



*QuickStart Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It is divided into two different levels-- ages 8 and under and ages 10 and under.*



*It's the fast, fun way to get kids into tennis-- and keep them playing.*

### **benefits**

*The QuickStart Tennis format works by getting kids into the game immediately. Within the first hour of stepping onto the court, they are actually playing the game, rallying with one another, moving around and having fun. Scaling the game down to their size helps make the learning process easier and a lot more fun.*

### **equipment**

*For an adult player to succeed at tennis, racquet control is essential. The same is true for kids. However, since kids are smaller than adults, kids have trouble controlling full-size racquets. They are too long, too heavy and the grips are too large. Kids need racquets that are proportionate in length and weight and have a grip that fits their smaller hands.*

*For 8-and-under, the racquet should be 19", 21" or 23".  
For 10-and-under, the racquet should be 23" or 25".*

### **balls**

*Kids need a ball that's sized and paced to their playing abilities. A regulation tennis ball moves too fast, bounces too high and is too heavy for their smaller racquet. Each age group, therefore, uses a ball better suited to their size and unique playing ability.*

*For 8 & under, a foam ball or a very lowcompression ball moves slower, bounces lower and travels less distance.*

*For 10 & under, a low compression ball moves a little faster and travels farther than the ball used with the younger group, but it still has a lower bounce than the original.*

### **net**

*The net is 18 feet long and 2'9" in height. Portable nets and support systems are available from many manufacturers or temporary nets can be constructed by using tape or caution tape tied to existing nets, fences, or even chairs.*

*A regulation net is used on the 60' court for youngsters 10-and-under. If you are not using an existing court and net, the net height for the 60' court is three feet.*

# QuickStart Registration Form

Student Name: \_\_\_\_\_  
Last First

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Shirt Size:  SM  MED  LG  XL

Medical Condition(s)?  Yes  No **If Yes, Please list:** \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_  
Last First

Contact Info: \_\_\_\_\_  
Home Work Cell

Email: \_\_\_\_\_  
Primary Alternate

Emergency Contact: \_\_\_\_\_  
Last First

Contact Info: \_\_\_\_\_  
Home Work Cell

Relationship to child: \_\_\_\_\_

## Please Check Desired Option:

- Ages 5 – 7: 8 Sessions - \$68 9:00 – 10:00 a.m.  
 Ages 8 – 10: 8 Sessions - \$80 10:00 – 11:15 a.m.  
 Drop In: \$15 Per Class

\*\* Please note there is a one-time \$15.00 registration fee

\*\* Make checks payable to First Serve Inc.

## RELEASE AND HOLD HARMLESS AND EMERGENCY MEDICAL TREATMENT AGREEMENT:

The undersigned hereby forever releases, discharges, and covenants to hold harmless First Serve, Inc., First Serve Foundation Inc., DeKalb County Parks and Recreation, and any other person, firm, corporation, charged or chargeable with responsibilities or liability, their heirs, administrators, executors, successors, and assignees from any and all claims, demands, damages, of any kind sustained, or that may hereafter be sustained, arising out of the matters described herein or in consequence of the participation in the recreational program sponsored by First Serve, Inc., DeKalb County Parks and Recreation, and/or Sugar Creek Golf and Tennis Center. The undersigned hereby bind their heirs, administrators, executors and successors. Further agreement shall apply to all unknown and unanticipated injuries and damages directly or indirectly resulting herefrom.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_