

# Junior Rookie Bootcamp Program

TennisCambridge and the Cambridge Tennis Club announces a new, year-long program for developing young tennis players to transition from club play to competing in provincial Rookie tournaments and beyond. Through bootcamp sessions, players are introduced to the numerous challenges of high performance tennis, in a low-cost package. The program starts outdoors on court in September and October and moves off-court to an indoor Cambridge facility for the winter months.

The program is made up of 3 parts:

1. Rookie Bootcamp: Fall - On Court
2. Rookie Bootcamp: Early Winter - Off Court
3. Rookie Bootcamp: Late Winter - Off Court

**Note:** Designed for Juniors 7/8 to 16 . years old

## 1. Rookie Bootcamp: Fall- On Court

This is a fast-paced program designed to introduce junior tennis players to the hard physical conditioning required for them to participate in a high performance program so that they can progress to, and dominate, the 2024 Canada Tennis Junior Rookie tour. Players will hit thousands of balls, build their physical conditioning using a fun hybrid approach, and develop the solid fundamentals of serve, groundstrokes, and volleys.

### Outline

<b>What</b>	10 bootcamp sessions, twice a week on Tuesdays and Thursdays
<b>How</b>	Using 3 courts, regular nets, regular balls
<b>When</b>	4.30 to 6pm Starting Tuesday Sept 5, ending Thursday Sept 5.
<b>Where</b>	Cambridge Tennis Club
<b>Who</b>	Open to all juniors in the Cambridge area. 1 coach per 4 students, maximum 12 junior participants. Juniors will be screened to show commitment.
<b>Cost</b>	\$250

### Course Structure (90 minute sessions)

Item	Timing	Resources
Tennis Specific warmup	5 minutes	Tennis Mentour 5-min warmup: <a href="https://www.youtube.com/watch?v=ll3TacHxsSY">https://www.youtube.com/watch?v=ll3TacHxsSY</a>
Footwork Drills	20 minutes	Marisa Johnson. 2 Options: <a href="https://www.youtube.com/watch?v=35aMI8oQEUQ">https://www.youtube.com/watch?v=35aMI8oQEUQ</a> <a href="https://www.youtube.com/watch?v=s_pMqxGwh8k">https://www.youtube.com/watch?v=s_pMqxGwh8k</a>
Break	5 minutes	Hydration and cool-down
Biomechanics	10-15 minutes	Adapted from Feel Tennis ( <a href="http://www.feeltennis.net">www.feeltennis.net</a> ). Drills rotate between serve, forehand and backhand (videos available for home practice)
Ball Machine drills	20 minutes	Using 2 Silent Partner ball machines with proper footwork
Footwork for free hitting	10 minutes	Adapted from Feel Tennis Footwork and Stances. Front/Rear Sidesteps, reaching near ball, further away ball, and far-away ball. <a href="http://www.feeltennis.net">www.feeltennis.net</a>
Free Hitting	30 minutes	Rotating with different partners
Cool down	5 minutes	Get ready for parent pickup

## 2. Rookie Bootcamp: Early Winter- Off Court

The Early Winter Bootcamp builds on the on-court bootcamp in terms of conditioning and skills. Students will hit fewer balls than in on-court, because the focus will be on conditioning, biomechanics, and footwork. One visit per month to a local indoor tennis club – GSM or Royal City - will be arranged, subject to court availability.

### Outline

<b>What</b>	16 sessions, twice a week on Tuesdays and Thursdays in October/November
<b>How</b>	Using gymnasium with lined mini courts, regular nets, low compression balls
<b>When</b>	4.30 to 6 pm Starting Tuesday October 10, ending Thursday November 30.
<b>Where</b>	John Dolson Centre, South Street (off Elgin Street), Cambridge, or comparable location.
<b>Who</b>	Open to all juniors in the Cambridge area. 1 coach per 4 students, maximum 12 junior participants. Juniors will be screened for commitment.
<b>Cost</b>	\$350. The court costs of indoor club visits will be collected at the time of the visit.

### Course Structure (90 minutes Sessions)

Item	Timing	Resources
Tennis Specific warmup	5 minutes	Tennis Mentour 5-min warmup: <a href="https://www.youtube.com/watch?v=II3TacHxsSY">https://www.youtube.com/watch?v=II3TacHxsSY</a>
Conditioning Drills	20 minutes	Marisa Johnson. 2 Options: <a href="https://www.youtube.com/watch?v=35aMI8oQEJQ">https://www.youtube.com/watch?v=35aMI8oQEJQ</a> <a href="https://www.youtube.com/watch?v=s_pMqxGwh8k">https://www.youtube.com/watch?v=s_pMqxGwh8k</a>
Shadow Swings	10 minutes	Groundstrokes, Serve, and Volley. Adapted from Online Tennis Instruction.
Break	5 minutes	Hydration and cool-down
Biomechanics	10-15 minutes	Adapted from Feel Tennis ( <a href="http://www.feeltennis.net">www.feeltennis.net</a> ). Drills rotate between serve, forehand and backhand (videos available for home practice)
Footwork drills	10 minutes	Adapted from Footwork Revolution from Top Tennis Training. ( <a href="http://www.top-tennis-training.com">www.top-tennis-training.com</a> )
Footwork for free hitting	10 minutes	Adapted from Feel Tennis Footwork and Stances. Front/Rear Sidesteps, reaching near ball, further away ball, and far-away ball. <a href="http://www.feeltennis.net">www.feeltennis.net</a>
Medicine Ball drills	10 minutes	Various weights of balls for different players
Free Hitting	30 minutes	Rotating with different partners. Refer to <a href="#">Free Hitting - The Most Underrated Way Of Tennis Training - YouTube</a>
Cool down	5 minutes	Get ready for parent pickup

### 3. Rookie Bootcamp: Late Winter- Off Court

The Late Winter Bootcamp builds on the early winter bootcamp in terms of conditioning and skills. The focus will be on teamwork, conditioning, biomechanics, and footwork. One visit per month to a local indoor tennis club – GSM or Royal City - will be arranged, subject to court availability.

#### Outline

<b>What</b>	16/24 sessions, twice a week on Tuesdays and Thursdays in Jan., Feb., and March, 2025
<b>How</b>	Using gymnasium with lined mini courts, regular nets, low compression balls.
<b>When</b>	4.30 to 6 pm Startiting Tuesday January 7, 2025 ending Thursday Feb 27 (16) or March 26 (24).
<b>Where</b>	John Dolson Centre, South Street (off Elgin Street), Cambridge, or comparable location.
<b>Who</b>	Same players as Fall. Open to juniors in Tri-city area. 1 coach per 4 students, max. 12 juniors.
<b>Cost</b>	\$350 (16)/\$525 (24). The court costs of indoor club visits will be collected at the time of the visit.

#### Course Structure (90 minute Sesssions)

Item	Timing	Resources
Tennis Specific warmup	5 minutes	Tennis Mentour 5-min warmup: <a href="https://www.youtube.com/watch?v=I13TacHxsSY">https://www.youtube.com/watch?v=I13TacHxsSY</a>
Conditioning Drills (Footwork)	20 minutes	Marisa Johnson. 2 Options: <a href="https://www.youtube.com/watch?v=35aMI8oQEUEQ">https://www.youtube.com/watch?v=35aMI8oQEUEQ</a> <a href="https://www.youtube.com/watch?v=s_pMqxGwh8k">https://www.youtube.com/watch?v=s_pMqxGwh8k</a>
Shadow Swings	10 minutes	Groundstrokes, Serve, and volley. Drills rotate each session between serve, forehand and backhand (videos available for home practice). Mechanics adapted from Online Tennis Instruction
Break	5 minutes	Hydration and cool-down
Biomechanics	10-15 minutes	Adapted from Feel Tennis ( <a href="http://www.feeltennis.net">www.feeltennis.net</a> ). Drills rotate each session between serve, forehand and backhand (videos available for home practice)
Footwork drills	10 minutes	Adapted from Footwork Revolution from Top Tennis Training. ( <a href="http://www.top-tennis-training.com">www.top-tennis-training.com</a> ) Also:
Footwork for free hitting	10 minutes	Adapted from Feel Tennis Footwork and Stances. Front/Rear Sidesteps, reaching near ball, further away ball, and far-away ball. <a href="http://www.feeltennis.net">www.feeltennis.net</a>
Medicine Ball drills	10 minutes	Various weights of balls for different players
Free Hitting	20 minutes	Rotating with different partners. Refer to

		<a href="#">Free Hitting - The Most Underrated Way Of Tennis Training - YouTube</a>
Tennis-Specific Fitness (3 rounds)	10 minutes	Top Tennis Training <a href="https://www.youtube.com/watch?v=-QSS3RAIsIM">https://www.youtube.com/watch?v=-QSS3RAIsIM</a>
Cool down	5 minutes	Get ready for parent pickup

## Objectives

- Showing that hard work is fun
- Understanding the importance of cultivating the right player development habits early on
- Avoiding a short term mentality that is based on purely winning (which at a junior level can be based on just getting the ball back and being risk averse).
- Getting junior players to work on the kinetic chain and focusing on power and penetration, as it is more sustainable in unlocking true longer term potential
- Knowing the desired balance between ball speed versus consistency at a young age of development

## Why kids get turned off

- Not interested in the sport
- Not a good athlete (e.g. not playing other sports)
- Do not retain information (e.g. no progress over weeks or months)
- Player does not like coach
- Head is not in the right Place (e.g. stress, puberty, tension)
- Wrong training environment (e.g. friction with other players,)