

## **HUNTING HILLS COUNTRY CLUB HOLDS COURT FOR USTA QUICKSTART WORKSHOPS**

### **What is a Recreational QuickStart Training Workshop?**

This is a 3 hour interactive on-court workshop which provides an overview of the QuickStart Tennis format and the QuickStart, tennis recreational practice plans. This workshop is about helping children learn and develop the skills necessary to play tennis.

Hunting Hills Country Club will be among the first one hundred sites in the United States to host this workshop. The workshop will be held Saturday April 4<sup>th</sup>, 2:00pm to 5:00pm at 5220 Hunting Hills Dr. Roanoke, VA 24018. HHCC Tennis Complex phone is 540-774-8880.

Who should attend?

Parents and volunteer coaches, tennis professionals, recreational coaches or anyone working with age 10 & under youth in junior team tennis, summer camps or after school programming.

Attendees will receive: Training from a National QuickStart Tennis Specialist, QuickStart Recreational Practice Plans, and specially designed practice plans.

### **What is QuickStart Tennis?**

QuickStart Tennis is the major tool for introducing tennis to young children up to the age of 10. It is the first and vital stage in the progressive development of a High performance tennis player. QuickStart is a USTA tennis format that uses modified court dimensions and scoring tailored for age and size.

The QuickStart initiative fits tennis to kids based on their age and size, with modified court dimensions, racquets and balls that help develop better technical and tactical skills. The result: immediate fun, instead of frustration that so often besets beginners.

One might think 3- to 5-year-olds are too young to begin playing competitive tennis. But Hunting Hills Country Club just may have future tennis champions on its QuickStart team.

The ease with which young players can be taught and find success in the game in a manner that 'fits' their needs, means that the chances of retaining them in the game are very high. In addition, the opportunity to take part in relevant and fun competition will ensure that all young players can play and progress. Many of the world's best players began their careers playing a mini version of the game, but just as importantly, many recreational players have stayed in the game because they learned to play in a way that was fun and relevant to them.

USTA has identified six key specifications for QuickStart Tennis that must be used **together**, not in isolation.

The first specification is the age of the children who will be introduced to tennis through QuickStart Tennis. USTA is recommending that the game is learned and played in two different age groups – 5 - 8 years and 9 -10 years. The decision to use these age groups is based on the characteristics of young children at these ages. Children under 10 years of age are not adults and so have different needs when learning tennis.

*Height and physical size*– between 5 and 10 children grow relatively slowly, but many do increase in height quite rapidly between 8 and 10 years of age  
*Limb length and strength* – young children have shorter arms and legs and this affects their ability to cover distance and control a racquet

Characteristics for age groups

Ages 5-10 are a critical time for developing movement. Most of our fundamental movement patterns are formed during this time, and many, like running and balance, are developed before age 7.

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