

St Anne's Waterford Tennis Club - Autumn I Tennis Programme

A Guide to our supervised tennis, clinics, drill sessions, and fitness for tennis programme

Junior Members - Autumn Programme I - 2017

Junior Saints - based on the Judy Murry Programme: Aimed at very young players with minimum to no tennis experience. The focus is on making friends, gaining new skills, building kids confidence and most of all, have lots of fun.

Red / Orange Ball: Aimed at players with minimum or no tennis experience to practice basic tennis strokes on a smaller modified court using 25% compressed balls.

Orange Ball / Green Ball: Players will experience putting into practice the fundamental and basic skills on a smaller court with 50% compressed balls.

Green Ball / Yellow Ball : Play is on a full court using 75% / 100% compressed balls. The emphasis is on rallying and building consistency and well as serving and playing points.

Munster Club Squad 10's: A training group for high level green ball players who are beginning tournament play.

Munster Club Squads u12s: A training group for young players who play tournaments and are intent on reaching a high level of competitive tennis.

Munster Club Squads u18 and u14s: A training group for young players who play tournaments and have reached a very high level of competitive tennis.

Warriors Physical FUNdamentals. A 4 week programme to help junior players develop physical knowhow and improve their on-court speed and agility.

Senior Members - Autumn Programme I - 2017

Senior Drill and Point Play - Beginner: A practice clinic for those looking to develop and improve basic skills in a fun environment.

Senior Drill and Point Play – Intermediary and Advanced: A practice clinic for players to improve their skills and technique in a controlled environment.

Social Doubles and Mix Doubles– All levels fun weekly doubles/mixed competition.

Cardio Tennis: The Patrick McGrath 'workout class meet tennis'.

Warriors Physical FUNdamentals. A 4 week programme to help players develop footwork, build stamina and speed and stay injury free.

Kettle Bells: Martina Fanning's 4 week Kettel Bell programme. Build strength and agility - for beginners and mixed levels.

Hatha Yoga: Aoife Burke's 4 week Yoga programme for beginners and mixed levels.