



## Greater Pottstown Tennis & Learning Program Descriptions

Greater Pottstown Tennis & Learning (GPTL) is excited to announce our junior pathway and developmental training system. Our philosophy is simple; we offer game-based fun professional instruction for all players at all levels. Our pathway allows every student to maximize the elements necessary to develop their tennis game and life skills. Each class level has a clear vision of criteria for students to attain to progress through the GPTL system. Once all criteria in each class are completed the student will progress to the next level. **ROGY: Red/Orange/Green/Yellow**

**Red 1**                      **Ages 4-5**                      **Racquet: 17-21-inch**                      **Red Foam Ball**                      **36 FT court**

Join us for a fun and energetic introduction to tennis. This class focuses on the very basic fundamentals of tennis by playing games that include skills development, racquet and court orientation, and basic stroke development. The red ball court is played on a 36 ft. court designed to maximize and enhance the student's capability. Our focus for this group is to get students to love tennis.

**Red 2**                      **Ages 6-7**                      **Racquet: 17-21-inch**                      **Red Felt Ball**                      **36 FT Court**

A high energy and fun class geared toward expanding the tennis foundation. This class will elaborate on developmental skills, hand-eye skills, and coordination as students begin to attain rallying, stroke proficiency, scoring, and basic red ball tactics through various tracking, sending, and receiving games. Red 2 students are encouraged to participate in the GPTL in-house play days.

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**Orange 1**                      **Ages 7.5-10**                      **Racquet: 23-25-inch**                      **Orange Felt Ball**                      **60 FT Court**

Orange 1 students will be introduced to tennis using a fun game-based approach to learning. Students will play games that focus on beginner developmental coordination skills that combine hand-eye coordination, sending and receiving, tracking and movement, stroke production, and basic tennis foundation. The Orange court is played on a 60 ft. court using a 50% compression ball to facilitate proper learning.

**Orange 2**                      **Ages 7.5-10**                      **Racquet: 23-25-inch**                      **Orange Felt Ball**                      **60 FT Court**

Students in the Orange 2 class have progressed through the program's red and orange classes. Coaches will run specially designed games, complex coordination skills are introduced, live ball rallying is emphasized, stroke proficiency is added, orange court scoring introduced, and basic orange ball tactics are established. Students in this class are encouraged to participate in our in-house leagues and play days.

**Orange Competitive**                      **Ages 7.5-10**                      **Racquet 23-25-inch**                      **Orange Felt Ball**                      **60 FT Court**

This class is designed for the student that is competing in organized competition. Players will develop advanced skills including proper stance, grips, court transition, introduction to the 5 controls of tennis using training and games and situational training. USTA tournament play and Junior Team Tennis are highly encouraged. ***Private lessons and 2 to 3 days of tennis play a week are recommended.***

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**Green 1****Ages 10.5-12****Racquet: 26-27-inch****Green Felt Ball****78 FT Court**

Green 1 is a fun introduction for players that are new to the game. This class will focus on game-based basic tennis orientation and skill development that will allow for a tennis foundation to develop. Students in this class will develop basic stroke production, learn and apply tracking skills, and practice proper tennis movement.

**Green 2****Ages 10.5-12****Racquet: 26-27-inch****Green Felt Ball****78 FT Court**

The Green 2 class is for the student that has progressed through Green 1 and has a basic tennis skill set. Students will begin to enhance their rallying skills, tracking and footwork movement, are introduced to proficient grips, stroke production, court transition, and green ball scoring. Students will be encouraged to participate in our in-house play days and leagues.

**Green Competitive****Ages 10.5-12****Racquet: 26-27-inch****Green Felt Ball****78 FT Court**

Green Competitive players have progressed through the GPTL program and have developed skills to allow them to compete in organized play such as USTA tournaments and Junior Team Tennis. Players will gain insight on developing the 5 controls of tennis, decision making, stroke proficiency, gaining tactical advantages, pattern play, and competition knowledge. ***Private lessons are strongly encouraged and 3 to 4 days of tennis play a week are recommended.***

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**Yellow Ball 1****Ages 13-18****Racquet: 27 inch****Yellow Felt Ball****78 FT Court**

Yellow Ball 1 is a fun beginner to advanced beginner class. This class will center on facilitating basic introduction skills. Players will learn proper stroke mechanics, tracking and movement skills, scoring and basic playing knowledge, and competition etiquette. Players in this class will gain the skills to help them try out for their school teams.

**Yellow Ball 2****Ages 13-18****Racquet: 27 inch****Yellow Felt Ball****78 FT Court**

Players in this class are currently on their junior, middle, or high school team and have a foundation of tennis that allows them to compete at the school level. Players in this class will develop further principles in stroke proficiency, gain tactical and strategical weapons in singles and doubles, identify and develop the 5 controls of tennis, and learn about tennis patterns of play. Players in this class are recommended to play year-round, play in-house leagues and are preparing to level up to the Invitational Competition Team.

**Invitational Competition Team****Ages 9-18****Racquet, Ball & Court: Varies**

This program is for the student that demonstrates a dedication and commitment to tennis and GPTL. Players in this class are selected by a committee of GPTL coaches for their tennis skills and merits as well as personal character and development. Players in the class are competing in USTA tournaments, playing multiple times a week, taking private lessons and are working toward achieving district and sectional rankings. Players may also participate on their middle and high school varsity teams. ***The criteria to remain in this class are discussed upon selection and admittance to this class.***