



Thanks to the world class performances of Canadian tennis players Milos Raonic and Eugenie Bouchard, the popularity of tennis has exploded in this country! Little Aces is growing by leaps and bounds and we are excited about expanding our programs. We now offer:

- A great partnership with the City of Edmonton - with adult and kids programming being offered at the Kinsmen Sports Centre.
- Four growing locations - Terwillegar Recreation Centre, The Meadows, S Bruce Smith School and Kinsmen Sports Centre!
- Two levels of programming in each age group to give players more options to develop their game!

Skill Development and League Play

Tennis Canada supports our programs across the country and Edmonton has the most vibrant Little Aces programs of any community in Canada! Our mandate is to run minor tennis programs to develop tennis skills enabling players to engage in fun and friendly competition. As players move through the programs, players will learn the skills and competitive aspects of how to play the game and engage in simple competitions. The 10+ Kinsmen program will operate as a full blown league with teams, singles and doubles competitions and team standings. Kids love this exciting and rewarding team competition program!

Usage of Red Ball and Orange Ball

The red ball is the most practical ball to learn tennis with at a young age because it bounces more slowly than other balls allowing the child to develop their skills without being rushed. As a child develops, he or she will move on to a ball with more compression, the orange ball, and then on to a green dot ball, then a regular green ball. Because most of our programs run in a gymnasium, the red ball is used much more widely by us than by tennis clubs, because the orange ball plays too rapidly off of a varnished gymnasium floor. The red ball bounces off a gymnasium floor at about the same rate as an orange ball bounces off of a tennis court. Our 10+ players at Kinsmen Sports Centre will be using an orange ball.

10+ Program Facilities

There are introductory courses for this age group as well as a combination skill development/league for the more developed player. Because of their age, players in this age bracket need to play on a larger court and we therefore hold all of their programs at either Kinsmen Sports Centre or the Terwillegar Recreation Centre. Typically this age group would learn with an orange or green dot ball, however, we have discovered that the speed of these balls off of a varnished gymnasium floor is extremely fast, especially off of the serve. Therefore, we use a red ball for all of our 10+ indoor programs held in a gymnasium. Red ball on a gymnasium floor are equivalent to the speed of an orange on a regular tennis court. Our 10+ programs at the Kinsmen Sports Centre, are held on tennis courts, and as such will use green dot balls. All of our outdoor 10+ programs will use orange and green dot balls.

Kids over the age of 12

Our mandate is to run tennis programs for children under the age of 11 but we understand that there are limited opportunities for teenage players to receive instruction during the Winter months in Edmonton. If our 10+ programs are not full and your child is just out of this age category, but otherwise qualifies for the class, we will look at trying to incorporate your child into the program. This will be on a first come, first served basis.

PROGRAM DESCRIPTIONS

Tennis for Tots -Introductory program for 4 & 5 year olds. (MUST be four by start of program).

Yes, toddlers can learn to play tennis too! This class will introduce fundamental physical literacy movements and teach basic racquet and ball skills and is a perfect primer for Tots Plus! Fun filled story-based coordination games and activities are at the core of the program with essential skills such as controlled ball throwing and catching, and ball guiding, balancing and striking are taught. Tots will have the opportunity to return coach or parent fed balls with their forehand.

Tots Plus -For players who have mastered key skills from Tennis for Tots. (born between Sept 1, 2009 and Aug 31, 2011).

This course takes the Tot one step closer to rallying. It focuses on rally starter training and feeding. Players' progress using their forehand skills, returning hand and racquet fed balls. The concept of rallying will begin with the development of these new skills. Depending on course length, backhand, serving and volleying preliminaries may be introduced. *Participants MUST be born between Sept. 1, 2009 and Aug. 31, 2011.

7 and Under Red Ball Level 1 - Introductory program for 6 & 7 year olds and graduating Tots Plus players (born between Sept 1, 2007 and Aug 31, 2009).

This program starts off as an accelerated merging of the Tots and Tots Plus classes with an emphasis on skill development and fun! Players will be mixed and matched with different partners while practicing coordination and ball skills such as softly lofting to a partner so they can bump the ball up and eventually return it back across the net. As forehand and backhand rally skills begin to develop game playing will be introduced. Serving and volleying skills will also be introduced as players' progress through the course.

7 and Under Red Ball Level 2 - For intermediate 7 and Under players who have mastered key skills from Red Ball 1 (born between Sept 1, 2007 and Aug 31, 2009).

With prerequisites in place such as starting and maintaining a brief cooperative rally and feeding and returning balls with a partner, actual game-playing can begin! Tactical solutions to game situations such as the use of the serve, backhand and volley, will be covered. Similarly, fundamental technical ideas such as set-up, impact point, hitting zone, and grip will be highlighted as keys to ball control with ball control,

in turn, being the key to implementing tactics. Players will engage in fun competition with their classmates!

9 and Under Red Ball Level 1 - Introductory program for 8 & 9 year olds and for graduating 7 and Under Red Ball 2 players (born between Sept 1, 2005 and Aug 31, 2007).

This course moves quickly through key rallying prerequisites from the 7U Red Ball 1 course. 7U Red Ball 2 content is launched soon after and game playing begins! The backhand, serve, and volley strokes are taught as solutions to real game situations. Players will engage in friendly competition in the second half of the course with technical and tactical aspects covered during play.

9 and Under Red Ball Team Tennis League - For 9 and Under players who have mastered key skills from Red Ball 1(born between Sept 1, 2005 and Aug 31, 2007).

The emphasis in this course is league play! Given that players in this program can already rally, playing singles and doubles games against players of similar skill level is the mainstay of this program. Teams will be formed early in the season, games will be played, scores and standings will be kept, but it is a program where everyone is a winner! Ongoing technical instruction will take place at the beginning of each day and reinforced throughout play. Come on out to play!

10+ Green Dot Full Court Team Tennis League - For all 10 to 12 year olds

10+ players graduate to a larger $\frac{3}{4}$ sized court and then progress to a full court. Cooperative rallying and partner activities are launched into quickly so that game playing can begin! Playing singles and doubles games against players of similar skill level is the mainstay of this program. Teams will be formed early in the season, games will be played, scores and standings will be kept, but it is a program where everyone is a winner! Ongoing technical instruction will take place at the beginning of each day and reinforced throughout play. Come on out to play!