

People's Courts



Tennis Academy

1650 Foster Ave,
Coquitlam, BC, V3J 7X1
Phone: 604-878-8600
www.peoplescourts.com
info@peoplescourts.com

Junior Academy Program 10 / 11



Program	Age	Max Player	Weekdays	Saturdays	Hr/W	12 Weeks	Hr/W	12 Weeks
JA1	12-17	4	4pm - 8pm	9am - 4pm	1	\$256	2	\$482
JA2	12-17	5	4pm - 8pm	9am - 4pm	1	\$236	2	\$442
JA3	12-17	6	4pm - 8pm	9am - 4pm	1	\$216	2	\$402

New Sunday Classes: from 10am to 2pm.

ACADEMY 1 PROGRAM DESCRIPTION

- The goal of the program is to maintain a desire and a passion for the game participating in tennis specific fitness and other physical activities.
- The program aims at continuous development of young players for high school and provincial tournaments, according to Tennis Canada guidelines.
- Overall physical, mental, cognitive and emotional development.

ACADEMY 2 PROGRAM DESCRIPTION

- The goal of the program is to maintain the desire and passion for the game as well as participating in fitness and other physical activities.
- The program aims at continuous development of young players for advanced recreational level and high school competitions, according to Tennis Canada guidelines.
- Overall physical, mental, cognitive and emotional development.

ACADEMY 3 PROGRAM DESCRIPTION

- The goal of the program is to maintain the desire and passion for the game as well as participating in fitness and other physical activities.
- The program aims at continuous development of young players for pre-advanced and advanced recreational level, according to Tennis Canada guidelines.
- Overall physical, mental, cognitive and emotional development.

	Technical	Tactical	Physical	Mental	General
JA1	<ul style="list-style-type: none"> • Development of advanced stroke variation and net play • Development of advanced serve and return • Development of advanced footwork patterns 	<ul style="list-style-type: none"> • Integration of point construction • Development of game plan • Instruction of personal game style 	<ul style="list-style-type: none"> • ABC (Agility-Balance-Coordination) • Speed • Flexibility • Cardiovascular endurance • Muscular strength and endurance 	<ul style="list-style-type: none"> • Positive body language and self talk • Emotional control • Visualizing • Self confidence 	<ul style="list-style-type: none"> • Mutual respect • Sportsmanship • Teamwork • Awareness of a healthy diet
JA2	<ul style="list-style-type: none"> • Development of stroke variation and net play • Development of spin serve and attacking return • Development of specific footwork patterns 	<ul style="list-style-type: none"> • Development of point construction • Introduction of game plan 	<ul style="list-style-type: none"> • ABC (Agility-Balance-Coordination) • Speed • Flexibility • Cardiovascular endurance 	<ul style="list-style-type: none"> • Positive body language and self talk • Emotional control • Self confidence 	<ul style="list-style-type: none"> • Mutual respect • Sportsmanship • Teamwork • Awareness of a healthy diet
JA3	<ul style="list-style-type: none"> • Introduction of spin • Development of ground strokes • Introduction of net play • Development of serve and return • Development of footwork patterns 	<ul style="list-style-type: none"> • Introduction of point construction • Understanding of court coverage 	<ul style="list-style-type: none"> • ABC (Agility-Balance-Coordination) • Speed • Flexibility 	<ul style="list-style-type: none"> • Positive body language and self talk • Emotional control 	<ul style="list-style-type: none"> • Mutual respect • Sportsmanship • Teamwork • Awareness of a healthy diet

