

Frog Hollow Tournament Path Developmental Needs

Below is a list of activities that players should be doing while in each program to develop, some of these items might be higher than the minimum criteria to be eligible for the program. The more you do, the more potential to improve at an earlier rate. Please let us know if there are any questions.

- **Fila 5**

- Two clinics minimum
 - 3 clinics recommended
- One private lesson a week for an hour
- Play a practice match per week
- Match Play on Sundays
- Playing 3-5 times a week
- One USTA orange or green ball tournament per session
 - Recommendation 2 tournaments per session

- **Fila 4**

- Two clinics minimum
 - 3 clinics recommended
- One private lesson a week
- Play a practice match per week
- Match Play on Sundays
- Playing 3-5 times a week
- One USTA green ball tournament per session
 - Recommendation 2 tournaments per session
 - One should be 10u green (if 10 or younger)
 - One should be 12u L7

- **Fila 3**

- Two clinics minimum
 - 3 clinics recommended
- One to two private lessons a week
- Play a practice match per week
- Match Play on Sundays
- Playing 3-5 times a week
- One USTA L7 tournament per session
 - Recommendation 2-3 tournaments per session
 - Recommendation of L6 tournament per session
- Add a fitness regimen outside of tennis training

Frog Hollow Racquet Club

2115 Weber Road • Lansdale, PA • (610) 584-5502 • FrogTennis.com • info@FrogTennis.com

- **Fila 2**

- Two clinics minimum
 - 3-4 clinics recommended
- One to two private lessons a week
- Play two practice matches per week
- Match Play on Sundays for players below a 4.0 UTR
- Playing 4 times a week
- One USTA L6 ball tournament per session
 - Recommendation 2-3 tournaments per session
 - One should be L5 or higher
- Add a fitness regimen outside of tennis training
- Attending morning training before school 2-4 times a week

- **Fila 1**

- Three clinics minimum
 - 4 clinics recommended
- Two private lessons a week
- Practice match after every clinic
 - Book the court and play
- Playing 5-6 times a week
- Two USTA L6 ball tournament per session
 - Recommendation 3 tournaments per session
 - Travel for a National L3 or better
- Add a fitness regimen outside of tennis training
- Attending morning training before school 2-4 times a week

Frog Hollow Racquet Club