JUNIOR PROGRAM INFORMATION

5336 South State Street Chicago, IL 60609 (773) 548-7529 www.xstennis.org

THE VILLAGE

XS Tennis Village is one of the largest indoor and outdoor tennis facilities in the United States and brings together Chicago residents from a diverse set of neighborhoods across the north, south, and west sides, who share a passion for tennis.

We are located in the Washington Park community, 1 mile from the University of Chicago, 5 miles from the South Loop and 3 miles from the site of the future Obama Library. Just off I-90/94, The Village is easily accessible from the Loop and Lake Shore Drive from I-55.

TENNIS COURTS

- (12) Indoor Hard Courts
- Outdoor Hard Courts
- (4) Outdoor Clay Courts

Court fees apply

FITNESS CENTER

- 1/2 Court Basketball Court
- Life Fitness & Stairmaster Cardio Equipment
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- Free & Selectorized Weights
- Indoor turf

AMENITIES

- Tennis Lounge & Outdoor Clubhouse
- Academic Center
- Locker Rooms With Showers
- Pro Shop With Stringing Service

Photo by Jill Buckner Photography

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AFTER SCHOOL PROGRAM

XS Tennis provides a safe and enriching environment for school-age children during out-of-school time.

We maintain a low staff to student ratio and offer a safe, family, environment afterschool. The afterschool program will include a variety of activities designed to support your child's academic, physical and social development.

Class Description

- Days: Monday & Friday
- Times: 3pm to 6pm

XS TENNIS OFFERS 3 DIFFERENT CAMPS FOR CHILDREN 5-18 YEARS OF AGE

Summer Camps

9 weeks

Tennis and Enrichment Camp

This camp offers various Sports and Academics for children 5-14 years old.

Summer Tennis Academy

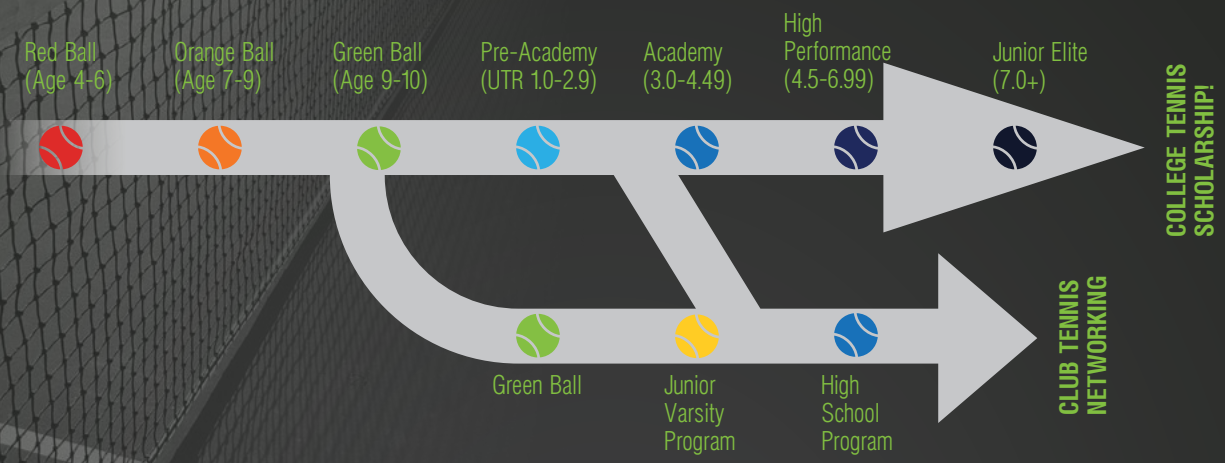
This camp offers various Sports and Academics for children 5-14 years old.

Session Options

Half Day options: 9am-12pm | 1pm-4pm
Full Day: 9am- 4pm

THE ROAD TO COLLEGE TENNIS AND BEYOND

The highway to college is a journey that requires discipline, commitment, and an ability to navigate the path; we are here to help families navigate whichever path they choose.



ADVANCING LEVELS

Just like in other sports (e.g., swimming, figure skating, etc.) it is most effective to not move players into a higher level unless they have achieved the appropriate skill competencies. The Red and Orange levels of this program include certificates of Achievement.

Typically, players will need to repeat a level 2-3 times before advancing. When repeating a level, it is important Instructors stress the importance of gaining competence and development instead of giving the impression that players have "failed".

PUTTING TOGETHER A SUCCESSFUL AND SUSTAINABLE REGIMEN BASED ON AGE AND GOALS.

1. Start with a group . . . . . (5 + people)
2. Add a small group . . . . . (2-4 people)
3. Add a private lesson . . . . . (1 on 1)
4. Play practice matches . . . . . (singles and doubles)
5. Compete in USTA Tournaments
6. Add a group strength and agility
7. Add a private strength session

Minimum recommended schedule for juniors that wish to be competitive

		Age 4-5	Age 6-7	Age 8-9	Age 10-11	Age 12-13	Age 14-18
Tennis	Group (5+)	2	2	4	6	6	4
	SMall Group (2-4)	-	1	1	2	2	4
	Private (1:1)	-	-	1	1	2	2
	Dedicated Practice Sets	-	-	-	-	-	2
Strength & Conditioning	Group	-	1	1	1	2	3
	Private	-	-	0	-	-	2
Total	Tennis Hours	2	3	6	9	10	12
	Strength Hours	-	1	1	1	2	5

RED BALL PROGRAM

This program introduces the **foundational skills** of tennis with an oversized, low-compression ball on a smaller court. Players learn basic strokes, serve, and net play skills along with activities that build tennis specific coordination.

Class Description

- Age 5-8 years old
- Racket 17-23 inches
- 75% slower than a yellow ball
- Slower balls, smaller courts, and 19 inch rackets
- Players are able to play the game from their first lesson
- Development of good technique and use of realistic tactics

ORANGE BALL PROGRAM

Orange Ball classes are on a 3/4 size court with a low-compression ball. Players learn to maintain a rally when receiving more challenging shots, serve with improved placement, approach the net, and place volleys.

Class Description

- Ages 8-10 years
- Racket 23-25 inches
- 50% slower than a yellow ball
- Court: 60ft
- Players move to a larger court
- Ball is slightly faster than the red ball but continues to provide an optimal striking zone
- Players have the ability to implement advanced tactics

GREEN BALL PROGRAM

Green ball classes use a low-compression transition ball. Players learn to **rally with improved direction** and height control, serve with better power and control, return serves, and approach and play net with volleys and overheads.

Class Description

- Ages 9-10 years
- Racket 25-26 inches
- 25% slower than a yellow ball
- Court: Full Size Court
- Ball is still slower and lower bouncing than a yellow ball
- Ball is still slower and lower bouncing than a yellow ball
- Experienced players are able to continue to develop good technique and to implement advanced tactics

YELLOW BALL PROGRAM

Yellow ball classes use a full speed normal tennis ball. Players will learn to rally, hit while on the move, and construct points. Players will also learn how to start the point with serves and returns as they prepare for tournament play.

Class Description

- Ages 11-13 years
- Racket 27 inches
- Court: Full Size
- For players with some tennis experience. Players should be able to rally from the baseline. The class will work on serve, return, and their ability to begin playing matches

PRE ACADEMY UTR 1 TO 2.9

Players are ready to develop more dynamic movements and drills become more challenging.

They start cooperating and rallying with a partner, and players are encouraged to play at least 1 tournament per month.

Players should know how to keep track of the score and know the basic rules of tennis.

In the second part of this stage, they are able to **execute different shots** and they are forced to play on all different areas of the court. Players will learn to **play points** with a purpose, **building** and **finishing** the point.

ACADEMY UTR 3.0 TO 4.49

Players will learn how to play in **offensive** and **defensive** situations, improve decision making skills, find solutions on their own, set up goals for daily training and matches, manage emotions, and analyze matches to identify what worked well and what didn't.

Players are encouraged to play at least 1 tournament per month.

HIGH SCHOOL TENNIS TRAINING PROGRAM

This class is designed for players with the specific goal of improving their high school tennis results.

No UTR required and no USTA ranking is required.

The classes will focus on: skill development, singles and doubles tactics.

Students are encouraged to play USTA tournaments before and after High School season.

HIGH PERFORMANCE UTR 4.5 AND ABOVE

The High Performance Program is geared towards players who are committed to an intensive training program. This program is designed for players wanting to develop the fundamentals needed to become world-class junior players, and ultimately college scholarship recipients.

The classes main focus is directed towards movement and competition, including technical and tactical elements. We know the importance of efficient and explosive movement and footwork so we focus on the things below:

- The ability to "see" the ball early
- First reaction to the ball
- Contact moves (footwork before, during and after contact with the ball)
- Recovery

We do have a limited enrollment in order to keep the coach-to-student ratio small – make sure to sign-up early to reserve your spot in the program!

XS FULL-TIME PROGRAM

The Full-Time program is designed to take players to the next level by providing a very exclusive, individualized program. This program will systematically address every aspect of a player's game with daily technical, tactical, and match-play training. XS's Strength & Conditioning team will also work very closely with all students on a daily basis to help maximize their potential.

Customized Group Tennis Training
4hrs per day/5days per week

Private lessons
2hrs per week

Group Fitness Training
3 days per week for 1 hour

Private Fitness Training
2 days per week for 1 hour

- In house physio and rehab services provided by Athletico
- In house nutrition counselling
- Travel Coaching and Tournament Schedule Management
- XS Tennis provides merit and need based scholarships

XS PRO DIVISION

Pro Division creates and runs pro tournaments in an effort to provide Wild Cards and an On-Ramp as juniors transition to pro tennis.

The pro division is intended for professional tennis players who are pursuing a career in tennis. Over the course of his coaching career, Kamau Murray has coached several pros including the 2017 U.S. Open Champion, 2018 French Open Finalist, Sloane Stephens, and the 2016 Olympic Gold medalist, Monica Puig.

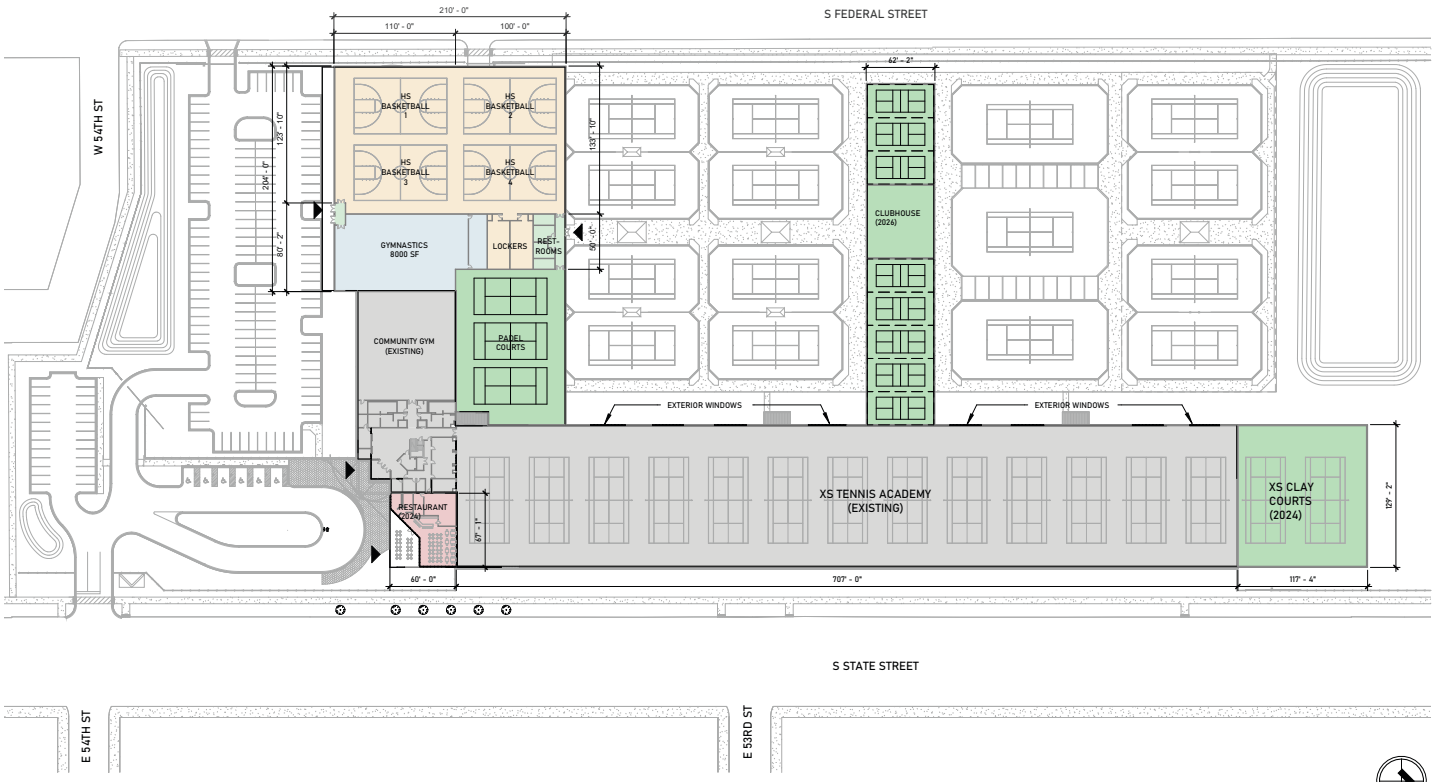
The Pro Division helps players plan for a career playing tennis by guiding them through every aspect of their tennis life. Everything from:

- On court Training
- Fitness training
- Prehab and Rehab
- Diet
- Choosing an agent
- Choosing tournaments
- Managing their travel budget
- Developing a healthy work life balance

COMING SOON... XS RESTAURANT

SITE PLAN

EXPANSION



THE VALUE OF MEMBERSHIP

Free Entry Into Annual Pro Tournaments

A Free XS Tennis T-Shirt

Access To Fitness Center

Access To Academic Center

Member Exclusive Events

Priority Event Space Rental

As a member you are directly supporting the XS Tennis and Education Foundation, whose mission it is to increase access to tennis for underserved youths.

More information available online at xstennis.org/membership

Scholarship opportunities available for qualifying students – contact registration@xstennis.org to find out more

The XS Tennis and Education Foundation is a registered 501(c)3 tax-exempt not-for-profit organization. © 2024 XS Tennis and Education Foundation. All Rights Reserved.

MEMBERSHIP RATES

All membership requires an intial 1 year commitment

Junior	$300*	Annual
Individual	$540	Annual
Family	$1,020	Annual
Senior	$300**	Annual

* Children under 18. If more than two siblings, one child membership is complimentary.

** 65 and up