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To Our Parents and Players

Welcome to the West Winds Tennis & Fitness Center's junior tennis program! We are very proud of the wide-ranging opportunities for your child to learn the game and then enjoy the game at whatever level they chose...maybe one day as the next Roger Federer!

Playing tennis well requires time, discipline and patience. In fact, studies have shown that it takes an average of 10,000 hours or 10 years to become an expert. Is that where your child wants to go? We'll find out...and in the process, they'll learn tools and skills that will be helpful both on and off the court for whatever level they wish to attain. Our pros will create a meaningful training environment with clearly defined short and long-term goals for your young player giving them the best chance for success.

As your teaching professionals, we'd like parents to realize that winning does not have to come in the early years (up to 14 years old). This time should be dedicated to learning proper grips, strokes and footwork. Concerns of winning should come in later years. Winning in early years is usually a function of size and strength and shouldn't be confused with talent. We believe that if the foundation is solid and skills developed properly, winning will take care of it's "self"!! That's not to say that kids shouldn't play matches or in tournaments but that the outcomes should be kept in context and that each match (whether with Dad or a USTA tournament), should be thought of as a learning experience contributing to future development.

Ultimately, we would like to see each of our players achieve their own level of success and take **ownership** of the process. We want each to become an independent thinker and able to solve tennis problems even when the coach is not around. This is especially important in the Academy program since our players must learn to "stay in the moment", deal with frustration and maintain a much higher degree of focus during the entire time in attendance. After all, many matches can last in excess of 3 hours! We expect a much higher degree of commitment from all Academy attendees than any other program. What's noteworthy is that this ability to independently solve problems will not be isolated to tennis but become a life skill, too!

Good luck and please let us know if you have any questions!!

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