







# Launching Pad Tennis (under 10's program)



USTA Quickstart and ITF Play and Stay programs are the foundation for the junior tennis instructional program for kids aged 10 and under. These formats utilize a developmentally appropriate sized racket, ball, and court for various ages. The goal for Launching Pad Tennis at Genesys Athletic Club is to provide the necessary skills to play immediately in a non threatening environment. Our under 10's program is designed to help kids learn the skills they require to promote the correct development of technical and tactical skills.

Children coming for the first time do not need a racket. Genesys is happy to provide a loaner which we can correctly fit the proper size to the child, before purchasing one.

**GENESYS**  
ATHLETIC CLUB

Age	Ball	Court	Racket	Scoring	Description
5-8	 Red 75% slower than a yellow ball	36' - 39' 	Up to 23"	Tiebreakers	As red, slower balls, smaller courts, and shorter rackets enable players to play the game from the first lesson. Players start to play fun, team based matches and develop good technique and use realistic tactics.

Age	Ball	Court	Racket	Scoring	Description
8-10	<p data-bbox="250 213 441 261"> Orange</p> <p data-bbox="245 285 456 405">75% slower than a yellow ball</p>	<p data-bbox="597 221 646 256">60'</p> 		<p data-bbox="976 221 1154 469">Best of 3 tiebreakers interclub / quickstart tournaments</p>	<p data-bbox="1190 221 1515 596">Players move to a larger court, relevant to their size. The ball is slightly faster continuous to provide optimal striking zone &amp; the ability to implement advanced tactics.</p>

Age	Ball	Court	Racket	Scoring	Description
9-10	 Green	Standard 78' 	23"-27"	Best of 3 short sets, Quickstart Tourney / USTA Tournaments	The ball is faster than orange but still slower and lower bouncing than the yellow ball, helping players continue to develop good technique and implement advanced tactics. Matches are slightly longer than at orange, and both team and individual events are played.