

SDHXCS Enrichment Classes (才艺课)

Subject (科目):	Sports		
Course Name (课程名称):	Beginning and Intermediate Tennis Course (网球) 公众号链接		
Teacher Name (教师姓名)	Cheng, David	Phone	(858) 735-6361
	Jefferson, Stan Yoon, Joe	email	Dcheng2001@gmail.com
Teacher's Background (教师简介):	<p>Coach David Cheng has over 10 years of experience in managing/organizing competitive sports tournaments (table tennis, basketball, and tennis). He is a member to USTA and USPTA and has played competitive tennis tournaments for 6 years in the Professional Club League and USTA. Coach David is good at teaching students 8 ~ 14 years old.</p> <p>Stan Jefferson has over 30 years of tennis teaching experience in San Diego and is a certified PRO Tennis coach. He runs numerous tennis camps in San Diego and has trained many outstanding tennis students. He is good at communicating with students at different ages and helping student's personal growth in the competitive levels.</p> <p>Joe Yoon was formerly a college tennis player at Seattle University and has taught at SDHXCS for over 4 years. He is very responsible and loves to teach tennis and make tennis more fun.</p> <p>主教练 David 有超过 10 年的管理/组织竞技体育（乒乓球，篮球和网球锦标赛）的经验。他是 USTA 和 USPTA 的成员，并在职业俱乐部联盟和 USTA 参加了多年的竞技网球锦标赛。David 擅长教授 8~14 岁的学生。</p> <p>助教 Stan 在圣地亚哥拥有超过 30 年的网球教学经验，并被认证为 PRO 网球教练。他在圣地亚哥经营着许多网球营，并培养了许多优秀的网球学生。他善于与不同年龄的学生交流，并教授学生在竞争水平上的个人成长。</p> <p>助教 Joe 以前是西雅图大学的大学网球运动员，并在 SDHXCS 教网球多年。他非常负责任，喜欢教网球，让网球变得更有意思。</p>		
Course introduction (课程简述):	<p>The class will be divided into 3 levels (beginning, intermediate, and advance) based on students' age or skill. Each group will have 6~8 students. 1) For beginners, the teaching is focus on the basic form (push, drive, pick up and backspin) on forehand and backhand. The coach will also teach how to serve and the tennis rules. 2) For intermediate students, the coach will teach tennis form, tactics, gaming strategies, and serve improvements. 3) For advance students, the coach will organize the class for round robin tournaments plus individual skill coaching and evaluations. Students will play against the ball machine and against each</p>		

	<p>other. The coach will have mini tournament activities.</p> <p>教练将根据学生的年龄或技能将学生分为不同的组（开始，中间网球和提前）。每组将有 6~8 名学生。1) 对于初学者，教课的重点是正手和反手的基本形式（推，驱，拾，后旋）。教练还将教他们正确的发球和接球规则。2) 对于中级学生，教练教他们网球形式，战术，游戏策略和服务改进；3) 对于高级学生，课堂将组织他们进行循环赛和个人技能指导以及评估。学生将会与发球机对弈。教练还将举办小型锦标赛活动。</p>		
<p>Course Objectives (课程目标):</p>	<p>1. Teach young students to master the basic tennis form, skill and rules. 2. Teach intermediate and advance students who have had 1-2 years of tennis experience to be competitive. Improve personal, physical and mental strength. Teach them to play competitive games.</p> <p>1. 教导年轻学生掌握基本的网球形式，技巧和规则。 2. 教授具有 1 - 2 年网球经验的中级、高级学生比赛技巧。提高个人，身体和精神力量。教他们玩竞技游戏。</p>		
<p>Pre-requisite/Student Ages (先决要求/学生年龄要求):</p>	<p>The coach will interview and screen the students based on their interests and passion. The requirement for the student age is 8 ~ 14.</p> <p>教练将根据他们的兴趣和热情对学生进行面试和筛选。学生年龄要求为 8~14 岁</p>		
<p>Student Evaluation / Presentation (评分方法 (演出、比赛、展示等)):</p>	<p>1) Final Practice Test 期末测试 2) Mini Tournament 小型比赛 3) Trophy 奖杯</p>		
<p>Class Size (最多招生人数限制):</p>	<p>15 Students (Sundays at 11:30Am – 12:30Pm)</p>		
<p>Course Fee (报名费 / 学费):</p>	<p>Registration & material fee</p>	<p>\$300 per year</p>	<p>Special course fee</p>