



**Drumlins Junior Development**  
**“GAMMA GRIPS”**  
**Pre-Academy**



**Level I, II & III**

Play: Beginners  
 Ages: 9 – 11  
Clinic Day: Saturday  
 Time: 12:00 – 1:30 pm  
Match Play Day: Friday  
 Match Play: 4 – 5:30 pm  
 Cost: \$144.00 (8 Classes)



**Level I, II & III**

Play: Intermediate  
 Ages: 12 - 16  
Clinic Day: Saturday  
 Time: 1:30 - 3 pm  
Match Play Day: Friday  
 Match Play: 5:30 – 7:00 pm  
 Cost: \$144.00 (8 Classes)



<p align="center"><b>LEVEL I – Grip Color (Camouflage Grey)</b>          Basic scoring &amp; rules of tennis, introduction to footwork &amp; movement, proper stroke foundation development including; 1<sup>st</sup> Serve, Forehand, Backhand, Volleys, Overheads, Learning Basic Ball Rally Skills &amp; Singles/Doubles Positioning.</p>
<p align="center"><b>LEVEL II Grip Color (Camouflage Blue)</b>          Review of level I strokes, basic tie-breaker scoring, increased levels of footwork &amp; movement, introduction to 1<sup>st</sup> &amp; 2<sup>nd</sup> serve slice technique, Increased ball rally skills, basic ball placement &amp; point play drills with singles/doubles strategy.</p>
<p align="center"><b>LEVEL III Grip Color (Camouflage Orange)</b>          Review of level II strokes, development of competitive footwork &amp; movement, increased ball placement skills, introduction to 1<sup>st</sup> &amp; 2<sup>nd</sup> serve kick/topspin, volley &amp; overhead placement drills, basic point play construction and more competitive level ball rally skills.</p>



**TO REGISTER**



**Call Drumlins @ (315) 446 - 2323**



## PROGRAM INTRODUCTION

**DRUMLINS PRE-ACADEMY** is a proven “Grass Roots” developmental system that uses “Over Grip Colors” (**Sponsored by Gamma Inc.**) to symbolize the different levels of achievement designated in our Pre-Academy program. Our program is specifically designed to prepare and develop a beginner tennis player, who does not have the proper technical foundation, for future participation in Drumlins Tennis Academy.

**DRUMLINS PRE-ACADEMY** will consist of 3 different levels of growth, namely the **Grey Grips, Blue Grips and the Orange Grips**. Our **FOCUS** will be on building a proper tennis foundation using the “5 principles of tennis” with an emphasis on “Fun, Footwork & Movement”. Each student will be preparing for recreational and/or basic competitive match play throughout all three levels of development. Our **GOAL** is to provide each student with the tools necessary to play in our Junior Tennis Academy in 1 year or less.

## DRUMLINS PRE-ACADEMY 2009/2010 SCHEDULE

### PRE - ACADEMY

**Session #2** – October 17 – November 14, 2009

**Session #3** – November 20 – January 9, 2010

(NO CLASSES – Nov. 27, 28, Dec. 18, 19, 25, 26, Jan. 1, 2)

**Session #4** – January 15 – February 27, 2010

(NO CLASSES – Jan. 29, 30, Feb. 12, 13, 19, 20)

**Session #5** – March 6 – April 30, 2010

(NO CLASSES – March 12, April 2, 3, 10)

**Session #6** – May 1 – June 4, 2010

(NO CLASSES – May 28, 29)

**Session #7** – June 5 – June 26, 2010