

JUNIOR TENNIS

CLUB GREENWOOD

JUNIOR PROGRAM PATHWAY

ATHLETES COMMANDMENTS

Club Greenwood's Athlete Commandments reflect our Core Values, inspiring every participant to embrace and embody them.

PASSION INTEGRITY TEAMWORK STEWARDSHIP CONTINUOUS IMPROVEMENT

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FUTURE STARS

Ages 4-5

Directed by Peggy Bernardis

QUICK START TENNIS

Ages 5-8

Directed by Peggy Bernardis

PLAYER DEVELOPMENT

Ages 8-10

Directed by Rhona Kaczarmczyk + Thor Holt

CHALLENGER TRAINING

Ages 11-13

Directed by Rhona Kaczarmczyk + Theo Teryazos

HIGH SCHOOL TENNIS

Ages 14-18

Directed by Theo Teryazos

HIGH SCHOOL TOURNAMENT TRAINING

Ages 14-18

Pro-Approval

Directed by Theo Teryazos + Molly Carter

PASSION INTEGRITY TEAMWORK STEWARDSHIP CONTINUOUS IMPROVEMENT



YOUTH TENNIS

FUTURE STARS

Ages 4-5 | Directed by Peggy Bernardis

Intro program using red ball on 36' court. Focus on basic skills, coordination, etiquette, and fun through USTA's ROGY system.

RALLY (PRO)

Introduced to hitting pro-fed volleys and groundstrokes over the net.

RALLY (PEER)

Trap and hit the ball with another player.

SERVE

Introduced to a throwing motion to targets with a proper serving stance.

TRANSITION

Players are placed around the court in different games to become familiar with different area on the court.

CHARACTER

Focus on fun, safety and a positive intro to a lifelong sport.

Winter Session

Sundays

12:00-12:45pm

January 4-February 15

7 weeks

\$179 Members | \$200 Guests

Spring Session

Sundays

12:00-12:45pm

February 22-April 19

8 weeks

\$204 Members | \$225 Guests

No classes March 22-Spring Break

QUICK START TENNIS

AGES 5-8 | Directed by Peggy Bernardis

Grouped by age and level: Red Beginners, Red Challenger, and Orange Rallyers.

Fun focus on fundamentals with age-appropriate equipment.

Red Ball Beginners / Red Ball - 36 foot court

Rally with a professional | 2-4 balls

Rally with a player | 2 balls- sending
and receiving skills

Serve | 2/10 in. Correct stance and

Red Ball Challenger / Red Ball -36 foot court

Rally with a professional | 10+ balls

Rally with a player | 4-6 balls

Serve | 7/10 in

Transition | Demonstrates ability to
move forward to a short ball and volley
at the net

Character | Encourages others,
respectful of the professionals and a
good listener.

Orange Ball Rallyers / Orange Ball - 60 foot court

Rally with a professional | 4-6 balls

Rally with a player | 2-4 balls

Serve | 4/10 in

Transition | Hits approach/volley from

Winter Session

Sundays

11:00-12:00pm

January 4-February 15

7 weeks

\$198 Members | \$250 Guests

Tuesdays

4:00-5:00pm

January 6-February 17

7 weeks

\$198 Members | \$250 Guests

Wednesdays

3:30-4:30pm

January 7-February 18

7 weeks

\$198 Members | \$250 Guests

Spring Session

Sundays

11:00-12:00pm

February 22-April 19

8 weeks

\$226 Members | \$276 Guests

Tuesdays

4:00-5:00pm

February 24-April 21

8 weeks

\$226 Members | \$276 Guests

Wednesdays

3:30-4:30pm

February 25-April 22

8 weeks

\$226 Members | \$276 Guests

No classes March 16-22-Spring Break

PLAYER DEVELOPMENT

Ages 8-10 | Directed by Rhona Kaczmarczyk + Thor Holt
 For players who have recently graduated from a Quick Start Program.
 Covers learning forehand, backhand, serving grips and the athletic skills for tennis.

RALLY

4-6 balls with a pro, 4 with a peer.

SERVE

5/10 in, Predominantly forehand grip;
 Introduction to continental grip.

TRANSITION

Hits approach and volley from a
 racquet feed .

CHARACTER

Follows the rules and respects the
 coach and equipment

Winter Session

Mondays with Rhona
 4:00-5:00pm
 January 5-February 16
 7 Weeks
 \$200 Members | \$275 Guests

Wednesdays with Rhona
 4:30-6:00pm
 January 7-February 18
 7 Weeks
 \$300 Members | \$375 Guests

Thursdays with Thor
 4:00-5:00pm
 January 8-February 19
 7 Weeks
 \$200 Members | \$275 Guests

Spring Session

Mondays with Rhona
 4:00-5:00pm
 February 23-April 20
 8 Weeks
 \$225 Members | \$300 Guests

Wednesdays with Rhona
 4:30-6:00pm
 February 25-April 22
 8 Weeks
 \$336 Members | \$411 Guests

Thursdays with Thor
 4:00-5:00pm
 February 26-April 23
 8 Weeks
 \$225 Members | \$300 Guests

No classes March 16-19- Spring Break

CHALLENGER TRAINING

AGES 11-13 | Directed by Theo Teryazos + Rhona Kaczmarczyk

They are recent graduates from a Player Development program or have received Pro approval to participate in this program.

Challenger 1 - Green ball/78-foot court

Rally: 8–10 balls to center, square stance; developing open stance on wide balls. Forehand unit turn consistent, backhand inconsistent. Intro to slice.

Rally with player: 4–6 balls

Serve: 5/10, inconsistent continental grip, can serve both sides with forehand grip; working on spin and full continental use.

Transition: Developing short ball recognition; working on split step, volley, and overhead footwork/technique.

Character: Engages with coach; encourages partner; calls score; knows doubles positions.

Challenger 2 – Yellow Ball/78-foot court

Rally: 15–20 balls to center with directional control developing, moving from square to open stance.

Consistent grip changes; developing slice on low balls.

Rally with player: 8–10 balls

Serve: 7/10, consistent continental grip on both serves.

Transition: Recognizes short balls; volleys with continental grip forehand/backhand; improving split step and overhead.

Character: Understands strengths/weaknesses; knows key game rules.

Winter Session

Mondays / Rhona

5:00-6:30pm

January 5-February 16

7 Weeks

\$300 Members | \$375 Guests

Thursdays / Theo

4:30-6:00pm

January 8-February 19

7 Weeks

\$300 Members | \$375 Guests

Spring Session

Mondays / Rhona

5:00-6:30pm

February 23-April 20

8 Weeks

\$336 Members | \$411 Guests

Thursdays / Theo

4:30-6:00pm

February 26-April 23

8 Weeks

\$336 Members | \$411 Guests

No classes March 16-19- Spring Break



HIGH SCHOOL TENNIS

Ages 14-18 | Directed by Theo Teryazos

For players with limited experience who want to play high school tennis. Covers stroke fundamentals, rules, court positioning, and tennis etiquette.

RALLY

5-10 balls with a pro, 4-6 with a peer.

CONTROL

5 drop hits in a row using proper grip and stance.

SERVE

2/10 in, using toss-and-trap motion and intro to continental grip.

TRANSITION

Intro to split step, racquet control, and volley targets.

CHARACTER

Respectful and encouraging in a new learning environment.

Winter Session

Wednesdays

6:00-7:30pm

January 7-February 18

7 Weeks

\$300 Members | \$375 Guests

Spring Session

Wednesdays

6:00-7:30pm

February 25-April 22

8 Weeks

\$336 Members | \$411 Guests

No class March 18

April 15 +22 4:30-6:00pm

Due to USTA League Season

HIGH SCHOOL TOURNAMENT TRAINING

AGES 14-18 | Directed by Theo Teryazos + Molly Carter

Our highest-level junior program. Players must have a verified UTR of 2+ and should be training outside of class and competing in tournaments.

RALLY (PRO)

20+ balls with consistent technique and contact. Tactical variety in spin, depth, speed, and direction.

RALLY (PLAYER)

10-20 balls.

SERVE

8+/10 in with a rhythmic motion and pre-serve routine. Using continental grip with growing accuracy and spin.

TRANSITION

Controls low/high volleys and is developing an overhead, all with a continental grip.

CHARACTER

A role model for the Junior Program. Actively competes in high school or local tournaments.

Winter Session

Mondays / Theo

UTR 4+
5:00-6:30pm
January 5-February 16
7 Weeks
\$300 Members | \$375 Guests

Thursdays / Molly

4:30-6:00pm
January 8-February 19
7 Weeks
\$300 Members | \$375 Guests

Spring Session

Mondays / Theo

UTR 4+
5:00-6:30pm
February 23-April 20
8 Weeks
\$336 Members | \$411 Guests

Thursdays / Molly

4:30-6:00pm
February 26-April 23
8 Weeks
\$336 Members | \$411 Guests
No classes March 16-19-Spring Break

SUMMER TENNIS 2026



VILLAGE CUP

AGES 8-18

Village Cup is a summer team tennis league, offering organized competition and a chance to qualify for the post-season tournament. The program maximizes playtime, simplifies travel and provides valuable in-match coaching for players of all levels.

DETAILS

Schedule & Dates

- June 3| Practice Begins
- June 8 | First Match
- June 19 | Team Picture Day
- July 22 | Season Ending Awards
- July 30-31| “Thrilla in the Villa” Playoff Tournament
- TBD | In-house Bye-week Tournament

Fees:

\$525 Members | \$600 Guests

Costs Include:

- 3 hours of organized practice per week
- 6 regular season matches
- In-house Bye-week Tournament
- Thrilla in the Villa Playoff Tournament
- Team T-shirt & Picture

MATCH TIMES AND PRACTICE SCHEDULE

MATCH TIMES

- Orange Ball | 10 & Under Girls/Boys**
 - Mondays
 - 8:30-10:00am
- Green Ball | 12 & Under Girls/Boys**
 - Mondays
 - 10:00-11:30am
- Yellow Ball | 13-18 Girls/Boys**
 - Mondays
 - 11:30am-1:00pm

PRACTICE SCHEDULE

- Orange Ball | 10 & Under Girls/Boys**
 - Wednesdays (Outdoors) and Fridays (Indoors)
 - 11:00am-12:30pm
- Green Ball | 12 & Under Girls/Boys**
 - Wednesdays (Outdoors) and Fridays (Indoors)
 - 12:30pm-2:00pm
- Yellow Ball | 13-18 Girls/Boys**
 - Wednesdays (Outdoors) and Fridays (Indoors)
 - 2:00pm-3:30pm

VILLAGE CUP CONTINUED

Club Greenwood's junior tennis programs give young athletes the perfect place to learn, compete, and have fun under the guidance of experienced pros.

Format: Two singles matches, one doubles match, and one World Team Tennis line.

PARTICIPATING CLUBS

Club Greenwood | Cherry Hills Country Club (Playoff Finals Host) | Glenmoor Country Club
Arapahoe Tennis Club | Denver Country Club

New For Orange Ball 2026

To create the best experience for everyone on the team and our opponents, we are creating two orange ball teams. For juniors currently participating in Junior Player Development Orange Ball 2, players will be playing against opposing clubs (maximum of 14). For other juniors participating in Junior Player Development or Orange Ball 1, they will gain valuable match experience playing against each other (maximum of 10). If you are unsure of your juniors level, please review the player development section of the brochure/website or reach out to ALEX DOVE. Each Age Group has a maximum team size of 20 players. Sign up is on a first come, first served basis. No pro-rating.

JUNIOR TEAM TENNIS



Alex Dove



Ben DeLuca



Chase Walters



Thor Holt



Asfaw Aregahegn

SUMMER SPORTS CAMP

AGES 8-12

Monday - Thursday | 8:30am-3:00pm

\$520 Members | \$600 Guests

SCHEDULE AND SESSION INFORMATION

Welcome to Club Greenwoods Summer Sports Camp!
Kids will receive professional instruction in pickleball, swimming and tennis as they spend their days falling in love with all three sports. We encourage and teach our campers to truly understand stroke fundamentals and basic match-play strategies. More than anything, we want our campers to enjoy these lifetime sports after they leave camp.
Space is limited, registration opens February 1 to secure your juniors sports camp experience at Club Greenwood!

SCHEDULE

8:30am: Drop-off at Main Club Check-In Desk

9:00-10:30am: Pickleball

11:00-12:00pm: Swimming

12:30-1:00pm: Lunch

1:00-3:00pm: Tennis

3:00pm: Pick-up at Indoor Tennis Club

3:15-4:30pm: Squash (Optional Extra)

SESSIONS

Session 1: June 1-4

Session 5: July 6-9

Session 2: June 8-11

Session 6: July 13-16

Session 3: June 15-18

Session 7: July 20-23

Session 4: June 22-25

Session 8: July 27-30

FOR MORE INFORMATION

Alex Dove, Director of Racquet Sports

ALEXD@CLUBGREENWOOD.COM

303.771.2588 x394

THE CLUB GREENWOOD EXPERIENCE

Does your child have a specific learning style that is better suited to them?
Please contact the program director prior to the first class to allow us to create
the best experience for your child and the entire class.



Ben DeLuca

Ben@ClubGreenwood.com
303.771.2588 x 278

Originally from San Francisco, Ben has coached all ages and levels. He previously led racquet sports and junior programs at Cherry Hills Country Club.



Peggy Bernardis

PeggyB@ClubGreenwood.com
303.771.2588 x 282

A Denver native and former junior tennis standout, Peggy has been at Club Greenwood since 1990. A USPTA Elite Level Coach and 10-and-Under Specialist.



Rhona Kaczmarczyk

RhonaK@ClubGreenwood.com
303.771.2588 x 281

Rhona has taught at Greenwood since 1995. Originally Ireland's #1 women's player, she coached at TCU, was USPTA Player of the Year in 2005, and more!



Theo Teryazos

TheoT@ClubGreenwood.com
303.771.2588 x290

Theo served as Head Tennis Professional at the Georgica Association in East Hampton, New York and the #1 Nautilus Club in Ontario, Canada.



Thor Holt

ThorH@ClubGreenwood.com
303.771.2588 x422

With 30+ years of coaching experience, Thor has developed juniors into Division 1 players at top programs like Stanford and UCLA. He excels in working with diverse clients.



Molly Carter

MollyC@ClubGreenwood.com

Molly has over 20 years of tennis experience. She's a Women's 35 Indoor National Champion and World Championships Runner-up.



PLAY LEARN GROW

Alex Dove

Director of Racquet Sports

AlexD@ClubGreenwood.com

303.771.2588 x 394