During a typical 6-week juniors tennis session at QOSTC, the first 4 weeks are instructional-based lessons to improve the students’ technique and consistency, while weeks 5 and 6 are used for games, challenges and tournament style play. The tournament format is one we call “up the river/down the river”. This 6 week session format allows the students to develop and test their skills, while allowing the staff to evaluate the students’ overall level.

Overall level is determined by the following factors:

1. Skills consistency (groundstrokes, serves, volleys, overheads)
2. QOSTC Tournament ranking (up the river/down the river competition)
3. Focus/Desire (student pays attention to instructions/shows desire to improve)
4. Athletic ability (primarily hand-eye coordination)
5. Age/Maturity/practice

Our last day of session tournament is supervised by QOSTC tennis staff who help students develop tennis strategy and positioning during “match” play. This also allows our students to apply the fundamental skills they have been learning leading up to the end of the session, and also learn/practice tennis scoring and modified scoring. Students will either drop-feed their own ball, or for lower level participants, have the ball fed into play by one of our instructors. Students rotate from one court to another once one of our instructors calls “time”. Players are encouraged to demonstrate good sportsmanship by shaking hands with their opponent, and then move on to their respective next challenger. The winner moves to the adjacent court in one direction (up the river), while the other player moves to the other adjacent court (down the river). This rotation continues for approximately 15-20 rounds, during which our instructors are able to assess performance and ranking within the clinic.

Your child’s overall level helps our staff determine which group within a clinic they are better suited for. Our clinics are typically broken up into smaller groups so we can reduce the student/teacher ratio and therefore focus on your child.

Example:

QOSTC’s Future Stars clinic could have 18 registered students, making up 5 different levels (1-5) with 3 groups of 4 players each, and 2 groups of 3 players each. If your child is registered in this clinic and ranked #12 (due to prior session ranking) out of the 18, then he/she would be in level 3 (or 3rd group) within the clinic.

Your child’s group level may change (up or down) from week to week as a result of their continued improvement, need for extra assistance with particular skills, or their desire to be grouped with friends (fun factor). However, with your child’s dedication, practice and commitment, he/she will continue to improve from week to week, along with the other students. The clinic format, organization of the different levels and
instruction from our tennis staff maximizes the learning process to ensure you and your child are getting the most out of the clinics. Keeping your child registered is critical to their improvement.

We understand that every child learns at a different pace. Some children will develop consistency in each of the required skills quicker (perhaps 1 to 3 years) while others will require more time (perhaps 4 to 5 years), especially if they don’t practice away from the clinic time. It is very common to see students remain in the same clinic for a few years. Once these skills are very consistent (and he/she have a relatively high ranking), your child will be moved up to the next clinic.

Below is a link to an article on a similar topic.

“MYTH OF PLAYING UP”

Should you have any questions, please feel free to contact me.

Regards,

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