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1. What is Quick Start?

Quick Start Tennis is a new format for young tennis players ages 10 and under. There are two different variations, one for children ages 6-8, and another for children ages 9-10.

USTA is committing to a new way to introduce young children to the sport of tennis. European and South American countries have been using a “short court” for years to introduce players to the game, modifying not only the court size but also the size of the racquets and type of balls used to fit the player’s developmental type. Just as baseball transitions from one stage to another (from t-ball to coach-pitch to kid-pitch to Little League), so too will tennis transition in an age-appropriate manner. In the past, we’ve asked our beginner 8-year-old players to use the same ball and racquet and to play on the same court using the same scoring and formats of play as Roger Federer or Serena Williams! Crazy!

If you’d like to learn more about Quick Start, follow this link to the USTA’s page about the program: <http://consumers.quickstarttennis.com/>.

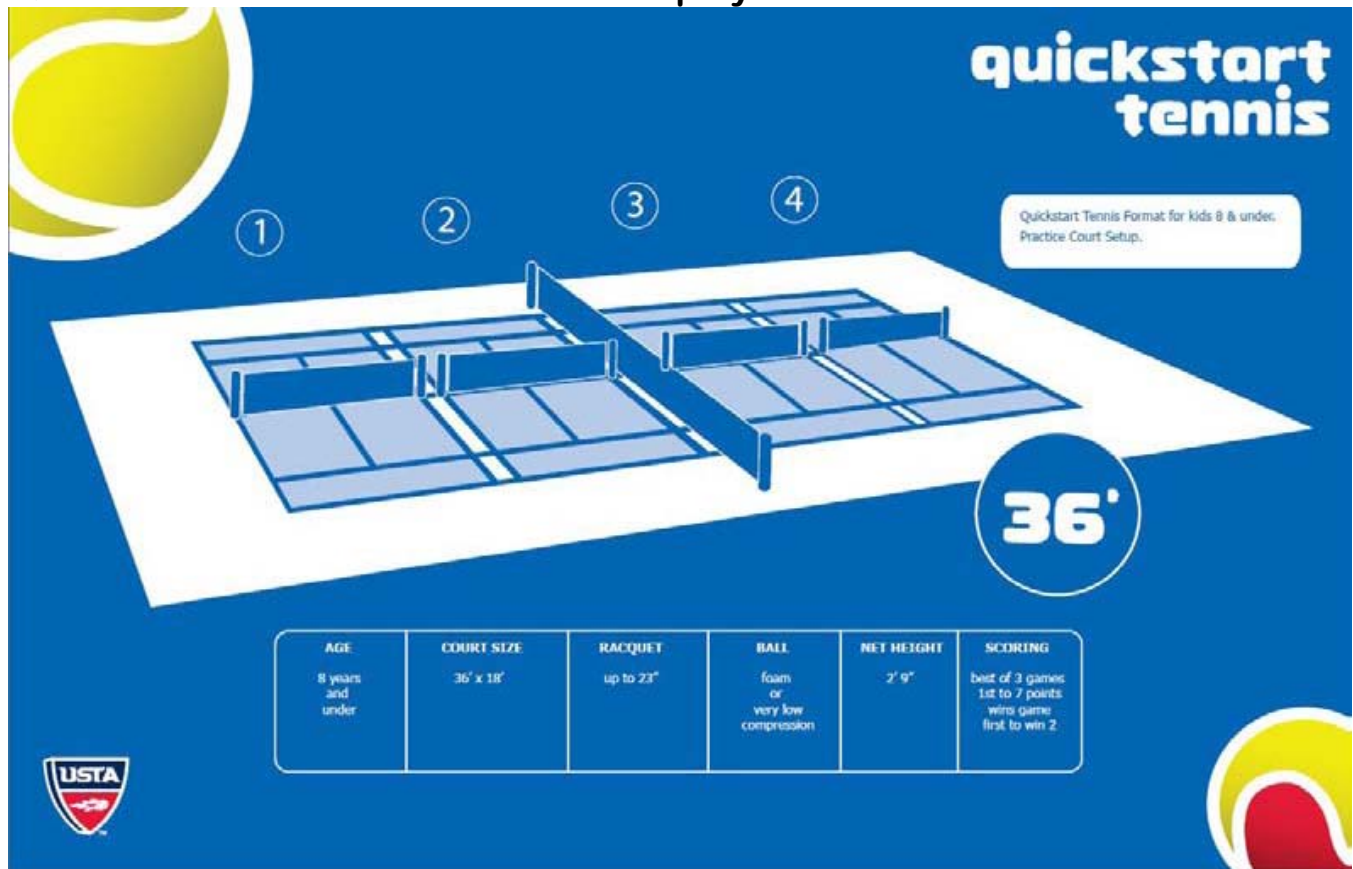
The following humorous link shows Martina Navratilova and Mary Joe Fernandez demonstrating the logic for the kid-sized courts:

http://www.youtube.com/watch?v=T_rAEHQmbc&feature=related.

QuickStart Junior Team Tennis is NOT an instructional program. Children must be able to rally, to serve, and to keep score before they are ready for Junior Team Tennis. In general, 3 months’ instruction should be sufficient to prepare them for team match play.

IF YOUR 10-UNDER CHILD IS ALREADY PLAYING MATCHES ON THE REGULATION SIZED COURT, HE/SHE SHOULD PROBABLY SIGN UP FOR REGULAR JTT RATHER THAN QUICKSTART. HE/SHE WILL PLAY ON A 12-UNDER TEAM.

2. What's the JTT format for 8-under players?



The diagram illustrates the Quickstart Tennis Practice Court Setup. It shows a regulation tennis court with four smaller courts set up sideways on it. The courts are numbered 1, 2, 3, and 4. A net is placed across the middle of the courts. A large circle indicates the length of the court is 36 feet. A text box states: "Quickstart Tennis Format for kids 8 & under. Practice Court Setup." A table below provides details for the format.

AGE	COURT SIZE	RACQUET	BALL	NET HEIGHT	SCORING
8 years and under	36' x 18'	up to 23"	foam or very low compression	2' 9"	best of 3 games 1st to 7 points wins game first to win 2

USTA logo is visible in the bottom left corner.

These youngest players, who have completed a basic instructional program already (at least one month's instruction), will use a 36-foot court with a lower net, a smaller racquet (no more than 23 inches) and a foam ball. Scoring is simplified and matches are short – usually 20 minutes. The court is formed by setting up four new courts sideways on one regulation court, as shown above. Really. It works beautifully, and sets up in just moments. Players **MUST** be able to serve, rally, and keep score in order to have a successful JTT experience.

3. How young can my child start?

Some six year olds are ready for Quick Start, although the most common starting age is seven. If your child is only five but is well-coordinated for his/her age, has completed at least **three month's instruction** in QuickStart tennis, and is recommended to JTT by your coach, contact the MTA to discuss his/her individual situation.

4. What about 10-under players?

The graphic features a blue background with a white tennis court diagram. A yellow sun is in the top left, and a red and yellow sun is in the bottom right. The text 'quickstart tennis' is in the top right. A white box contains the text 'Quickstart Tennis Format for kids 10 & under.' A blue circle with '60'' is on the right. A table at the bottom lists specifications.

AGE	COURT SIZE	RACQUET	BALL	NET HEIGHT	SCORING
10 years and under	60' x 21' singles 60' x 27' doubles	up to 25"	low compression	3'	best of 3 sets of 1st to 4 games with 3rd set 1st to 7 points

USTA logo is in the bottom left.

Nine and ten year olds will play on a 60-foot court with the regulation net, a smaller racquet (no more than 25 inches), low compression balls, and smaller racquets (no more than 25"). The baseline is moved in 9 feet, and the sidelines are also moved in several feet, creating a smaller court. Scoring is simplified, and matches take about 45 minutes. The lines are done with painters tape and take about 30 minutes to prepare for play.

5. How can I get instruction for my child?

The professionals at JDS and the private clubs are already offering classes for children ages 10-under on the 36-foot courts. Graduated classes are offered each month, teaching the basic motor skills and strokes necessary for tennis, to rally successfully with other children, and to play matches, including scoring, etiquette, and basic rules.

John Drew Smith Tennis Center	478.474.5075
Healy Point Country Club	478.746.2394
Idle Hour Country Club	478.477.6701

6. Why change the court size?

Players are able to control the equipment and to enjoy playing tennis almost immediately. Very young players with little experience can quickly learn to serve, to rally, to volley, to construct points

– instead of chasing balls that they've hit out of the court all lesson long. No longer do we LEARN TO PLAY tennis – we PLAY TO LEARN the game! Fun!!

7. What do we need from parents?

When we set up Junior Team Tennis teams in the spring, we will need parents to serve as **captains** and others to be **court monitors** – to help keep score, to help set up the courts (lines), and to keep them focused. Imagine running a t-ball game without a 3rd base coach, a 1st base coach, a dugout coach, at least one coach in the outfield – it would be chaos and no one would learn. Same for this new game – they're playing (not taking instruction), so they need some parental supervision on court. You will be amazed by how quickly these very young players are able to rally and play real tennis.

8. What constitutes a team?

8-under teams need 3 or 4 players. We will play three individual singles matches at each team match. The small court makes doubles somewhat difficult. Matches are co-ed in the 8-under division.

10-under teams will play five individual matches at each team match – two singles, two doubles, and one mixed doubles – so they need 4 girls and 4 boys on each team.

9. How do I register?

First, you will need a USTA number and a major credit card to register. Any others may obtain a membership number (or renew) by going online to www.usta.com or calling 800-990-8782. Either method takes only a few minutes.

After you have your USTA number, click on the How to Register FAQ for instructions and the team number. Registration is done online.

10. Who are the captains for Jr. Team Tennis?

Our captains are volunteer parents or other adults interested in kids' tennis! **That means YOU!** ☺ PLEASE contact the Macon Tennis Association with your contact information if you'd be willing to help out as the "team mom" or "team dad" for your child.

This involves attending a captains' meeting, making a few phone calls or emails, attending the matches with your player, arranging the lineup, and entering match scores online when you are the home team – it does NOT involve coaching tennis!

All parents of QuickStart teams are actively involved during the matches, monitoring courts, helping retrieve balls, helping with the score, etc. Thanks in advance to many of you who will help us as captains/team parents! Without captains ... Junior Team Tennis simply does not happen.

11. Where will the matches take place?

QuickStart matches will be played on the specially painted QuickStart courts at Tattnell Tennis Center, Healy Point Country Club or First Presbyterian Day School. [Click here for directions.](#)

12. Will these QuickStart competitors play at State, too?

The 10-unders who are playing on the 60-foot courts WILL be able to compete at the State tournament in 2010. Those playing on 36-foot courts will play locally in the spring and fall. In 2009, a special statewide 8-under tournament was offered; this opportunity may be offered again in 2010.

13. I've heard about Quick Start tournaments – is this true?

Yes! USTA is sanctioning one-day tournaments throughout the state of Georgia for 8-under and 10-under players on these modified courts. In 2011, all 10-under players will only compete on 60' courts.

14. I still have questions...Who can I contact?

For more information, contact [Bonnie Smith](#) or the [Macon Tennis Association](#) at 478.477.1957.