

# ANTS CORE BELIEFS

# ANTS Tennis League

BELIEF, PHILOSOPHY, AND PATHWAY

## Beliefs

ANTS believes that kids need a healthy & active environment to grow up in. That is why ANTS is making community-wide efforts to establish tennis leagues for ages 3-12. ANTS has a “Healthy Habit Development” curriculum that has been written up by a professional team of doctors, and is intertwined within our program’s philosophy, coaching, and playing. ANTS goal is to have a positive, lasting impact on each child, family, and community we touch.

It is also our belief that children need to play as many times as they practice. It is a proven statistic that if they do not play as much as they practice, they will lose interest after 3 years. It has also been proven that if they play matches as many times as they practice, they will develop 4x faster! That is why ANTS works so hard to offer a tennis program in a way that nobody else has—community-wide leagues!

## How ANTS Core Beliefs Benefit Young Players

### PLAY

Every ANTS player has the opportunity to **PLAY** the game of tennis through our all-inclusive, game-based approach.

### FUN

Every ANTS player, from the very first swing, is having **FUN** while learning and playing the game of tennis.

### LEARN

Every ANTS player will **LEARN** the game of tennis by playing with dynamic practices, weekly match play events, and team activities.

### TEAM

Every ANTS player will learn to play the game in a supportive, **TEAM** environment.

### LIFE SKILLS

Every ANTS player learns valuable **LIFE SKILLS** by playing the game of tennis, and learning to compete with good sportsmanship, while building interpersonal relationships.

# ANTS PHILOSOPHY

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## Philosophy

ANTS Tennis is the first and only program that takes tennis, an individual sport, and turns it into a team sport. **ANTS is also the only organization that puts your child onto a team, and promises they will play matches as many times as they practice.** Your child will practice once a week, and play matches once a week, on a team. This philosophy is proven to develop children up to 4x faster!

It is very important to ANTS that our players feel like they are part of a team. Players take part in matches on the weekends that implement both “team challenge skills” and “individual skills” they have learned at practice during the week. This approach maximizes the opportunity to develop as an independent tennis player, while having fun playing in supportive, team environment.

## How ANTS Philosophy Benefits Young Players

### GAME-BASED APPROACH

ANTS believes in the game-based approach to learning, where players learn to play the game right away, blending technique with tactics.

### ASSESSMENT

ANTS believes in continuously monitoring all players’ progress to ensure they get the most out of their experience.

### COMPETITION

ANTS believes that all players should be introduced to healthy, safe competition through practice and match play.

### PARENT EDUCATION

ANTS believes that parents are partners in our program and must be kept informed.

### PATHWAY

ANTS believes in providing the opportunity for all players to progress through a clear pathway in order to reach their fullest potential.

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## Pathway to Graduation

ANTS is here to provide your child season after season of community wide tennis allowing them to progress through the system that is going to develop them the best while offering the best environment to be a part of. By being part of a team, children are able to feel part of something larger and more fun, while progressing through the new system that is crucial to their true development. By growing up using properly sized equipment and using the proven methods of playing as much as practicing, your child is being put on the right track of development. It is important that they play in accordance to age and ball type. This allows for them to explore and develop any and every possibility the ball, racquet, net, and court offer. It is more important they develop on the appropriate sized court than it is to develop “faster and move up”.

## Four Colors. One Game.



### ANTS GOALIE TENNIS

AGES 4 & UNDER

ANTS Goalie Tennis is meant to get a racquet into the hands of 3-4 year olds and give them the opportunity to develop agility, balance, and coordination, alongside tennis specific skill sets. By getting them used to the elements of the courts, balls, racquets, movement, etc., you are prepping them and giving them a head start.

### RED BALL

AGES 6 & UNDER

ANTS under 6 Red ball is meant to get a racquet into the hands of 5-6 year olds and start to give them the opportunity to develop and gain even more agility, balance, coordination and tennis specific skill sets, while getting them comfortable with the elements of the ball bouncing over a net, the courts, racquets, and more tennis specific movement.

### RED BALL

AGES 8 & UNDER

ANTS under 8 red ball is meant to start to gear the children not only towards their agility, balance, coordination, and tennis specific skill set, but also towards tactics and strategy. It will start to incorporate the teaching of more tennis specific rules and etiquette, gearing them up towards competition such as play days and tournaments.

### ORANGE BALL

AGES 10 & UNDER

Ants under 10 orange ball is geared towards the refinement of the agility, balance, and coordination it takes to start to implement tennis specific skills sets, tactics and strategies to compete against other tennis players in a more competitive environment.

### GREEN BALL

AGES 12 & UNDER

ANTS 12 and under green ball is meant to give the chance to 12 and unders to still be developed correctly before they graduate up to yellow ball on a full court. It focuses on correct development of agility, balance, coordination, movement, tactics and strategies, which is turn will set them on the correct path once they begin to play yellow ball tennis on a full size court.