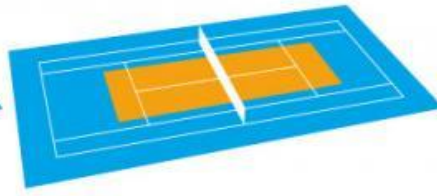
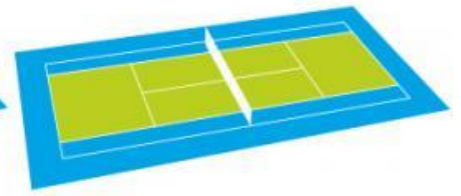


**Red Court**



**Orange Court**



**Green Court**

### **The Red Stage (Age: 4-6)**

The red ball is larger than a yellow ball and doesn't bounce as high (just 25% compression), making it a breeze for even the youngest players to hit comfortably. The courts and nets used in the Red stage are much smaller making it easier for kids to move around and enjoy success. Red level players may be beginners, improvers or even advanced players.

**Court Size:** 3m x 8.23 or 6m x 10.97m.

**Tennis Ball:** Red Ball (25% compression).

**Recommended Racquet Size:** 21-23 inches.

### **The Orange Stage (Age: 6-8)**

After mastering the Red stage, children move on to the Orange stage where the ball bounces a little higher (50% compression) and the court is a bit bigger. Orange players play over the regular net on a three quarter length court.

**Court Size:** 6.4m x 18.29m.

**Tennis Ball:** Orange Ball (50% compression).

**Recommended Racquet Size:** 23-25 inches.

### **The Green Stage (Age: 9+)**

The ball used in the Green stage has a higher compression than the Red and Orange stages (75% of a yellow tennis ball) and children play on a full-size court. Green players may be older children who are new to tennis or players of a good standard who have progressed through the Red and Orange stages.

**Court Size:** 10.97m x 23.78m (Full Court).

**Tennis Ball:** Green Ball (75% compression).

**Recommended Racquet Size:** 25-27 inches.



We wish you a very enjoyable coaching season.

If you have any concerns at all, please contact me:

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