

# WestFit Junior Tennis Program

At WestFit, we believe in fostering a supportive environment where young players can thrive and reach their full potential. Whether they aspire to play competitively or simply enjoy the game, our junior tennis programs provide the ideal pathway for all abilities.

## WestFit Futures (ROGY) Program

Designed for young players aged 3 to 12, this program follows the Development Pathway progressing through red, orange, green, and yellow ball stages. This approach ensures that players develop essential skills and techniques at a pace suitable for their age and ability.

### Futures Red Ball Program

The **Futures Red Ball Program** is designed to introduce young players, ages 3-7, to the fundamentals of tennis in a fun and supportive environment. Every young athlete will be provided a clear pathway for progress and development.

Players will learn how:

- To self-rally using their forehand and backhand with and without a bounce.
- To have a continuous rally with a partner.
- To bounce hit to specific targets.
- To toss with both hands and overhand throw to various distances, heights, and directions.

Through the **Futures Red Ball Program**, young players can develop a strong foundation in tennis fundamentals while fostering a love for the sport and making new friends.

## Futures Orange Ball Program

The **Futures Orange Ball Program** is designed for players who have progressed from the **Red Ball Program** and are ready for the next stage of their tennis journey. Young athletes will focus on developing skills and techniques specific to the **Orange ball** stage.

This level introduces players to the orange ball and a larger court size. Players also begin to develop directional control, depth, and spin on their shots.

Players will learn how:

- To rally with a partner using different directions.
- To serve overhead into the correct service box.
- To demonstrate the movement cycle starting and finishing in a ready position.
- To volley using forehands and backhands.

The **Futures Orange Ball Program** provides a supportive and engaging environment for young players to develop their skills, foster a love for tennis, and build lasting friendships.

## Futures Green Ball Program

The **Futures Green Ball Program** is designed for players who have progressed from the **Orange Ball Program** and are ready for the next stage of their tennis journey. This level focuses on developing skills and techniques specific to the **Green ball** stage.

Players will learn how:

- To control height, direction, speed, and spin to hit into 4 zones.
- To use topspin and slice to increase angle and move their opponent.
- To serve, return and rally with efficient and effective strokes to all areas.

The **Futures Green Ball Program** provides a supportive and engaging environment for young players to develop their skills, foster a love for tennis, and build lasting friendships as they progress through their tennis journey.



# WestFit Junior Champs Program

Catering to 8 to 11-year-old players actively playing in USTA Level 5-7 tournaments. This program focuses on building a strong technical foundation and fundamentals of strategies along competitive gameplay and introduction to developing mental toughness. Placement into this program requires Director Approval.

## Champs II Program

Tailored to players (ages 11-18) participating in USTA Level 6-7 tournaments. This program refines advanced techniques and strategies, helping players break through to the next level.

## Champs I Program

Designed for players (ages 12+) who actively play USTA Level 1-5 tournaments. This high-performance program provides a rigorous training schedule, personal guidance, and access to specialized coaching resources. Placement into this program requires Director Approval.