

## **Frequently Asked Questions (FAQ)**

### ***What tennis clinic do I register my child in?***

It can be difficult to know which clinic is best for your child, especially beginners. Consider age first, then physical maturity, athletic ability, and tennis skills. We will try to separate ability levels within an age group. It is natural to want your child in a higher ability clinic to challenge them, but we would rather move a child up than tell them they are not good enough to be in a higher ability clinic. Instructors try to identify players who should be moved up. General descriptions can be found below each clinic title.

### ***What is Quick Start?***

The Quick Start concept is to get young kids “playing to learn” vs. “learning to play” with a format that is scaled down to their size. We include this concept with all our 10 and Under Tennis in some form ... beginners and experienced players.

*“The QuickStart Tennis play format is tennis scaled to the size of the child, utilizing age appropriate equipment, including smaller racquets, lower bouncing balls, and smaller courts,” said Kurt Kamperman, Chief Executive, Community Tennis, USTA. “By enabling kids to start playing right away, we are allowing them to learn as they play.”*

For more information, go online to [www.usta.com](http://www.usta.com) or [www.10andundertennis.com](http://www.10andundertennis.com).

### ***What should my child bring to the tennis clinic?***

Your tennis player should have a racket that is appropriate for his/her size. As a general rule, the end of the racket should just touch the ground as your child grips the end of the racket. Young kids will have a difficult time developing if they use an adult racket that is too long. We have junior rackets to loan your child during clinics if you need to try a different size. Please wear appropriate tennis shoes and tennis attire. A water bottle, cap, and sunscreen may be needed.

### ***Do I need to register and pay in advance?***

Yes. Please sign-up at the Schwartz Tennis Center front desk by phone, mail, or in person. In order to provide quality instruction, we need to staff the junior clinics for the actual number of participants.

If you know your child cannot attend all the tennis clinic dates, we may pro-rate if you let us know prior to sign-up. Make-up times must be approved by the instructor, but we will try to find another time for your child to participate in if they are absent during the session.

***How often should my child play tennis?***

Find a healthy balance for your child's individual needs. Advanced junior players should play up to six times per week, but must find some recovery time each week for mind and body. It is also appropriate to determine an "off-season" during the year. Beginner players may only be involved in only one or two days of junior clinics per week, but should play more frequently even if this is at home. We recommend a foam ball or low-pressure ball for younger players at your neighborhood tennis courts or even in the driveway.

The USTA has suggestions online at [www.usta.com/Youth-Tennis/Getting-Started](http://www.usta.com/Youth-Tennis/Getting-Started).