

Junior Tennis by Tennis Asia



The **LRC Junior Tennis Programme** has over 450 participants and is designed to cater to juniors of all ages and abilities, from 3 to 16 years old and beginner to elite level. Our industry-leading methodologies help juniors develop their technical, tactical and mental understanding, with a fitness component included for advanced squads. We also offer competitive and social tennis events and regular holiday camps.

Our programme emphasises character development, with a focus on expanding each junior's potential. Throughout the year, our coaching team works on developing five keystone character strengths in eight-week blocks to improve our juniors' tennis performance on the court and in their off-court lives. Parents receive written updates on their child's progress every eight weeks.

For more information on all programmes and upcoming events, please visit our Junior Tennis website at www.lrcjuniortennis.com. See the right side for a brief overview of our coaching programme.

Day Every Monday – Saturday

Time **Every Monday – Friday**
2:30pm – 7:00pm (all levels)

Every Saturday
8:00am – 2:00pm (all levels)

Levels offered

- **Blue Stage**
3 – 5 years old (First tennis experience)
- **Red Ball**
5 – 8 years old (Club/Development/Pro)
- **Orange Ball**
8 – 10 years old (Club/Development/Pro)
- **Green Ball**
9 – 10 years old (Club/Development/Pro)
- **Yellow Ball**
11 years old & above (Club/Development/Pro)

Fee

Club Stream (max ratio 1:6)

1 hour lesson	\$235 per session
1.5 hour lesson	\$355 per session

Talent Development Stream (max ratio 1:4)

1.5 hour session	\$390 per session
2 hour session	\$490 per session

Levels

CLUB Classes:

Club Path juniors will be required to participate once a week. They will be introduced to key fundamentals of the game in a fun, social way, while also being encouraged to participate in other sports. Club Path juniors are typically in the first phase of their respective ball colour and lessons run for one hour.

DEVELOPMENT Classes:

These classes are designed for juniors who have shown a keen interest in tennis as a sport of choice. They generally participate twice a week in training sessions and compete in club in-house leagues and local junior tournaments. Development juniors have typically spent at least 12 months in their respective ball colour and sessions run for 1.5 hours. The Development classes will progress to the Pro classes.

PRO Classes:

Our Pro programme is designed for the most advanced juniors in their respective ball colour, who are invited by coaches based on various prerequisites such as commitment, athleticism, attitude, competitiveness, work ethic and desire to learn and improve. Pro classes incorporate a fitness component and run for 1.5 to 2 hours. Juniors must attend sessions at least twice per week and take part in all club leagues and tournaments.

Blue Stage (FPMS): 3-5 years old

Our Fundamental Perceptual Motor Skill (FPMS) programme is designed for young beginners, introducing and developing essential skills such as appropriate moving skills (running, balancing, transferring weight and jumping), as well as catching, throwing, and striking a ball through a rolling rally. The programme emphasises having fun while learning in a safe and encouraging environment.



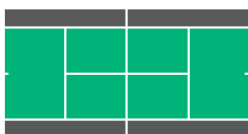
Red Ball: 5-8 years old

This stage focuses on court positioning, accuracy, and consistency of groundstrokes, volleys and serve/return. Juniors will also be introduced to competitions, learning the scoring system, rules and how to compete in a cooperative and competitive environment.



Orange Ball: 8-10 years old

Juniors will further develop the accuracy and consistency of all strokes, with an introduction to spin. They will also learn about transitioning to the net, playing toward strengths and weaknesses as well as court positioning. Due to an increase in court dimensions and net size from the Red Ball stage, more complete swings will be introduced, alongside refining techniques as a focus. Juniors will continue to receive competition and match play opportunities.



Green Ball: 9-10 years old

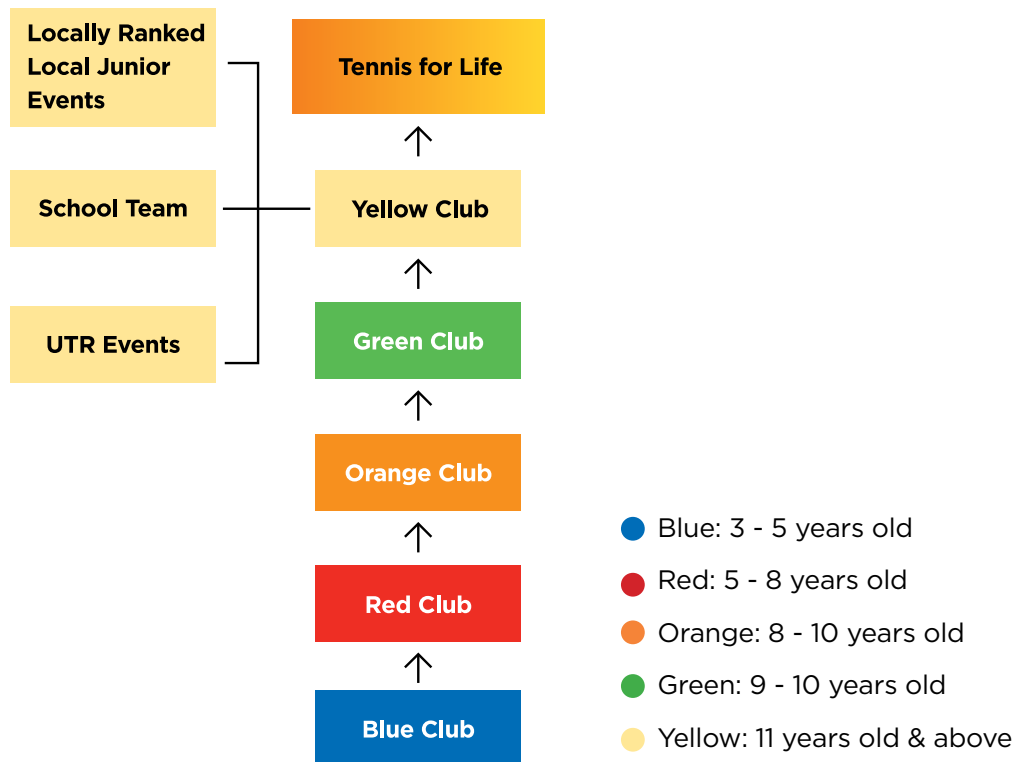
Players at this stage will be encouraged to enrol in full-court competitions and match plays. We continue to develop stroke technique and refine the player's skills. The key tactical focus includes patterns of play and the ability to construct a point, as well as building on themes developed in earlier stages.

Yellow Ball: 11 years old & above

Juniors will develop their skills in areas relevant to their individual strengths, weaknesses and game styles. They will enhance their competitiveness across key areas, with a focus on the serve and return. Top juniors will also undergo advanced training through video analysis. Competition programmes are developed for each player to ensure the required preparation and to enhance performance. Our development and performance players will act as mentors and role models to younger club players. As part of their continuing education, we will assess court etiquette, the role of good behavior and body language during matches, along with the players' performance.

Remarks: For more information, please contact Tennis Director, Josh Carter at 3969 3595 or via email at joshcarter@lrc.com.hk.

Club Stream



Talent Development Stream

