



## SKYHAWKS TENNIS ACADEMY (STA)

A full service nationwide operator of tennis instruction and management. STA is staffed and operated by an elite group of certified tennis professionals providing the most modern tennis training techniques available in a safe and fun environment. STA is a division of Skyhawks Sports Academy (SSA) one of the oldest and largest youth sports providers in the country.

## STA DEVELOPMENT PROGRAMS



### **TEDDY TENNIS** (ages 2.5-6)

Teddy Tennis is a fantastic educational program that inspires children to get active and learn to play tennis. It works by combining music (specially composed and played by Teddy Tennis), pictures (specially created by Teddy Tennis) and teddy bear stories (specially written by Teddy Tennis) into a totally interactive learning adventure that children love.



### **SKYHAWKS ORANGE BALL** (ages 7-10)

Players develop their tennis technique, athletic and court coverage skills in order to achieve success in rallying consistency and in point playing on a 60 foot court. A variety of fun and competitive games are used to develop a strong foundation of tennis fundamentals. Players increase their rallying, volley, serve and point playing skills while improving their athleticism and shot consistency. Players will focus on using the proper shot techniques and court coverage skills before moving on to a 78 foot court.



### **SKYHAWKS RED BALL** (ages 6-9)

This class provides a relaxed environment where fundamental tennis skills are taught along with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills on a 36 foot court. In addition to expanding tennis skills, players improve their movement and rallying skills. We help each player to develop better tennis mechanics and more consistent shots. A variety of fun activities are used to improve player athleticism through agility, balance, coordination and movement development.

### **SKYHAWKS GREEN BALL** (ages 8-12)

This class emphasizes all aspects of the game and helps improve proper shot technique. Focus is placed on live ball drills that develop rallying and decision-making skills along with proper movement and recovery. Point playing games are used to reinforce the skills learned and to improve the player's competitive skills. Using teaching progressions that lead to live-ball play is a key element in this program.

## STA PERFORMANCE PROGRAMS



### **SCHOLASTIC COMPETITION** (ages 12 and up)

The Scholastic Training Program is designed to prepare players to compete on their respective school team. These players may also choose to compete in tournaments as part of their developmental pathway. Players should develop solid technique and strategies needed for both singles and doubles competition. Players will work on key point construction, varied serves (flat, topspin, and slice), mental toughness, weapon development, doubles point development, and doubles communication.

#### **Program Includes:**

- Fitness
- Agility
- Footwork
- Conditioning component to develop the player's strength and movement



### **HIGH PERFORMANCE TOURNAMENT TRAINING** (ages 10 and up)

Performance Training is for tennis players who are committed to developing skills required to compete in Varsity High School, USTA tournaments and college. It is designed to prepare players to compete on a regular basis. Players will continue to polish skills learned in earlier STA programs with the key additions of:

- Aggressive point construction
- Transition shots
- Weapon development
- Increased racquet head speed
- Varied serves (flat, topspin, and slice)
- Strategic/mental skills

Drills and point play are supplemented each day with a conditioning, footwork, and agility component. STA approval is required for program participation.

## STA CLUB MANAGEMENT



The club management group is a full service tennis provider that creates curriculum and manages the full operations of your tennis club. STA partners with clubs and facilities that choose to outsource their tennis function. The focus on this program is improved member relations and revenue.

#### **Services Include:**

- Clay court maintenance
- Youth programs
- Women's teams
- Pro shop set up
- and more ...



Skyhawks Tennis Academy  
[www.skyhawks.com](http://www.skyhawks.com)