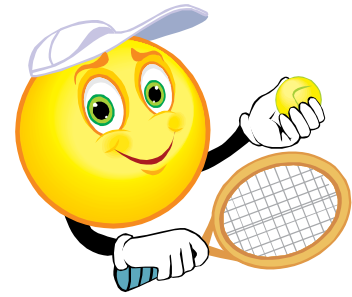


QUICKSTART PLAY DAY



(AGES 6-14) fremontfamilyymca.org

<p>DATES and TIMES Saturday, January 28 - 2-4 p.m. Saturday, February 18 - 2-4 p.m. Saturday, March 17 - 2-4 p.m.</p>	<p>REGISTRATION DEADLINE Please sign up by the Thursday prior to the event. (Jan. 26, Feb. 16, Mar. 15) You may leave your form at the YMCA's front desk.</p>
<p>COST Free for those currently enrolled in a Fremont YMCA tennis class. Players will play a minimum of three matches</p>	<p>WHO For players ages 6-14 years old who are currently enrolled in a YMCA tennis class.</p>
<p>QUESTIONS Johanna Culver or Diana Myers</p>	

WHAT IS QUICKSTART? The QuickStart Tennis format is about fitting tennis to kids based on age and physical size. By shortening the court dimensions, equipment (rackets and balls), net height and scoring system coupled with a play component, kids will develop better technical and tactical skills. When each of these elements is used together, kids will achieve early success and stay in the game. To give kids the confidence and ability to cover the entire court, score points and build an all-court game, the court is shorter and narrower for both age groups. The QuickStart Tennis format divides kids into two ages groups: the first is 8-and-under; the second is 10-and-under. We will also offer a 12 and under division. By putting kids with similar physical and social skills together, they have more fun while learning and developing skills.

FORMAT AND RULES - The Scoring System: The QuickStart Tennis scoring system is simple. It helps organizers plan a competition and it gives parents and players a start and finish time. With 8-and-under, there are only seven points in a game, so match play is short and sweet. Kids play the best of three games, the first to score 7 points wins the game. The first to win two games wins the match. The longest a match will last approximately 20 minutes. Ten-and-under will play the best of three sets; the first to win four games wins a set. For the third set, the first player to win seven points wins the match. 12 and under will use the same scoring as 10 and under but will use regular balls on a full court.



(Please return this portion to the YMCA's front desk by Thursday prior to the event)



QUICKSTART PLAY DAY - WINTER 2012

Name _____ Male _____ Female _____
 Address _____ Phone _____
 Age _____ Email _____

Free for those currently enrolled in a Fremont YMCA tennis class

Circle date(s) desired	January 28	February 18	March 17
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YMCA MISSION: God has given us the pathway to life and health through Jesus Christ and the Holy Scriptures. It is the mission of the Fremont Family YMCA to help put these Christian principles into practice through programs that help build healthy spirit, mind and body for all.

NO YOUTH DENIED: Any child may belong to the YMCA regardless of income or family situation. If you know of a child who would like to belong, please notify the YMCA staff.