



2020 Program Overview

The CBSC Tennis Committee and coaches have planned a season of programs and lessons that honour the CBSC spirit of fun AND which are fully compliant with Tennis Canada and Tennis BC COVID-19 guidelines. CBSC tennis programs are for all tennis players, whether they're just starting their tennis journey or already play at basic to advanced levels. Lessons are professionally designed to help new players learn the fundamentals of the game through fun, engaging, game-related activities, and to enable more experienced players to hone their skills through drills, practice and high-level instruction. Proper court etiquette and good sportsmanship are emphasized in every type of lesson. The goal of the program is to provide all players, regardless of their level of skill, with effective instruction in an enjoyable environment and to create plenty of happy CBSC memories in the process!

**We're looking forward to seeing everyone back on the courts,
just a little fewer in number, a little further apart and a lot more sanitized than usual!**

Lessons

- **Red ball.** Parent & Child (age 4 – 8) red ball clinics will be offered on Saturdays from 10:00 – 2:00 (each child must be accompanied by a parent or other adult over 18).
- **Orange, green and regular balls.** Lessons will be offered from 9:00 – 4:00, Mondays+Thursdays or Tuesdays+Fridays
- **Leaders and High Performance Lessons.** A modified Leaders program with HP lessons will be offered. Details will be available before registration.
- **Adult lessons.** Beginner and intermediate lessons on Monday, Tuesday, Wednesday, Thursday. Beginners & Intermediate at 6:00pm; intermediate & high performance at 7:00 pm.
- **Bubble lessons.** Private lessons and semi-private lessons for you and people from your bubble.
- **Registration:** due to limited space, members are permitted to register for one lesson per month. Additional lessons may be added after week 1 if space permits.

Special programs

Tennis Ladder. We're excited to invite players of all ages to participate in our new Tennis Ladders (in lieu of tournaments, carnivals and socials this summer). The Ladder is a fun and competitive program in which players are arranged, unranked, like rungs on a ladder and challenge each other to matches, moving up or down the ladder as matches are won or lost. Each age group/ball colour will have its own ladder and players will compete for end-of-summer trophies. Ladder registration will open at the end of the first week of lessons, and spots will be assigned on a first-come, first-served basis. For more information, see the Tennis Ladders page of this booklet.

Open Court. In addition to regularly scheduled open court times, one court will be set aside for open play from 8:00am – 8:00 pm daily, except Saturdays between 10:00am and 2:00pm.

Questions?

Email Head Coach Levi on levichapman@live.ca before registration day.



Rules for the use of CBSC tennis facilities

STAY HOME

if you exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or any other symptoms identified by health experts or if you have been in contact with someone with COVID-19 in the last 14 days.

Before you play	<ul style="list-style-type: none">● CBSC Members <u>only</u> at this time (no guests or non-members).● Practice social distancing (2 meters) while waiting for your court time.● Sign-in with the Compliance Safety Officer before entering the courts.
Preparing to play	<ul style="list-style-type: none">● Wash your hands with soap and water for at least 20 seconds before going to the courts.● Bring hand sanitizer.● Clean your equipment, including your racquets and water bottles.● Do not share equipment with your playing partner.● Bring enough water from home to prevent contact with taps.● Consider wearing a mask or gloves while waiting.● If you cough or sneeze, do so in a tissue or in your sleeve.● Sanitize your hands after touching any objects that may contain traces of the virus.
During play	<ul style="list-style-type: none">● Respect distancing of 2 meters with other players at all times.● Avoid all physical contact, for example shaking hands, with other players.● Avoid touching your face.● No sharing food, drinks and towels.● Use a racquet or feet to pick up the balls or send a ball to another person.● Do not change ends. Stay on the same side of the court throughout the match.● Singles play: use 2 cans of marked balls and only handle your tennis balls, unless you and your partner are from the same household/bubble.● Doubles play: the two players on each side of the court must be from the same household or bubble. Use 2 cans of balls if from different households/bubble.
After play	<ul style="list-style-type: none">● Wash your hands with soap and water or with hand sanitizer.● Leave the court immediately after you finish playing. Go home.● Take everything you brought on the court with you when you leave.

IMPORTANT

If you become sick or show symptoms of COVID-19 in the days after you have used the CBSC facilities, immediately email covid@cbswimclub.ca or fill out our Contact Tracing Form - <https://www.123formbuilder.com/form-5500833/>



Red Ball

NEW for 2020: COVID-friendly family clinics

Program overview

What's new for 2020?

Using a “teach-the-teacher” coaching model, CBSC coaches will teach adults/parents how to teach their kids in a COVID family/household lesson bubble. Coaches will demonstrate strokes and skills, and parents will then practice with their kids at their own net with ongoing instruction and supervision from coaches. Red Ball lessons are taught on a scaled-down court using over-sized tennis balls that are 75% slower than standard balls, and the goal is to teach basic rally, serve and net-play skills through various progressions, along with the fundamental movement skills- agility, balance, coordination that are important for athletic development.

- A COVID Compliance Officer will be on court during all lessons.
- Coaches will have PPE kits and will receive special training for COVID risk prevention.
- On the first day of lessons, coaches will provide detailed, age-appropriate instructions on COVID as it pertains to tennis that will be reinforced in subsequent lessons.
- All lessons will have designated balls that will be used for that lesson only.
- Tennis balls and other lesson equipment will be sanitized as per Tennis BC/Tennis Canada recommendations.
- Lessons are 45 minutes to allow adequate time for coaches to prepare equipment for their next lesson.
- Maximum class size: 4.
- 2 meter social distancing will be maintained during all lessons.
- Courts will be marked to indicate where players must stand and the direction of movement on and off the courts.
- Players must wait on designated spots until instructed to move by coaches.
- No physical contact will be permitted between players in different bubbles or with coaches.
- Players must bring their own water.
- Players are permitted to touch their designated tennis balls only.
- There will be no bleachers this summer, and members are strongly discouraged from congregating and/or watching lessons.

Clinic details

- **Day & time:** Saturdays from 10:00 – 2:00. If Saturday classes fill up, Red Ball family lessons can also be scheduled during “Bubble Lessons” on Wednesdays. *No lessons on August 22.
- **Age of children:** 4 – 8.
- **Adult:** children can be accompanied by a parent or other family-bubble adult over 18.
- **Size of family group:** maximum 1 adult and 1 child. A second child can be added if space permits.
- **Duration of clinic:** 45 minutes.
- **Cost:** \$35/lesson, which includes 3 red balls to take home for practice.
- **Equipment:** both children and parents must have their own racquet. Red balls will be provided.
- **Number of lessons: Red Ball clinics are ONE time lessons**
- **Maximum clinic size:** 6 family teams spread across 4 courts
- **Registration instructions:** register by the name of your child and provide the name of parent/adult accompanying child. Each member can register for 1 lesson only. If space permits, an additional child can be added at no extra cost. Members can register for additional clinics after the first week of lessons, space permitting.

Questions?

Email Head Coach Levi on levichapman@live.ca before registration day.



Orange Ball

Program overview

What's CBSC old school?

Players 10 & under play on a 3/4 sized court with low-compression balls. Lessons focus on learning the fundamentals for rallying including grip, set-up, impact and recovery. Players also develop the 'toss' feeling on their serve and a 'catch' feeling on volleys.

What's new for 2020?

- A COVID Compliance Officer will be on court during all lessons.
- Coaches will have PPE kits and will receive special training for COVID risk prevention.
- On the first day of lessons, coaches will provide detailed, age-appropriate instructions on COVID as it pertains to tennis that will be reinforced in subsequent lessons.
- All lessons will have designated balls that will be used for that lesson only.
- Tennis balls and other lesson equipment will be sanitized as per Tennis BC/Tennis Canada recommendations.
- Lessons are 45 minutes to allow adequate time for coaches to prepare equipment for their next lesson.
- Maximum class size: 4.
- 2 meter social distancing will be maintained during all lessons.
- Courts will be marked to indicate where players must stand and the direction of movement on and off the courts.
- Players must wait on designated spots until instructed to move by coaches.
- No physical contact will be permitted between players or with coaches.
- Players must bring their own water.
- Players are not permitted to touch any tennis balls. Balls must be rolled back to coaches using either racquets or feet.
- There will be no bleachers this summer, and members are strongly discouraged from congregating and/or watching lessons.

Lesson details

- **Day & time:** Monday+Thursday or Tuesday+Friday. Lessons start on the hour from 9:00 – 5:00
- **Age of players:** 8 -10.
- **Duration of lessons:** 45 minutes.
- **Maximum class size:** 4
- **Cost:** \$90/8 lessons
- **Registration instructions:** One set of lessons per child. If space permits, members can register for additional lessons after the first week of lessons.

Questions?

Email Head Coach Levi on levichapman@live.ca before registration day.



Green Dot Ball

Program overview

What's CBSC old school?

Players 12 & under play on a full-sized court with low-compression balls. Lessons focus on developing ball control skills for rallying, serving and volleying by controlling height, distance, direction, speed and spin. Players will also work on decision-making and learn how to implement tactics.

What's new for 2020?

- A COVID Compliance Officer will be on court during all lessons.
- Coaches will have PPE kits and will receive special training for COVID risk prevention.
- On the first day of lessons, coaches will provide detailed, age-appropriate instructions on COVID as it pertains to tennis that will be reinforced in subsequent lessons.
- All lessons will have designated balls that will be used for that lesson only.
- Tennis balls and other lesson equipment will be sanitized as per Tennis BC/Tennis Canada recommendations.
- Lessons are 45 minutes to allow adequate time for coaches to prepare equipment for their next lesson.
- Maximum class size: 4.
- 2 meter social distancing will be maintained during all lessons.
- Courts will be marked to indicate where players must stand and the direction of movement on and off the courts.
- Players must wait on designated spots until instructed to move by coaches.
- No physical contact will be permitted between players or with coaches.
- Players must bring their own water.
- Players are not permitted to touch any tennis balls. Balls must be rolled back to coaches using either racquets or feet.
- There will be no bleachers this summer, and members are strongly discouraged from congregating and/or watching lessons.

Lesson details

- **Day & time:** Monday+Thursday or Tuesday+Friday. Lessons are staggered and start 10 minutes past the hour from 9:10 – 5:10.
- **Age of players:** 10 -12
- **Duration of lessons:** 45 minutes.
- **Maximum class size:** 4
- **Cost:** \$90/8 lessons
- **Registration instructions:** One set of lessons per child. If space permits, members can register for additional lessons after the first week of lessons.

Questions?

Email Head Coach Levi on levichapman@live.ca before registration day.



Regular Ball

Program overview

What's CBSC old school?

Players 13- 18 play on full sized courts with regular balls to build their fundamental skills. Students will learn both singles and doubles play. Lessons will focus on grip, setup, impact, hitting zone and recovery. If you are an advanced player, please speak to Head Coach Levi about High Performance lessons prior to registration (space permitting).

What's new for 2020?

- A COVID Compliance Officer will be on court during all lessons.
- Coaches will have PPE kits and will receive special training for COVID risk prevention.
- On the first day of lessons, coaches will provide detailed, age-appropriate instructions on COVID as it pertains to tennis that will be reinforced in subsequent lessons.
- All lessons will have designated balls that will be used for that lesson only.
- Tennis balls and other lesson equipment will be sanitized as per Tennis BC/Tennis Canada recommendations.
- Lessons are 45 minutes to allow adequate time for coaches to prepare equipment for their next lesson.
- Maximum class size: 4.
- 2 meter social distancing will be maintained during all lessons.
- Courts will be marked to indicate where players must stand and the direction of movement on and off the courts.
- Players must wait on designated spots until instructed to move by coaches.
- No physical contact will be permitted between players or with coaches.
- Players must bring their own water.
- Players are not permitted to touch any tennis balls. Balls must be rolled back to coaches using either racquets or feet.
- There will be no bleachers this summer, and members are strongly discouraged from congregating and/or watching lessons.

Lesson details

- **Day & time:** Monday+Thursday or Tuesday+Friday. Lessons start on the hour from 9:00 – 5:00.
- **Age of players:** 13+.
- **Duration of lessons:** 45 minutes.
- **Maximum class size:** 4.
- **Cost:** \$90/8 lessons.
- **Registration instructions:** One set of lessons per child. If space permits, members can register for additional clinics after the first week of lessons.

Questions?

Email Head Coach Levi on levichapman@live.ca before registration day.



Leaders

Program overview

What's CBSC old school?

This summer-long program is for players interested in becoming future CBSC tennis coaches. Participants will be introduced to coaching concepts and to the special, time-honoured traditions of CBSC tennis. Participants must sign up for both Leaders and High Performance lessons and can also expect a summer of active volunteering. Acceptance into the program does not guarantee a coaching position.

What's new for 2020?

This summer, Head Coach Levi will accept a few Leaders and run a program of a COVID-compliant training activities both on and off court.

Details

Leaders

- **Day & time:** various
- **Age of players:** 15+.
- **Duration of activities:** various.
- **Maximum class size:** 4.
- **Cost:** \$100/summer.
- **Registration instructions:** Players interested in becoming Leaders must contact Head Coach Levi via email prior to registration.

High Performance Lessons

- **Day & time:** Monday+Thursday or Tuesday+Friday from 3:00pm – 3:45pm
- **Age of players:** 13+.
- **Duration of lessons:** 45 minutes
- **Maximum class size:** 4.
- **Cost:** \$90/month.
- **Registration instructions:** Players interested in High Performance lessons must contact Head Coach Levi via email prior to registration.

Questions?

Email Head Coach Levi on levichapman@live.ca before registration day.



Adult Program

Program overview

What's CBSC old school?

Adult lessons for both beginners and intermediate players will be offered this summer.

- **Day:** Monday, Tuesday, Wednesday, Thursday
- **Times: Beginner/Intermediate:** 6:00 pm
Intermediate/High Performance: 7:00 pm
- **Age of players:** 16+
- **Duration of lessons:** 45 minutes.
- **Maximum class size:** 4
- **Cost:** \$45/4 lessons
- **Registration instructions:** One set of lessons/adult. If space permits, members can register for additional lessons after the first week of lessons.

What's new for 2020?

Men's and Women's Tennis Ladders

A Tennis Ladder is a fun and competitive program in which players are arranged, unranked, like rungs on a ladder and challenge each other to matches, moving up or down the ladder as matches are won or lost. Extra open court time will be provided to accommodate Tennis Ladder matches. The Ladder is free, but registration with Head Coach Levi is required. For more information, see the Tennis Ladders page of this booklet.

Open Court

- One court will be designated an Open Court and will be available for members of all ages from 8:00am – 8:00pm, except Saturdays from 10am – 2pm.
- All 4 courts are available Sundays for open play. Additional open play times will be posted. If others are waiting, please limit play to 30 minutes or one set.

IMPORTANT

All Open Court players must sign in before play.

The [Open Play Registration Binder](#) will be on the picnic table on the tennis patio, and all players must sign in by name and contact number every time they play.

All players must review posted rules for court use and comply with all instructions.

Questions?

Email Head Coach Levi on levichapman@live.ca before registration day.



Bubble Lessons a.k.a Tennis á la carte!

Program overview

Bubble Lessons are private or semi-private lessons designed by members themselves. They provide an opportunity for players to create a lesson tailored to their preferences- a private lesson to iron out the kinks in your backhand, a semi-private adult beginner lesson, a high performance class for your teenager and her cousins, a date night couples class or a Red Ball clinic for the grandchildren. Lessons can be booked by 1 member and up to 3 additional people can be added to the booking, and can consist of families, households, doubles teams, etc., To facilitate planning and staffing, please provide the name and age of all players at the time of booking, along with lesson preferences- private, semi-private, beginner, advanced, serve or volley or ground strokes focus, etc.

What's new for 2020?

- A COVID Compliance Officer will be on court during all lessons.
- Coaches will have PPE kits and will receive special training for COVID risk prevention.
- On the first day of lessons, coaches will provide detailed, age-appropriate instructions on COVID as it pertains to tennis that will be reinforced in subsequent lessons.
- All lessons will have designated balls that will be used for that lesson only.
- Tennis balls and other lesson equipment will be sanitized as per Tennis BC/Tennis Canada recommendations.
- Lessons are 45 minutes to allow adequate time for coaches to prepare equipment for their next lesson.
- Maximum class size: 4. 2 meter social distancing will be maintained during all lessons.
- Courts will be marked to indicate where players must stand and the direction of movement on and off the courts.
- Players must wait on designated spots until instructed to move by coaches.
- No physical contact will be permitted between players or with coaches.
- Players must bring their own water.
- Players are not permitted to touch any tennis balls. Balls must be rolled back to coaches using either racquets or feet.
- There will be no bleachers this summer, and members are strongly discouraged from congregating and/or watching lessons.

Details

- **Day:** Wednesdays
- **Times:** 9:00 – 4:00
- **Age of players:** all ages
- **Duration of lessons:** 45 minutes
- **Maximum class size:** 4
- **Cost:** \$35/person
- **Registration instructions:** 1 member registers and can add up to 3 additional players. All players must be members

Questions?

Email Head Coach Levi on levichapman@live.ca before registration day.



Tennis Ladders

Program overview

CBSC Tennis will be offering Singles Tennis Ladders this year! A Tennis Ladder is a competitive program in which players in each age group are randomly placed in a ladder, one on top of the other. Spots will be assigned on first-come, first-serve basis. Ladder registration will open at the end of the first week of lessons. Each age group/ball colour will have their own ladder. Players may join/leave the ladder at any later date but will be placed at the bottom of the ladder.

How it works

- In each ladder, players challenge each other. If a player lower down the ladder beats a higher placed player, they change places - the lower, winning player moving up the ladder!
- Players may only challenge a player within 2 spots above/below on their ladder.
- **Players have 24 hours to respond to their challenge or they will forfeit the match.**
- If a match is not played by the deadline despite "reasonable" attempts to schedule, the challenger is deemed to have won the match. If there is a dispute, "reasonable" will be determined by the Play Director.
- Matches may take place at any tennis court (CBSC or other) agreed upon by **both** players. If the match takes place at CBSC, balls will be provided.
- Players will play one set (first to 6 games, with full advantage serving, and a tie-break at 6-6).
- After the match has been concluded, the winner will email Head Coach Levi with the names of both players and the final score immediately. The Ladders will be updated by 11:59 PM each day.
- Players may challenge up to 1 player a day and may not decline a challenge (unless they have already played a match that day).
- **Etiquette:** returning phone calls and emails promptly; and arrive at least 5 minutes before your match is scheduled to be played.
- If you become injured or are temporarily out of town, please inform the Play Director ASAP.
- The winner of each ladder is the person at the top of the ladder on the finish date of ... They will receive a trophy and certificate.
- Cost: \$20/summer
- **Age & registration categories**

Girls & Women

10 & under girls (minimum age: 9)
 12 & under girls (minimum age: 11)
 14 & under girls (minimum age: 13)
 18 & under girls (minimum age: 15)

Adult Ladies Regular (age 19+)
 Adult Ladies Advanced (age 19+)

Boys & Men

10 & under boys (minimum age: 9)
 12 & under boys (minimum age: 11)
 14 & under boys (minimum age: 13)
 18 & under boys (minimum age: 15)

Adult Men Regular (age 19+)
 Adult Men Advanced age 19+

Questions?

Email Head Coach Levi on levichapman@live.ca