



## Organizing QuickStart Tennis Competition/Play Days



### **Overview**

The QuickStart tennis format is a perfect way for children to first experience, in a positive manner, competition on a scaled down court that is appropriate for their age, size, strength and ability.

It is very important that every effort is made to get it right for children if we want any chance of them developing a love and understanding of the game. Essentially what that means is the competition length, scoring and format needs to be appropriate for the age of the child. These events are best held locally, with maximized play opportunities, and in a fun environment with the emphasis on participation instead of winning.

### **The Goal**

The goals for any QuickStart tournament are very simple:

- Fun
- Participation
- Encouragement
- Being with friend
- Practice tennis skills

### **Here is what it looks like**

#### 5-6 year olds

- 1 ½ to 2 hour events
- Activity day with stations that emphasis skills needed to play on a 36 ft court, emphasis on skills and coordination
- Short activity stations, lasting no more than 10 minutes

#### 7 – 8 year olds

- 2 to 4 hours
- Have a divisions for newer players and more advanced players
- Team based events, Round robins, Non-elimination events, Team tennis matches
- 10 to 15 minute timed matches;
- Matches consisting of 2 out of 3, 7 point games
- One 7 point game and then switch partner

#### 9 – 10 year olds

- 3 hour to half day events
- Have a division for newer players and more advanced players
- Round robin, compass draws, non elimination tournament, Junior Team Tennis League play
- Timed matches;
- 2 out of 3 short set, first to 4 games, 7 points game is used as a third set
- One set to 4 games and then switch partner

## **Getting Stated**

### Set the date

- Great time to fill low court usage time
- Use it to boost other QST programming

### Get the word out

- Send out entries/flyers
- Contact schools
- Work with your local CTA
- E-mail blasts
- Register the event on [tennislink.net](http://tennislink.net)
- Talk to other teaching pro's in the area

### Recruit Volunteers

- Parents
- Local tennis players
- High school/college students
- CTA volunteers

### What you will need

- Nets or caution tape, pennant banners
- Masking tape to mark off court lines
- Balls
- Extra racquets for participants who do not have the correct size
- Awards and prizes for participants
- Activity equipment for station – bean bags, hula hoops, targets
- Food/snack and drinks,
- Draw sheets



## **Organizing Play**

### 8 and under Sample Tournament Timeline

- 6:00 – set up courts
- 6:15 – players warm up, Coaches evaluate to set up flights
- 6:30 – play begins
- 8:00 – awards and pizza

### Sample Flights

- Children who know how to play, rally with intent, can serve into the correct box consistently
- Know how to play, rally with little intent, can rally rarely double fault
- Can serve with some double faults, rally inconsistently, just trying to get the ball in
- New players, need help playing, modifications used as needed

### Types of formats

- Compass Draw
- Round Robin
- Non Elimination
- Timed
- Team Play
- Station activities

**For more information and resources log onto: [www.quickstarttennis.com](http://www.quickstarttennis.com)**