCTC office (309-762-2400) by 9am the day of participation. A QCTC tennis professional will help match players and organize the on court play time.
<b>High School</b>	<b>High School Open Play</b>	Calling all High School Tennis Players! Drop in on Sunday evenings for High School Open Play! Geared towards any High School level player, players will play matches or point play in an open format. QC Area Volunteer coaches will be present to supervise.
<b>6-8*</b>	<b>Red Academy</b>	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.
<b>8-10</b>	<b>Jump Start Orange</b>	This class is geared towards players ages 8-10 who are just learning the game of tennis for the first time, or who may be interested in playing tennis but not yet ready to commit to the Orange Academy class. This class will utilize USTA Net Generation guidelines to work on the ABC's (agility, balance, coordination) then moving onto sending and receiving skills used in tennis. This class is designed to get your player ready to enter the Orange Academy!
<b>8-10*</b>	<b>Orange Academy</b>	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.
<b>10-12</b>	<b>Jump Start Green</b>	This class is geared towards players ages 10-12 who are just learning the game of tennis for the first time, or who may be interested in playing tennis but not yet ready to commit to the Green Academy class. This class will utilize USTA Net Generation guidelines to work on the ABC's (agility, balance, coordination) then moving onto sending and receiving skills used in tennis. Players will build upon their stroke development and movement skills and work on more advanced tennis specific movements. This class is designed to get your player ready to enter the Green Academy!

<b>10-12*</b>	<b>Green Academy</b>	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.
<b>12-17</b>	<b>Pre-Academy</b>	This class is geared towards players ages 12-17 who are just learning the game of tennis for the first time, or who may be interested in playing tennis but not yet ready to commit to an Academy class. 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, continued improvement of the ABC's and tennis specific movement, as well as players beginning to learn the complete stroke package while applying these skills in singles and doubles matchplay.
<b>12-17*</b>	<b>Academy 2</b>	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.
*	<b>Academy 1/</b>	This class will prepare players for tournament play and the tournament pathway. Players attending Academy 1 level sessions will require permission of coaches or prior academy participation as well as a UTR score of at least a 2.0. This class will look at stroke fundamentals and production. How to set up point play opportunities using consistency, placement, spin and speed with serves and groundstrokes. Singles and doubles tactics will be developed. Players will develop and improve tennis specific movement through agility drills and age-based strength training. Our session match-play will be entered on the players UTR profile. Keeping in mind that UTR is just a tool that reflects the work the player does in their self-development.
*	<b>HP2</b>	<p><b>**The HP2 program will focus on players with a UTR score of 4.0-4.5. The goal of the HP2 program is to get players prepared for High School Varsity and Regular Competition / Tournament play.</b></p> <p>The QCTA HP program will set standards of tennis instruction for juniors. We will look to build the total athlete. The on-court training will involve instruction designed to develop the player who is playing UTR/USTA tournaments, high school tennis, college and beyond. There will be a balance for players of instruction and competition. Technical and tactical foundations will be developed. Each player will have matches recorded for UTR ratings and progress during the sessions. Keeping in mind that UTR is just a tool that reflects the work the player does in their self-development. The off-court training will consist of tennis specific footwork, agility and age-based strength training. We will also involve aspects of mental training involving mistake management, cognitive development, problem solving and goal setting.</p>
*	<b>High Performance</b>	<p><b>**The HP program is designed for High School Varsity players with a UTR score of 4.5 and above.**</b></p> <p>The QCTA HP program will set standards of tennis instruction for juniors. We will look to build the total athlete. The on-court training will involve instruction designed to develop the player who is playing UTR/USTA tournaments, college and beyond. There will be a balance for players of instruction and competition. Technical and tactical foundations will be developed. Each player will have matches recorded for UTR ratings and progress during the sessions. Keeping in mind that UTR is just a tool that reflects the work the player does in their self-development. The off-court training will consist of tennis specific footwork, agility and age-based strength training. We will also involve aspects of mental training involving mistake management, cognitive development, problem solving and goal setting.</p>

\*Class placement is determined by QCTC Tennis Professional and Assistant Professional teaching staff. Ages are given as an estimate but are subject to change due to players ability level, skill development, and professional staff assessment



Quad City Tennis Academy (QCTA) & Junior Development Winter 2023 Program Schedule

**1/2/2023-4/23/2023**

<b>Ages</b>	<b>Class Name</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>4-6</b>	<b>Tennis for Tots</b>						8:30-9:00am	
<b>7-12</b>	<b>Pickleball Rising Stars</b>		4:00-5:00pm					
<b>High School</b>	<b>Varsity</b>		6:00-7:30pm					
<b>Green and Up</b>	<b>Match Play</b>					4:30-6:30pm		
<b>High School</b>	<b>High School Open Play</b>							5:30-7:30pm
<b>6-8*</b>	<b>Red Academy</b>			4:30-5:30pm			9:00-10:00am	
<b>8-10</b>	<b>Jump Start Orange</b>	4:15-5:00pm				4:15-5:00 pm		
<b>8-10*</b>	<b>Orange Academy</b>			5:30-6:30pm	5:30-6:30pm		10:00-11:00am	
<b>10-12</b>	<b>Jump Start Green</b>	5:00-6:00pm				5:00-6:00 pm		
<b>10-12*</b>	<b>Green Academy</b>			5:00-6:00pm	5:00-6:00pm		11:00am-12:00pm	

<b>12-17</b>	<b>Pre-Academy</b>			6:30-7:30pm	6:30-7:30pm			
<b>12-17*</b>	<b>Academy 2</b>	4:30-6:00pm	4:30-6:00pm		4:30-6:00pm		12:00-1:30pm	
*	<b>Academy 1/</b>	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm			12:00-2:00pm	
*	<b>HP2</b>	6:00-8:00pm	6:00-8:00pm	6:00-8:00pm			12:00-2:00pm	
*	<b>High Performance</b>		5:00-7:00pm	5:00-7:00pm	5:00-7:00pm		12:00-2:00pm	

\*Class placement is determined by QCTC Tennis Professional and Assistant Professional teaching staff. Ages are given as an estimate but are subject to change due to players ability level, skill development, and professional staff assessment

# QUAD CITY TENNIS ACADEMY WINTER 2022

## PRICING & IMPORTANT INFORMATION



- **There are 4 Sessions throughout the Winter schedule. Each Session is 4 weeks long.**
  - The Session Dates are as follows (1/2-1/29, 1/30-2/26, 2/27-3/26, 3/27-4/23)
  - Players will be billed in full on the first date of each session (1/2, 1/30, 2/27, 3/27)
- **4-week sessions are available for purchase through the first date of the session (1/2, 1/30, 2/27, 3/27). After this date, players may only purchase weekly or drop-in sessions. Players looking to register for a Full Session must do so by calling in and registering at the Front Desk (309-762-2400) or by registering through the website. You can access registration to the website by going to [www.quadcitytennisclub.com](http://www.quadcitytennisclub.com)**
- **For Players paying weekly:** Players will be billed in full on the first date of each week (1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17), Players looking to register for a weekly must do so by calling in and registering at the Front Desk (309-762-2400) or by registering through the website. You can access registration to the website by going to [www.quadcitytennisclub.com](http://www.quadcitytennisclub.com)
- **Drop-in's for any of the Academy and Jump Start programs are available on the Quad City Tennis Club App. Players can call into our Front Desk (309-762-2400) by 12noon the day of the class to sign up. Players may sign up on the QCTC App the day of, however, drop-in registration cut-off time is an hour before the class starts. Any player trying to drop-in past the registration cut-off time will be unable to register/attend the class.**
  - There are **NO MAKE** dates/classes or refunds for any reason.
  - There are **NO** prorations for any classes for any reason.

<b>Red Academy</b>			<b>Jump Start Orange</b>			<b>Orange Academy</b>			<b>Jump Start Green</b>			<b>Green Academy</b>			<b>Pre-Academy</b>		
<b>Full 4-week Session</b>	<b>Weekly</b>	<b>Drop-In</b>	<b>Full 4-week Session</b>	<b>Weekly</b>	<b>Drop-In</b>	<b>Full 4-week Session</b>	<b>Weekly</b>	<b>Drop-In</b>	<b>Full 4-week Session</b>	<b>Weekly</b>	<b>Drop-In</b>	<b>Full 4-week Session</b>	<b>Weekly</b>	<b>Drop-In</b>	<b>Full 4-week Session</b>	<b>Weekly</b>	<b>Drop-In</b>
<b>\$110</b>	<b>\$30</b>	<b>\$15</b>	<b>\$90</b>	<b>\$24</b>	<b>\$12</b>	<b>\$180</b>	<b>\$45</b>	<b>\$16</b>	<b>\$110</b>	<b>\$30</b>	<b>\$15</b>	<b>\$200</b>	<b>\$50</b>	<b>\$18</b>	<b>\$110</b>	<b>\$30</b>	<b>\$15</b>

<b>Academy 2</b>			<b>Academy 1</b>			<b>HP 2</b>			<b>High Performance</b>		
<b>Full 4-week Session</b>	<b>Weekly</b>	<b>Drop-In</b>	<b>Full 4-week Session</b>	<b>Weekly</b>	<b>Drop-In</b>	<b>Full 4-week Session</b>	<b>Weekly</b>	<b>Drop-In</b>	<b>Full 4-week Session</b>	<b>Weekly</b>	<b>Drop-In</b>
<b>\$275</b>	<b>\$75</b>	<b>\$20</b>	<b>\$315</b>	<b>\$85</b>	<b>\$22</b>	<b>\$350</b>	<b>\$95</b>	<b>\$25</b>	<b>\$420</b>	<b>\$115</b>	<b>\$30</b>

**DROP-IN PROGRAMS ONLY**

- *DROP In only programs are available for registration on our QCTC App or you may call on the day of the class to our Front Desk (309-762-2400) to register by 12noon. Registration on the QCTC App will close 1 hour before the class begins.*
  - *There are **NO MAKE** dates/classes or refunds for any reason.*
  - *There are **NO** prorations for any classes for any reason.*

<b>Ages</b>	<b>Class Name</b>	<b>Drop In (Per Class, Member)</b>	<b>Drop In (Per Class, Non-Member)</b>
<b>4-6</b>	<b>Tennis for Tots</b>	\$5	\$5
<b>High School</b>	<b>Varsity</b>	\$15	\$15
<b>Green and Up</b>	<b>Match Play</b>	\$15	\$15
<b>High School</b>	<b>High School Open Play</b>	\$10	\$10