

To our capable Juniors and the curious Parent:

Our mission at Central Park is to help you reach your goals. If your goal is to be part of the **Champ Level** in the program then you have high goals. We love high goals but you need to be aware of the work that is required and expected of you.

Listed below is a description of how to be a **Champ Level member of The Central Park Junior Team**. In many ways, it will ultimately be your responsibility to meet these guidelines.

1.) The Champ level is geared for the Champ level tournament players.

- If you don't have any tournament record, then you need to get out on the weekends and get started on this requirement so that you will be able to meet this.
- Be proactive and plot out your next 6 month on the PNW USTA Website for upcoming tournaments.

2.) Consistent commitment to tennis and tournament play.

- This sport must be a priority to you. If you play 1-3 days a week, that is not viewed as a priority.
- Competitive experience at a higher level is a must. If you play only JETL, school tennis below #3 varsity, USTA team tennis, that is not the level.
- If you play high on your high school varsity team and qualify for State, that would be considered at the higher level.

3.) Stable and Strong technique, all court skills, and knowledge of strategy.

- Ball control and consistency.
- Some signs are playing with the correct grips, use of top spin and underspin.
- Backcourt, midcourt, and front court knowledge, technique, and skills.
- Can exhibit correct footwork and coordination on the move.
- Have played enough in competition to be aware of how to develop a singles and a doubles point and is aware enough to assess and adjust.

4.) Intensity

- Do you lift the intensity of the group?
- How deeply do you concentrate during the drilling and point play?
- How committed are you to going hard everyday regardless of how you feel?
- How committed are you to making everyone else improve by your attitude and effort?
- How important is being a better athlete to you? Effort on conditioning, strength, and agility. Show improvement on court and with Clay.

We hope this helps each of you reach your goals. It's great to have you at CPTC. Please come talk with us. We are here to help you achieve your goals.

Thanks!

CPTC Pro Staff