



## Leisure Services Department **Parks and Recreation**

### **Junior Training Tennis Overview**

Red Bug Lake Park's Junior Training Program is a USTA approved "Local Excellence Training Center." The concepts and methods used by the staff are the same ones used by the USTA for elite Junior Players. Emphasis is on the Four (4) "F's": Fundamentals, Footwork, Fitness, and Fun!! The daily format combines instruction with practice and match play and includes structured drills and on court games to improve player skills, tactics, and techniques. Participants are organized by skill level in-groups of 6 to 8 players.

#### **Levels**

- **JT 8 and 10 & Under Tennis:** Using the USTA's high performance format for 8 and 10 and under with the red ball/36' court, orange ball/ 60' ft court and green ball/78' ft court. Emphasis will be on further development of technique and match play.
- **Competition:** For the player who has successfully completed the Junior Development tennis lesson program and JT Recruit, is able to serve and maintain a rally of controlled shots, can keep score, and is capable of competing at the Junior Team Tennis and Rookie Tournament level.
- **JT Tournament:** For players who are competing at the USTA Local and Super Series level tournaments and have established a USTA ranking, play on a high school tennis team, or have maintained a top position on the Rookie level ladder.
- **JT Elite:** Highly ranked USTA Florida players who successfully compete at the designated, sectional, and national level tournaments.

#### **Things to Remember**

- New players must have the permission from a Red Bug Lake Park Tennis Professional prior to registration. Level placement for new players is held the week prior to the start of each session on Monday through Thursday at 4:45 p.m. Please call the park to make an appointment.
- Junior Training Fees include tennis court time from 12:00 p.m. until 6:00 p.m. depending on court availability. Please check in at the office before playing.
- Credits for paid programs are issued only when there is proof of sickness, injury, or for inclement weather and must be approved by the Recreation Supervisor.
- Players will be encouraged to participate in USTA Junior Team Tennis and/or USTA sanctioned tournaments. The tennis staff will provide the appropriate information for the different ability levels.

**Red Bug Lake Park (407) 665-2190**

3600 Red Bug Lake Rd., Casselberry, FL 32707 • RAIN OUT LINE: (407) 665-PARK (7275) • Open M - F from 8 a.m. to 10 p.m., Sat and Sun from 8 a.m. to 8 p.m.

**[www.seminolecountyfl.gov/parks](http://www.seminolecountyfl.gov/parks)**

**It Starts  
in Parks**



**quickstart tennis  
program**