

# RANDALL ROSS TENNIS

## Walnut Hill Tennis Program

### Walnut Hill Rec welcomes Randall Ross Tennis!

Randall brings many years of tennis experience to the Center and a full lineup of lesson programs.

Randall Ross has been a leader in the development of tennis training for young to very young children and adults since the rules of tennis have changed in 2012. RRT's most recent success is the development of T-REPS—tennis, repetition, experimentation, play, success. T-REPS tennis training is based on a high volume of coordinated body movement repetitions that develop tennis skills. Additionally, RRT developed —T-REPS for Schools— which is one of first programs of its kind offering highly effective tennis training to children at school (no tennis court required). T-REPS for Schools was a great success at Lamplighter School and St John's Episcopal.. Ask about T-REPS for your child's school!

### Programs at Walnut Hill Rec:

- ))Tennis Tots
- )) Club Kids
- )) The TopSpin Factory
- )) Club Adults
- )) Club Seniors
- )) T-REPS

**Details at:**  
**[Learntennisfast.net](http://Learntennisfast.net)**

See details and Schedule on back of flyer (or page 2 of the electronic version)

**Sign-up NOW for  
Spring and Summer  
Sessions**

### **Randall Ross Tennis**

Walnut Hill Rec Center  
10011 Midway Rd  
Dallas, TX 75229

Phone: 214-542-7981  
Rec Center 214-670-7112  
E-mail: [info@learntennisfast.net](mailto:info@learntennisfast.net)  
Web: [randallrosstennis.com](http://randallrosstennis.com)

Recent changes to the rules of tennis for children under 10 years old include smaller courts, smaller rackets, low pressure balls and a different set of rules that make learning tennis accessible for children at early ages. **T-REPS in an Innovative learning environment that makes learning fun and easy.**

**T-REPS** - Tennis, Repetition, Experimentation, Play, Success is a new teaching environment developed by Randall Ross Tennis. Successfully tested at St John's Episcopal and Lamplighter School, T-REPS is an innovative program where success is based on a high volume of simple body movement repetitions to create muscle memory and strength. Verbal instruction is minimized and students are encouraged to experiment to find their tennis groove. Players become engaged early in their development through fun games and real match play. Because T-REPS drills and concepts are simple, all kids find success.

Randall is now signing-up PK and Elementary Schools for the T-REPS for Schools program fall semester. Contact Randall if you would like to inquire about offering T-REPS at your child's school. There is no tennis court required. Learn more at [learntennisfast.net](http://learntennisfast.net)

**Tennis Tots** - Our Tots program is a great starting point for developing your tot's Athletes for Life Spirit . The program begins with age groups 2-3 and 4-5 using age appropriate rackets and balls . The class is a fun and exciting 30-45 minutes of games, racket handling, and movement coordinated to produce real tennis results. Building this basic tennis awareness and muscle memory is invaluable as your child grows and continues to develop tennis skills We view our training as a partnership with parents who will be introduced to games and activities they can use at home to create a fun and fulfilling experience for their kids. We want children and parents to enjoy their tennis time and look forward to each tennis experience. Tennis Tots builds a great foundation of skills to give your child the opportunity to excel at tennis.

**Club Kids** - Age groups 6 - 7, 8-9-10, and 11 and up. Kids learn tennis stroke structure, footwork, strategy, position, serve and volley in an active environment with very little standing in line. We take full advantage of our T-REPS stations approach to generate lots of body movement repetitions that build muscle memory and play real tennis with certified balls and court sizes to engage kids early in their development. Club kids is a robust training environment where children develop a love of the game and can grow to serious competitive levels if they choose to do so. We encourage kids to participate in our weekend —Fun Days to progress and make tennis a sport they love to play as well as make some tennis friends.

**Weekend "Play Days"** - Each weekend we will host fun events that focus on real tennis play. Parents are encouraged to participate to help manage activities and keep the fun rolling. Fun Days will include drills, games, prizes, and real competition to complete the Randall Ross Tennis Experience for your children.

**Club Adults** – Adult group lessons combine T-REPS training, on court drills, and real match play in a effective suite of training modules. Learn how to progress in your tennis journey and make friends along the way.

**Club Seniors** - Drop in drills for both kids and adults. 60 minutes of fast passed drills designed to improve stroke production, movement, timing, and strategy. Another great way to supplement your lessons and improve your game quickly.

**Drop-in Drills** - Take advantage of Randall 30 plus years of tennis training experience to advance your game. Randall grew up playing tennis with Jimmy Connors in his back yard and in High School on the team at Assumption High School in Illinois. Randall was an SEC champion playing for the University of Kentucky and played competitive tennis at the professional level for 10 years out of college.

**Private Lessons** - Private lessons allow Randall to add new elements to your game and identify those that may be holding you back. Randall will provide you with insightful tools and concepts that will help you find the coordination and develop tennis acumen to quickly progress.

**Advanced Competitive Juniors and Adults** can take advantage of Randall's —Insights on Becoming a Winner . —I lost so many matches I should have won until I learned how to become a winner. It didn't happen until the end of my career but I can pass it on to you early in yours. Randall.

## **About Randall Ross Tennis**

Randall Ross has many years of tennis experience and 20 years of business experience. For the last four years Randall Ross Tennis has been developing T-REPS, a specialized tennis program for Pre-School and Elementary schools with no tennis court required. Randall Ross Tennis is currently providing tennis programs at the Walnut Hill Recreation Center, Preston Elementary School, and St Monica's School. Randall was a nationally ranked junior and SEC Champion while playing at the University of Kentucky. Most unique in Randall's background is his association with Jimmy Connors one of Tennis's most accomplished professionals. Randall grew-up playing tennis with Jimmy in his backyard and on the Tennis Team at Assumption High School in Illinois. Randall spent 20 years in corporate marketing in San Francisco and has returned to tennis to develop innovative tennis training programs.