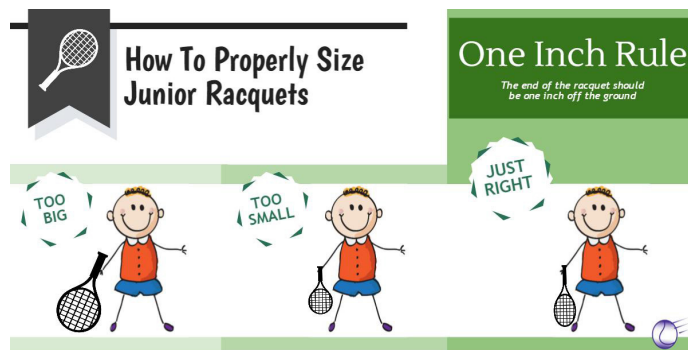


# Merchant of Tennis - Junior Tennis Checklist

## Racquets

- 25-35" in height – 17" racquet
- 35-39" in height – 19" racquet
- 40-44" in height – 21" racquet
- 45-49" in height – 23" racquet
- 50-55" in height – 25" racquet
- 56-61" in height – 26" racquet



A properly sized kid's tennis racquet is the first step in their success on the court. It's essential to pair your child with a junior racquet that matches their strength and coordination. Although you can size your child based off of their height (as listed on the left), we recommend following the One Inch Rule. When the racquet is held by your child's side, it should fall an inch above the ground.

## Footwear

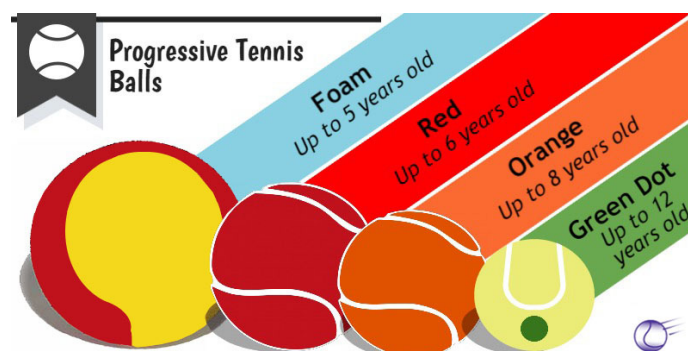
- Clay Court
- Hard Court
- Both



Why can't my kid just play tennis in their running shoes? Tennis shoes are designed for side-to-side (lateral) support and are essential to prevent injuries. To ensure they fit correctly, we recommend up to a thumb's-width of space between the end of the child's longest toe to the end of the shoe. This gives the proper fit while allowing for growing space.

## Tennis Balls

- Up to 5 years old - Foam Balls
- Up to 6 years old - Red Balls
- Up to 8 years old - Orange Balls
- Up to 12 years old - Green Dot Balls



Junior tennis balls fall into four classes: foam, red, orange and green dot; each progressively firmer. As your child grows taller, stronger, with more fully developed strokes and hand-eye coordination, they will gradually be able to handle a tennis ball that more closely mimics a fully pressurized ball. By using the appropriate tennis ball, this will promote longer rallies, greater consistency and a more positive experience on the court.

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