

ICT/Kidspeed

Saturday Volunteering Form

Please return this completed form to:
InnerCity Tennis, 4005 Nicollet Avenue South,
c/o Dilcia Pederson, Minneapolis, MN 55409
OR by email to: dilcia.pederson@innercitytennis.org

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____ PHONE _____

I WANT TO VOLUNTEER AT INNERCITY TENNIS BECAUSE... _____

I WOULD LIKE TO VOLUNTEER WITH:

Level 1 (Ages 3-6) - This level helps pre-schoolers and early elementary kids build both physical skills (agility, balance, hand-eye coordination) and life skills (teamwork, taking turns, cleaning up together, etc.) Skill development stations help kids prepare for a future in any sport. **NO TENNIS EXPERIENCE NECESSARY WITH THIS GROUP!**

Level 2 (Ages 7-11) - This level is for elementary school kids that want to start learning the fundamentals of tennis. Kids use pressureless balls to accelerate the learning process for the forehand, backhand, volley and overhead.

Level 3 (Junior High Kids) continue to drill all their strokes. Our goal with this group is to have kids hit as many balls as possible so they start to develop a consistent stroke. In addition, this level begins to focus on match strategy.

Level 4 (High School Kids) - There is a considerable amount of time spent with this group on advanced tennis skills and techniques such as grips, court positioning, and the mental approach to the game.

