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## Regular Exercise = Higher School Grades...

**All children should have the opportunity to exercise.** The very nature of the game of serving, returning and rallying makes tennis an active sport with plenty of movement which helps develop balance, agility and coordination, with a focus on mental sharpening because in tennis decision-making and concentration are part of the game.

## What is Mini Tennis?

**Kids learn to play Tennis by using kid-sized equipment.** Mini Tennis follows the same logic as other sports like basketball or football, a smaller in size net, lighter racquets, lighter balls on kid-sized courts. Scaling the game to the size of the child makes it easier to learn tennis.

After the basics are learned, the child will develop the skills necessary for hitting with direction, height, depth, spin and power. In playing sessions, children can begin to understand and practice simple tactics.

Mini Tennis means kids will have more fun and less frustration. They're playing real tennis and having real fun—and that's what it's all about.



## Mini Tennis in Schools

**Team play is fun for kids.** Our Tennis program is offered at our sites at Swan lake Katameya, Swan Lake 6<sup>th</sup> of October, The American University in Cairo and Galaa Club

Heliopolis. To offer flexibility to our clients we also offer our mini tennis at nurseries & schools sites, which allows the kids to "sample" the sport in a social and group environment as an organized extracurricular activity. We offer our sessions during physical education classes or during recess periods and as an after-school program. We can convert any activity space to accommodate tennis in playgrounds or gymnasiums.



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## Our Goal

We give kids a foundation on which to build a lifelong passion for Tennis. At ages 3-5 years old, children have a very limited attention span; they enjoy the activity for only a few minutes before moving on to something different. This is very common and acceptable therefore our program offers activities that can be repeated often and in short duration. Children also have different levels of success so we make sure to be positive, patient and encouraging their efforts with rewards.

It is also important that kids of 6 years old and up to be motivated, this helps them accelerate. Team matches are an excellent way for kids to compete on different levels based on the ability and experience of the child.

The first stages of competition are festival like with plenty of activities and modified match situations. Competitions can also be conducted using a special format allowing kids to play many matches against a variety of players without being eliminated using shortened scoring methods or even timed matches.



## Our Coaches

**Our coaches have received special training.** Our coaches know how to work with children ages 3 years & up. They are familiar with conducting team practices, following a plan that progresses kids through the skills and tactics, encouraging and motivating them, insuring kids are active, having fun, learning new skills and making new friends.

**Thanks & Regards,**

*Rania Fikry*

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