



Alpha Tennis & Fitness

Club Mission

Program & Facility Overview

ALPHA MEANS:

A
Lifestyle
Passionate in
Health and
Athletics

Dear Potential Alpha Member,

When it comes to the culture of Alpha Tennis & Fitness, accountability, professionalism, and a progressive mindset are the primary qualities you can expect out of our team. We believe in great communication and organization, along with a team-first environment in order to achieve this type of culture and create an atmosphere that all members can trust. Please continue reading for more information on our club as well as our tennis-specific player development model.

Thanks for considering Alpha Tennis & Fitness for your athletic needs!

Emily Fraser
Alpha Director
412 – 503 – 2626



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About Our Club

Alpha Tennis & Fitness of Pittsburgh was built in 2010 and consists of 6 indoor tennis courts, 2 indoor 36' Red Ball tennis courts, 3 outdoor tennis courts, an outdoor basketball court, a full cardio and weight gym with multipurpose/spinning room, a boutique spa, and a physical therapist office.

Alpha Member Benefits

Seasonal club events

First Fridays – 1 hour of free court time on the 1st Friday of each month from 6-7pm + special \$10 guest fee

Hassle free organized singles and doubles matchplay—all levels & ages

Easy access membership to USTA Team competition

Guest Fee Free Mondays – bring a friend or family member!

1 free guest pass per month

& more!



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At Alpha Tennis & Fitness of Pittsburgh, we understand that the sport of tennis can be a channel for athletic activity, social interaction, and healthy competition throughout a lifetime. As a club, we are excited to offer a specific and methodical pathway towards becoming an advanced player in the sport of tennis, whether for the purpose of succeeding among high level competition, or simply to enjoy lifetime involvement in the sport. Outlined below are the programs that we offer throughout each phase of a player's development from as young as age five, all the way up to early adulthood and beyond.

Little Slammers I & II

Ages 8 + Under

36-foot court size

19 – 23-inch racquet

Red Foam & Red Felt Ball

LITTLE SLAMMERS I & II COMPETENCIES: INTRODUCE

- Proper grips, preparation and swing path for each stroke
- Basic footwork patterns and stances
- Consistency, placement, and basic spin
- Consistent toss and rhythm on the serve

Alpha Rookies

Ages 10 + Under

60-foot court size

Up to a 25-inch racquet

Orange Ball

ALPHA ROOKIES COMPETENCIES: DEVELOP

- More advanced stroke technique, greater court coverage, and improved recognition skills
- Increased racquet head speed for greater pace, spin, height, and depth
- Higher percentage tactical patterns with forehand becoming the weapon from the baseline
- Ability to transition to the net on a larger court
- Begin to turn serve into a weapon and improve return of serve skills

Alpha Rising Stars

Ages 11 + Under

78-foot court size

25 – 27-inch racquet

Green Ball

ALPHA RISING STARS COMPETENCIES: REFINE

- Refined stroke technique, movement skills and recognition to properly cover a full-sized court
- Correct grips, preparation and swing paths for all strokes and a higher level of spin, pace and control than Alpha Rookies
- Forehand should be a weapon, backhand should be reliable, and decision-making should be sound
- Ability to defend and also to finish points at the net with proper positioning and dependable execution of volleys and overheads
- Serve continues to develop as a weapon with refined spin, placement, and consistency
- Players can return hard first serve back with shortened backswing and attack second serves



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Player Development Model

Alpha High Performance

Ages 11 + Up

78-foot court size

25 – 27-inch racquet

Yellow Ball

ALPHA HIGH PERFORMANCE COMPETENCIES: MASTER

- Mastery of proper technique and movement patterns for each stroke
- Use of various stances depending on the type of ball that is received
- Ability to hit with a variety of spin and pace off of both the forehand and backhand sides
- Ability to control ball placement to specific targets with accuracy, spin, and pace on all strokes
- Demonstrates the construction tactically sound points by playing both defensive and offensive tennis
- Ability to transition a defensive position into an offensive position
- Both first and second serves can be placed at specific targets with accuracy, spin and pace

Alpha Adult Tennis

Ages 18 + Up

78-foot court size

25 – 27-inch racquet

Yellow Ball

ALPHA ADULT TENNIS COMPETENCIES: LEARNING NEVER ENDS!

- Reinforcement of proper technique for each stroke
- Refinement of modern footwork patterns
- Understanding of proper doubles-specific and singles-specific playing patterns
- Emphasis on fun and healthy competition!