

Recreational QuickStart Tennis Training Workshop

2009 Fact Sheet

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.

Who should attend.

- Parents and volunteer coaches
- Tennis teachers and recreational coaches..
- 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.
- The QuickStart Recreational Practice Plans, specially designed practice plans for the 5-6, 7-8 and 9-10 age groups.
- A Participant Manual.

New for 2009!

The first 100 host sites organizers will receive an equipment package valued at \$800. This package will be used during the training and retained by the organizer for their future QST programming. Included in the equipment package:

- 2 - 18 ft nets • 12 - 21" racquets • 12 - 23" racquets • 24 - foam balls • 12 - red felt balls
- 12 - low compression balls • 2 - packages of throw down lines • 12 - half cones

Host sites will also receive a \$500 voucher for the painting of permanent QST lines.

Items covered.

- The QuickStart Tennis Format.
- Play situations and games
- Delivery of the Recreational QST Practice Plans.
- Organizing and coaching a team match.
- Characteristics of a good coach.
- Court set-up

Host site requirements

- Host site organizer
- An application submitted through the National office for approval.
- Guaranteed attendance of no less than 20 participants that must be verified 2 weeks before the workshop.
- A workshop participant fee.
- 2 tennis courts with a back up rain site (any enclosed area that courts can be set up on)

For additional information please contact quickstarttennis@usta.com

