

**ST. SUNSET
TENNIS**

JUNIOR HANDBOOK

VISION & MISSION STATEMENT

vision

At Sunset Tennis we strive to provide an opportunity for players at any level and any age the opportunity to become tennis players. Recreational to Competitive we got a program for you.

mission

“Learn, Play, and Have Fun”

PRO STAFF BIOS

brian smith

director of tennis &
general manager

Brian Smith comes to The Club at Sunset with eighteen years of experience in the tennis business. Thirteen of these years have been spent directing clubs across the country from Texas to Wisconsin and now North Carolina.

On the coaching front Brian has developed two large juniors programs which average of over 200 players enrolled monthly and a vibrant adult program for players of all levels. His students have gone on to win USTA league Nationals, NCAA titles, as well as spent time on the coaching team of former World #1 and Grand Slam Doubles Player Liezel Huber. .

As a competitive player, Brian played collegiately at University of Utah and currently continues to play league and tournaments on a regular basis. In the recent past, he has won two National Doubles titles in Men's 30s doubles.

Brian brings a wealth of knowledge and experience both on and off the courts to enhance the

eric hilpert

director of junior
programming

Eric Hilpert is USPTA certified with over 10 years of teaching experience. He is a Minnesota native and attended Stillwater High School, where he was a two-time team captain and all-conference singles player. He played collegiate tennis at Wartburg College where he was an all-Iowa Conference selection and is top 10 on the school's all-time doubles wins list. Eric led the team to its best conference finish and the most regular season wins in school history.

Most recently, he was the Head Tennis Professional at Sports Core, a 5-star resort in Kohler, Wisconsin, where he has worked with some of the top juniors in the state. In addition to club teaching, he has three year experience as head coach at Lakeland University with the Men's and Women's program. In 2017, he led the women to their most regular season wins and first conference tournament appearance in five years.

Hilpert, began where he grew his community tennis programs from one court on a gym floor with a volleyball net to fourteen courts across three locations. He had the opportunity to teach at the Stanford University Nike Tennis Camps where he was mentored by several NCAA Division I coaches. Hilpert also was the co-director of Wartburg College Tennis Camps where he helped create, execute and teach the first camps.

Eric brings energy, experience and the love of tennis to Sunset Tennis players of all ages.

PRO STAFF BIOS

tim scheuerman

director of adult
programming

He joined our staff in 2015 and March 2018 assumed the position of Director of Adult Programming. Tim graduated from Methodist University in the Professional Tennis Management program with a major in Business Administration. After graduation he worked as an assistant tennis pro at Highlands Country Club in Fayetteville, NC.

Tim is certified as an elite professional with USPTA and he is also a certified 10 and under instructor for PTR.

Players will learn skills that are more than just tennis

athletic skills

In order to become a better tennis player, we need to become better athletes. That's why within each of our programs we have a certain level of athletic skills that need to be reached. Developing the whole athlete will only benefit each player in their pursuit of their tennis goals.

adversity

Throughout the tennis journey the success of each player will have to overcome adversity. Every time we step on the tennis court we are dealing with adversity, maybe an opponent that makes a bad call; the weather conditions, the level of opponent. These are all examples of adversity that we deal with on a day to day basis and we learn to understand, deal and overcome those issues.

resiliency

Players will become resilient by overcoming adversity and recover faster during their tennis. This will help long past tennis and long into their future careers.

learning how to win and lose

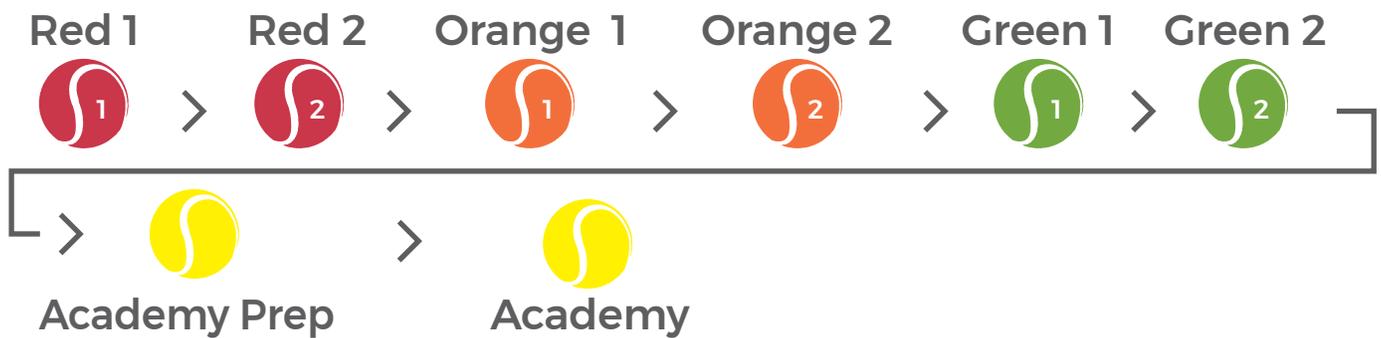
In almost everything we do today there is a winner and a loser. Losing isn't bad, it's the best way to learn. The most successful people in the world, athletes or not, always state that they are not where they are today because they won everything. Learning HOW to lose is the key. You might be upset or mad but learning comes from reflection. What can you learn from what you just experienced. This is something that tennis players deal with on a consistent basis.

learn how to work for what you want

Nothing we do on a tennis court comes without work. The more you want to achieve the more you have to work for it.

The Pathway - Red 1 through Academy

Development Route:



Performance Route:



Class descriptions and skill needed to advance

Coaches will divide players into group 1 and 2 each day by ability. The coach will determine the ball used during the class each day as well.

The Red Ball Program at Sunset is designed to help players develop the skills needed to succeed in tennis. Time is spent on developing hand-eye coordination, balance, ball skills, catching /throwing, basic techniques of all shots and rallying skills.

Skills needed to advance:

Red Ball 1

- Can successfully balance a ball on their strings while walking
- Can throw a ball (underhand and overhand) consistently towards a target straight ahead and cross court
- Can catch a thrown ball out of the air and off one bounce
- Able to drop and hit a ball consistently towards a target straight ahead and cross court.
- Has begun developing rally skills, able to return a hit ball.

Red Ball 2

- Able to run with ball on strings
- Able to bounce ball up and down to oneself on strings
- Able to create rallies with a partner of same ability straight ahead and cross court
- Able to serve consistently to the correct box from the baseline
- Able to balance when hitting on the move
- Able to play points (scoring) with serve against a partner of same ability.

The Orange and Green Ball Programs at Sunset is the foundational development group for our players. These players are grouped according to ability and use the primary ball for their skill development. These players are encouraged to participate in our JTT and club tennis events for extra match experience.

Skills needed to advance:

Orange 1

- Able to rally with a partner of same ability from the blue baseline straight ahead and cross court
- Able to serve consistently to the correct box from the blue baseline
- Has begun being able to control the height and placement of their ball
- Has begun understanding to utilize the entire blue court

Orange 2

- Able to control height, placement and power of shots
- Able to play from the baseline and net
- Able to play points successfully with serves within the blue lines
- Has developed court awareness and positioning skills
- Able to play a match without instruction
- Has begun understanding strategy

Green 1

- Able to rally with partner of same ability from the baseline
- Able to develop a strategy to create a point
- Has begun to identify and anticipate opponent's shots

Green 2

- Able to develop and execute a strategy
- Able to cover the entire court through anticipation of opponent's shots
- Has begun to broaden shot selection abilities
- Has begun to develop goals and is focused to accomplish them

The Academy Prep Program at Sunset is for players developing their skills to play tournaments and/or school tennis. These players are grouped by ability level and will focus on skills needed to keep developing their games.

Skills needed to advance:

Academy Prep 1

- Player is comfortable at the baseline, mid-court and net
- Able to move without the ball, being proactive not reactive
- Able to self-motivate and push themselves towards their goals

Academy Prep 2

- Consistently playing matches and tournaments with some success
- Has developed a first and second serve utilizing spin

The Sunset Tennis Academy Program is designed to provide the framework for players to achieve their tennis goals. Players in this program should be striving to get better for high school or tournament competition.

What players will accomplish:

Academy

- Has developed multiple weapons
- Able to develop and adjust strategy during match based on opponent
- Success in tournaments and school tennis

package usage

Our clinics are sold in packages. Players may attend their clinic any day it is offered to use their package. If a player attends a class without purchasing a package, a guardian will be contacted and will have 5 days to purchase a package if they chose, or player will be charged the daily rate.

If a player has attended all the clinics in their package and they attend another clinic, the player will not be turned away, but charged the daily rate.

All packages expire after the make-up days. There will be NO REFUNDS or credits given for remaining clinics on player's packages.

weather cancellations

Classes will be cancelled if the court is unplayable according to pro staff. To check if a class is cancelled please call the weatherline at (919) 557-0000 ext. 120. The weatherline is updated at least 30 minutes prior to class. If the class is cancelled within the 30 minute prior to class we will update the weather line ASAP. We will also update the Sunset Tennis Facebook page with any cancellations.

If a class is forced to end early due to weather, the class will count if 50% or more has been completed. If less than 50% has been complete the class will not count. Pros hold the right to wait and see if the court gets playable to finish the class.

make-up classes

Each session has designated make-up days at the end of each session. Every missed class will be made-up. The schedule for the make-up days may adjust depending upon how many days and classes need to be made up. Classes may or may not be at the same days or times and we WILL NOT issue credits for classes that cannot be attending during make-up week.

What to expect through the tennis development pathway

long term plan

Development is long term. Short term results (good or bad) are both steps in the development pathway. You are going to have time when your improvement is in an upward path, as such you are going to have times when you feel you're going backwards. This is totally normal and is actually where your improvement comes from.

marathon not a sprint

Think of your development as a marathon and pace yourself to reach the finish line. The key to development is consistency. Instead of practicing every day for three months and then taking 6 months off. Take the approach of practicing twice a week, year-round. This will not be at the level where you stopped and it can be more frustrating than anything else.

don't judge kids against other kids

NEVER judge your player against another player. There are so many variables at play when we look at how kids develop their games. Some kids are bigger and faster at a younger age, some may have better coordination at a younger age. These will allow these players to pick up things faster and improve at a faster rate in the early stages. This has no bearing on how good they will be down the road.

up and downs

There will be ups and downs in the development of a tennis game. Times will be hard at some points and this is where we like to have the players bare down and fight through because when they come out on the other end the reward is worth it.

consistency is key

Be consistent, have a consistent steady practice plan and avoid the short sprints of practice followed by durations of no practice. This is type of schedule will ultimately stunt the develop.

What the program expects from players

attitude

we expect all players to have a positive attitude while in class and at outside tennis events. Positivity is infectious, let's be positive.

work ethic

We expect each player to work as hard as they can. We understand that some players work ethics are better than others, but we expect all players to give it their best shot every time they are on the court.

open mind

We would encourage all players to have an open mind when it comes to their development. Our job as coaches is to help provide the tool needed for players to develop into the best players they can be. This will include working on things that they may not be good at or use a lot in their matches. This is how we extend their skill sets and develop practices to beat players of varying styles and levels.

feedback to coaches

We encourage all players to give us feedback. How has your last matches gone, are you struggling with something specific, does something not make sense. We can't see how they feel so this is valuable information that coaches need to help each player get the most out of each practice.

What is expected from parents

positive player support

Be their emotional support system. Nurturing them when things are not going well and praising them when things are not going well is the perfect balance. Be steady!

commitment to getting players to practice, competitions and tournaments

Just as with the coaches commitment to a player the other commitment is getting the players to practice. It's very easy to say it's too cold or too hot. Just remember when class is offered, players that show up are getting another step closer to their goals where your player is not. Make it a priority.

let the coaches, coach!

We all want the best for our players and its sometimes extremely hard for parents to not give our thoughts on that match or their strokes, etc. Its best to let the coaching be done by the professional coaches and not cross that parent/coach line. It's usually never the best approach.

Play Opportunities

- Clinics
- Individual Lesson
- Play Days
- World Tour
- Hitting wall
- Call a friend

Competitive Opportunities

- Play Days
- JTT
- Club Championship
- USTA Tournaments
- School Tennis

how to create the right practice plan for your player:

why group instruction is important

Group instruction is needed for the players to be able to perform their skill against players of similar age and skills. Players learn a lot from watching and one of the best motivators is players watching their peers.

why private lessons are great

Private lessons are a vital part of the development process. They are 100% geared towards that players individual needs.

how to create that balance

The best plan of action is to balance the two out together. One of the more effective balances is 1 private lesson to 4 hours of clinic. This allows the players to have their focused practice with a professional and then be able to test and get the repetitions in clinic.

which is better if you have to only do one

Group Sessions is the best situation if you have to choose one or the other. The court time is the most important thing and group sessions offer players more court time for the money.

communication channels and points of contact:

Pro shop	(919) 557-0000
Weatherline	(919) 557-0000 ext. 120
Brian Smith	(919) 557-0000
Eric Hilpert	(651) 341-8741
Tim Scheuerman	(910) 624-9169

Facebook	SunsetTennisNC
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