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Rapid Rally Tennis

What is Rapid Rally Tennis?

Rapid Rally is a tennis skills competition where you serve a low-compression tennis ball and continue to hit against a wall above the Net Line as many times as possible in 30 seconds. It is part of the Junior Olympic Skills competition involving millions of kids nationwide. For more info, see www.jrolympicsskills.com

Who can participate?

The competition is open to children aged 8-13 (birth dates between 9/1/95 and 8/31/01).

When is it happening?

The local competition will take place on May 9, 2009 at Detert Park at 1pm.

How much does it cost?

The competition is FREE.

Why should I want to participate?

The top scorers in each age/gender category from Amador County will advance to the Regional Competition. Amador County consistently brings back lots of medals from the Regional Competition in Sacramento. **Regional winners will have the chance to compete for an all-expenses-paid trip to the NATIONAL CHAMPIONSHIPS in July 2009.** In 2006, one talented fourth-grader from Jackson won a silver medal at the National Championships!

What can I do to prepare?

Practice, practice, practice! Hit tennis balls against a wall. Practice serving against a wall. There is a public hitting wall at Detert Park in Jackson, or ask your parents if there is a wall, fence or garage door at your house that you can use. If you really want to prepare for the competition, you need to stand at least 15 feet from the wall, and hit balls at least 3 feet high up on the wall. Ask your parents if they can help you mark these distances.

How do I sign up?

No registration is necessary. Just bring a copy of your birth certificate when you come for the competition on May 9th at 1pm.

What if I still have questions?

If you have additional questions, please contact Benita Asher at 257-1208 or email basher@volcano.net

Win a free trip to the National Championships!





Rapid Rally Tennis

Competition Date: Saturday May 9, 2009

Location: Detert Park Tennis Court in Jackson (behind softball field)

Time: 1pm

Please bring a copy of birth certificate or baptismal record to show date of birth is between 9/1/95 and 8/31/01.

RULES

1. Competitor will be given 30 seconds to see how many times he/she can successfully hit against a wall.
2. The rally must begin with an overhead serve. The serve need not hit above the net line, but if it does, the competitor will receive 1 point. If the competitor hits the target with the serve, he/she will receive 3 bonus points (for a total of 4 points).
3. The competitor must stand at least 15' from the wall. Shots made while standing in front of that line will not count (but the rally may continue).
4. Successful shots must hit the wall above the 3' high net line. Shots hitting the wall below the net line will not count (but the rally may continue).
5. If the ball bounces twice, it is still a successful shot as long as #3 and #4 above are satisfied.
6. If the competitor loses control of the ball, a second ball may be put into play and the point count will continue. It is not necessary to start the second ball with an overhead serve.
7. Low compression tennis balls will be used, and can be purchased from www.oncourtoffcourt.com (see "Champs" slow bouncers).

REMEMBER THAT ONE BOY AND ONE GIRL FROM EACH AGE GROUP (8-9, 10-11, 12-13) WILL RECEIVE REGIONAL COMPETITION ADVANCEMENT LETTERS TO GO TO THE RAPID RALLY REGIONAL COMPETITION THIS SUMMER. THE BEST THING YOU CAN DO TO PREPARE IS TO PRACTICE, PRACTICE, PRACTICE!

Questions? Call Benita Asher at 257-1208 or email basher@volcano.net