

# 4 COLORS ONE GAME

Your child's path to success at every level and age.



*Start the sport of a lifetime at age 3! Ask about our GAME ON program for ages 3 to 4.*



**Ages: 5 to 8**



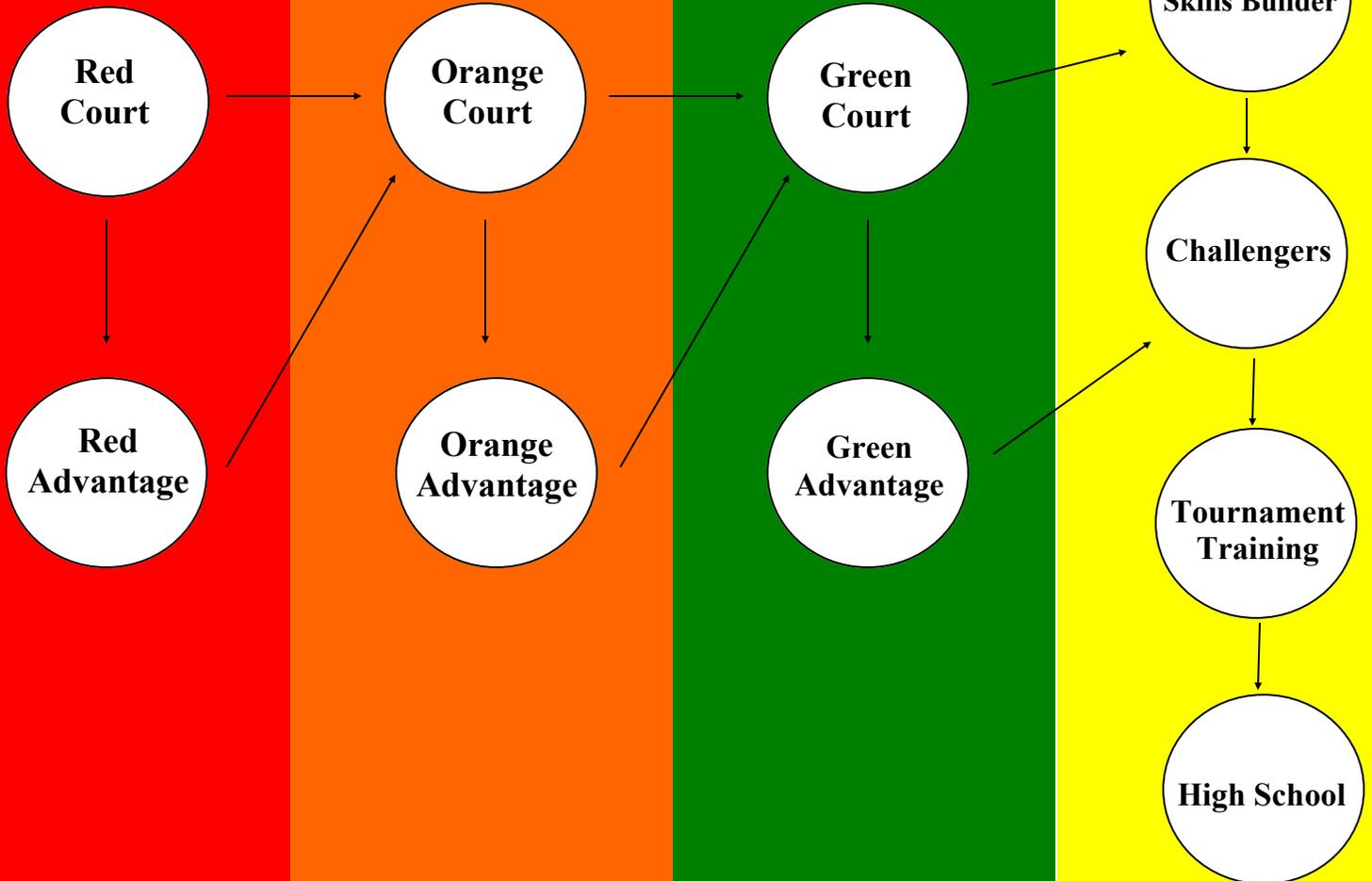
**Ages: 9 to 10**



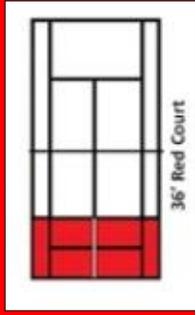
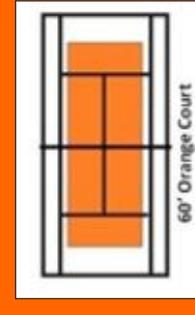
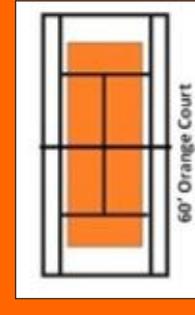
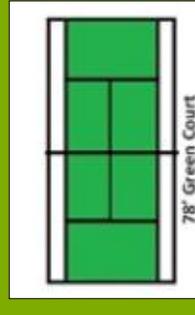
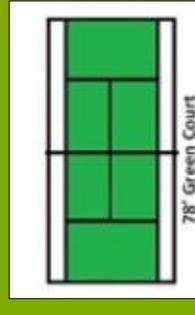
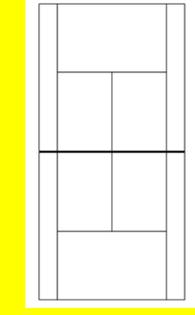
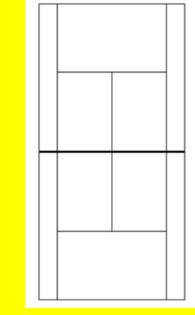
**Ages: 11 to 12**



**Ages: 13 & Up**



# Cherry Hill Health & Racquet Club ROGY Pathway

STAGE	AGE	BALL	COURT	NET HEIGHT	RACQUET <i>(Depending on the size of the player)</i>	SCORING <i>Recommended by USTA</i>	DESCRIPTION
Game On	3 to 4	 Red felt or foam ball. Reduced bounce for ages 8 & under.	 36' Red Court 36' x 18' singles	2'9"	Up to 23"	2 out of 3, 7-point tiebreaks	Game On is designed to introduce children to the sport of a lifetime, while working on hand eye coordination, agility and balance. They will learn the basic strokes in tennis all in a fun and safe environment.
Red Court	5 to 8	 Red felt or foam ball. Reduced bounce for ages 8 & under.	 60' Orange Court 60' x 21' singles 60' x 27' doubles	2'9"	Up to 23"	2 out of 3, 7-point tiebreaks	No previous tennis experience required. You will learn the fundamentals of the game while learning in a safe and fun environment. Our goal is to have the children understand the scoring and formats in a tennis match as well as hold a 6 ball rally. Proper grips will be emphasized.
Red Court Advantage	6 to 8	 Red felt or foam ball. Reduced bounce for ages 8 & under.	 60' Orange Court 60' x 21' singles 60' x 27' doubles	3' center, 3'6" at net posts	23" - 25"	2 out of 3, 4 game sets using no-ad scoring, 3rd set is a 7-point tiebreak	Orange Adv. will continue to work on coordination, agility and balance. They must hold a consistent rally of 5 shots and start a point with a serve. Players will compete in different match formats, work on their contact point, learn spin, placement and proper grips.
Orange Court	9 to 10	 Orange Ball. Reduced bounce for ages 9 to 10 years old.	 78' Green Court 78' x 27' singles 78' x 36' doubles	3' center, 3'6" at net posts	25" - 27"	Modified scoring formats for shorter matches are recommended	No previous tennis experience is required. Children will learn the fundamentals of the game while learning in a safe and fun environment. Our goal is to have the children understand the scoring and formats in a tennis match as well as hold a 6 ball rally. Proper grips will be emphasized.
Orange Court Advantage	9 to 10	 Orange Ball. Reduced bounce for ages 9 to 10 years old.	 78' Green Court 78' x 27' singles 78' x 36' doubles	3' center, 3'6" at net posts	25" - 27"	Modified scoring formats for shorter matches are recommended	Orange Adv. is the next level after Orange Court. In order to participate in this program you must be able to hold a consistent rally of 6 shots and start a point with an overhead serve. You should be able to compete in a match play as well as understand the rules to the game. Our pros will go over the technical and tactical aspects to develop your child into a tournament player.
Green Court	11 to 12	 Green Dot Ball. Slightly reduced bounce from standard tennis ball.	 78' Green Court 78' x 27' singles 78' x 36' doubles	3' center, 3'6" at net posts	25" - 27"	Modified scoring formats for shorter matches are recommended	Green Court is structured to refine our children's strokes as well as rally development. By the end of the season our aim is to have the children understand the rules of tennis, how to keep score and compete in a match. Proper grips, footwork and spin will be emphasized in this program.
Green Court Advantage	11 to 12	 Green Dot Ball. Slightly reduced bounce from standard tennis ball.	 78' Green Court 78' x 27' singles 78' x 36' doubles	3' center, 3'6" at net posts	25" - 27"	Modified scoring formats for shorter matches are recommended	This is the next level after Green Court. Players will work on shot selection and rally development. You must be able to hold a consistent rally and have a consistent serve. Players should be competing in match play as well as understanding the rules to the game. Our pros will go over the technical and tactical aspects to develop your child into a tournament player. Children will learn the benefits of different spins and proper footwork.
Skills Builder	13 and up	 Yellow Ball. Standard tennis ball.	 78' Green Court 78' x 27' singles 78' x 36' doubles	3' center, 3'6" at net posts	25" - 29"	Any scoring within the Rules of Tennis	No tennis experience needed. This is an introductory program that will educate the children on the rules of tennis and important key points in developing/sustaining a rally.
Challengers	13 and up	 Yellow Ball. Standard tennis ball.	 78' Green Court 78' x 27' singles 78' x 36' doubles	3' center, 3'6" at net posts	25" - 29"	Any scoring within the Rules of Tennis	Intermediate Program - Our focus on footwork, grip and point development will help these players while competing in match play.
Tournament Training	13 and up	 Yellow Ball. Standard tennis ball.	 78' Green Court 78' x 27' singles 78' x 36' doubles	3' center, 3'6" at net posts	25" - 29"	Any scoring within the Rules of Tennis	Advanced Program - Our focus is to develop your child into a well rounded tennis player. Player's must be competing in tournaments in order to participate.
High School	14 to 18 years	 Yellow Ball. Standard tennis ball.	 78' Green Court 78' x 27' singles 78' x 36' doubles	3' center, 3'6" at net posts	25" - 29"	Any scoring within the Rules of Tennis	All players must be competing on their high school tennis team. We will work on all aspects of their game to help them compete during their school season.

\* Following the USTA Guidelines for Player Development. All Junior Players at CHHRC will go thru the ROGY pathway as of Dec. 1st, 2015.

