

Somers Recreation Department

Tennis and Pickleball Class Descriptions

About the Instructor:

Eric Henne:

Eric Henne is the Physical Education Teacher at Somers High School. This will be Eric's third year teaching Tennis and Pickleball for Somers Recreation! He has SEVENTEEN years of tennis coaching experience which began in his hometown of Bristol, CT. At the age of 16, Eric started as a volunteer instructor with Bristol Parks & Recreation and worked there all throughout his college years. He has also worked with New Britain Parks & Recreation where he was the head tennis instructor for 5+ years. Currently, in addition to his PE job, Eric is the head Girls Tennis Coach for East Catholic High School in Manchester. Eric spent his previous 10 summers working as an alternate director for "Beyond Camps" (formerly the Michael Filipek Tennis Academy) which is a tennis camp sponsored by Adidas. Eric played 4 years of varsity high school tennis as well as 4 years of varsity college tennis at Springfield College where he was all NEWMAC his sophomore year (only one loss the entire season!). Eric currently plays USTA tennis matches and has been ranked as high as #76 in New England. Eric also plays competitive Pickleball and looks forward to sharing his racket/paddle sports experience and knowledge with the Somers community!

Class Descriptions:

Mini Tots Ages 4-6

Focus will be on developing hand-eye coordination, learning how to hold the racket, and using forehand and backhand strokes. Equipment will be modified for this class; we will be using the "red" tennis balls which are less pressurized and easier to hit. We will also have small rackets available on site. Students enrolled in this class will play over a mini-sized tennis net to ensure greater success.

5 Participants Maximum

Youth Tennis Ages 6-8

This class is an extension of the Mini Tots lessons as students move up in age. We will continue to develop hand-eye coordination while learning more strokes like the serve and the volley. There will also be more emphasis placed on footwork and movement. Equipment will still be modified for this class; we will either use the red or orange tennis balls dependent on skill level, and extra rackets will again be available if needed.

10 Participants Maximum

Youth Tennis Ages 9-12

In this class all strokes will be covered (groundstrokes, volleys, serves) and we will begin to introduce match play. Students will learn how to score a match as well as how to use different match strategies. There will also be fun games at the end of each class designed to improve technique and form. Equipment may or may not be modified; students in this age range often use "green" tennis balls which are most like the "traditional" tennis balls.

15 Participants Maximum

Middle School Tennis

For intermediate/advanced middle school aged students. Class will consist mainly of match play as well as "live ball" hitting (instructor rarely feeds the ball). The focus is on developing overall court awareness, correct shot selection, and how to win a tennis match. Students who enroll in this section likely would have an interest in playing high school tennis.

15 Participants Maximum

Teen Tennis (Ages 13-18)

This class is open to anyone currently enrolled in high school regardless of skill level/prior tennis experience. Instruction will be tailored to meet the needs of all students. There will be “court rotations” occurring in this class; on one court, students will work with the instructor on specific parts of their game. On another court, students will be doing live ball hitting. On another court, students may be playing matches. The whole goal is to never have more than 4-5 students on a court together thus maximizing hitting time.

15 Participants Maximum

Adult Beginner Pickleball

This class is for ages 19 and up that are new to the game of pickleball. In this class, participants will learn the rules of the game, court dimensions, and how to hit different types of pickleball shots. We will also go over scoring and how to play both singles and doubles matches.

20 Participants Maximum

Adult Intermediate/Advanced Pickleball

This class is for ages 19 and up that are intermediate/advanced pickleball players. This class will be conducted in a tournament-style format. Participants will play matches the entire duration of the class. The instructor will continuously rotate teams in and out so everyone gets to play with (and against!) someone new. This class is for adults who have prior experience, so it is all live ball hitting and there will be no instructor-led lessons!

20 Participants Maximum

Open Play Pickleball

Open to any player regardless of Pickleball experience. Organized games every Friday night!

20 Participants Maximum

*****Makeups for inclement weather will be held on Fridays.***