



Orindawoods Tennis Club Winter 2023 Junior Tennis Program

Afterschool Sessions Monday through Thursday, January 4th through February 15th

The Orindawoods Tennis Club's Winter 2023 Junior Tennis Program runs from Wednesday, January 4th through Wednesday, February 15th and offers a variety of after school junior tennis clinics during Monday, Tuesday, Wednesday, and Thursday sessions. Junior tennis clinics are grouped by the following grade school designations: Transition Kindergarteners and Kindergarteners (TK & K); First and Second Graders (1st & 2nd), Third through Fifth Graders (3rd - 5th), Sixth through Eighth Graders (6th - 8th) and High Schoolers. All clinics will be instructed by Erik Oehlschlager.

Our program utilizes aspects of USTA's Junior Development Program which uses Red, Orange, and Green tennis balls to promote quicker stroke development and ball tracking skills in order for players to ascend from learning basic strokes to rallying to point-play. Red balls are the least reactive coming off the court and the racquet while Green balls are the most reactive of the three development tennis balls we use before transitioning to fully pressurized regulation Yellow tennis balls.

The Winter 2023 Program's session schedules, clinic times, and costs for all groups are summarized below in Table 1. Level descriptions of the various clinics follows Table 2 which shows the daily operating schedule for the Winter 2023 program and the planned Spring 2023 program.

TABLE 1. WINTER 2023 JR. TENNIS PROGRAM AFTERSCHOOL SESSIONS AND COSTS

GROUPS	SESSION DAYS AND CLINIC COSTS				NON-MEMBER FEES	
	MONDAYS	TEUESDAY	WEDNESDAY	THURSDAY	1 SESSION	2+ CLINICS
TK & K	\$60 RED 2:30 TO 3:15 PM	\$75 RED 2:30 TO 3:15 PM		\$75 RED 2:30 TO 3:15 PM	\$20	\$30
1ST & 2ND	\$60 ORANGE 3:15 TO 4:00 PM	\$75 ORANGE 3:15 TO 4:00 PM		\$75 ORANGE 3:15 TO 4:00 PM	\$20	\$30
3RD - 5TH	\$80 ORANGE 4:00 TO 5:00 PM	\$100 GREEN 4:00 TO 5:00 PM	\$120 ORANGE 3:00 TO 4:00 PM	\$100 GREEN 4:00 TO 5:00 PM	\$20	\$30
6TH - 8TH	\$80 GREEN 5:00 TO 6:00 PM	\$100 YELLOW 5:00 TO 6:00 PM	\$120 GREEN 4:00 TO 5:00 PM	\$100 YELLOW 5:00 TO 6:00 PM	\$20	\$30
HIGH SCHOOL			\$180 YELLOW 5:00 TO 6:30 PM		\$20	

NOTES: CLINIC COSTS FACTORS IN UP TO TWO POTENTIAL CANCELLATION DAYS DUE TO WEATHER. ADDITIONAL CANCELLATIONS CAN BE CREDITED TO OTHER CLINICS OR PRIVATE LESSONS WITH ERIK OEHLISCHLAGER AT A RATE OF \$20 PER HOUR.

TABLE 2. WINTER AND SPRING 2023 JR. TENNIS PROGRAM DAILY OPERATING SCHEDULE

JANUARY							FEBRUARY							MARCH							APRIL							MAY									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
1	2	3	4	5	6	7				1	2	3	4				1	2	3	4							1		1	2	3	4	5	6			
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13			
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20			
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27			
29	30	31					26	27	28					26	27	28	29	30	31								23	24	25	26	27	28	29	28	29	30	31
																			30																		

CLINIC DESCRIPTIONS

TK & K Lil' Ones Red ball clinics are offered **Monday, Tuesday, and Thursday** and are 45-minutes long starting at 2:30 PM. These clinics are open to all levels. The goal of these clinics is to develop hand-eye coordination and racquet control so that students can start making contact with the ball using basic service and groundstroke mechanics.

1st & 2nd Future Stars Orange ball clinics are offered **Mondays, Tuesdays, and Thursdays** and are 45-minutes long starting at 3:15 PM. These clinics are open to all levels. The goal of these clinics is to develop hand-eye coordination,



racquet control, and basic service and groundstroke mechanics so that students can start to rally and play points on a 60-foot tennis court.

3rd - 5th Future Stars Orange ball clinics are offered **Mondays and Wednesdays** and are 1-hour long. Monday clinics start at 4:00 PM and Wednesday clinics start at 3:00 PM. These clinics are open to all levels. The goal of these clinics is to develop hand-eye coordination, racquet control, and basic service and groundstroke mechanics so that students can start to rally and play points on a 60-foot tennis court.

3rd - 5th Match-Play Training Green ball clinics are offered **Tuesdays and Thursdays** and are 1-hour long starting at 4:00 PM. Students in these clinics will have demonstrated the ability to get serves in from the baseline on a regulation size tennis court, retrieve a variety of shots, and play their groundstrokes in the court using basic stroke mechanics. The goal of these clinics is to further develop stroke mechanics, rallying, and point-play skills to establish a foundation for match-play with Green balls.

6th - 8th Tennis Development Green ball clinics are offered **Mondays and Wednesdays** and are 1-hour long. Monday clinics start at 5:00 PM and Wednesday clinics start at 4:00 PM. These clinics are open to all levels. The goal of these clinics is to develop hand-eye coordination, racquet control, stroke mechanics, rallying, and point-play skills to establish a foundation for match-play on regulation tennis courts with Green balls.

6th - 8th Match-Play Training Yellow ball clinics are offered **Tuesdays and Thursdays** and are 1-hour long starting at 5:00 PM. Students in these clinics will have demonstrated the ability to get serves in from the baseline on a regulation size tennis court, retrieve a variety of shots, and play their groundstrokes in the court using basic stroke mechanics. The goal of these clinics is to further develop stroke mechanics, rallying, and point-play skills for participation in match-play with Yellow balls.

High School Match-Play Training Yellow ball clinic is offered **Wednesdays** and is 1.5-hours long starting at 5:00 PM. This clinic is designed for High School team players or others that have gained similar match-play experience through alternative competitions. The goal of this clinic is to provide off-season all-court training to players looking to move up the ladder on their tennis teams.

Match-Play Opportunities

USPTA Pros at nine Contra Costa tennis clubs have formed a local junior tennis tournament circuit for junior tennis players new to tournaments. You can learn more about the NorCal USPTA Jr. Tennis Tournament Circuit here: https://norcaluspta.topdoglive.com/pages/club_information.asp?orgid=409. Additionally, Orindawoods Head Pro Erik Oehlschlager will be scheduling match-play days on one or two select Saturdays during the Spring 2023 Program and be looking for players with similar abilities from the Orindawoods Jr. Tennis Program and other local tennis clubs to participate in intraclub and interclub match-play.

Registration and Payment

E-mail erik@orindawoodstennis.com to inquire about appropriate clinic levels for your child(ren) and to register for clinics. The following information is required for registration:

- Parents/Guardians - First and Last Name, E-mail, and Mobile Phone Number
- Child(ren) - First and Last Name(s), Grade Level, and Age
- Clinic(s) - Day(s) and Name(s) of Clinics you wish to register for (i.e. Mon, Wed, 3rd-5th Future Stars Orange).

Payment is due on or before the first clinic date. Payment can be taken over the phone prior to the start of the program by e-mailing erik@orindawoodstennis.com to arrange a convenient time.

Private Lessons with Erik

Head Pro Erik Oehlschlager is available for junior private lessons most Saturdays during the months March through mid-December. Private lesson rates are provided in Table 3 below.

TABLE 3. ORINDAWOODS TENNIS CLUB PRIVATE LESSON RATES

LESSONS	1 HOUR	45 MINUTES	30 MINUTES
INDIVIDUAL PRIVATE	\$80	\$60	\$45
SEMI-PRIVATE (2 PEOPLE)	\$100	\$80	
GROUP PRIVATE (3 PEOPLE)	\$100	\$80	
GROUP PRIVATE (4 PEOPLE)	\$100	\$80	

NOTES: NON-MEMBER FEE IS \$5 PER PERSON FOR EACH LESSON.