

Silver Class Entry Requirements			
<b>Footwork</b>	Demonstrates proper “ <b>ready position</b> ” during rallies and footwork practice: Wide stance (feet slightly wider than shoulder width), dominant foot slightly forward, knees bent, racket up	Consistent and smooth half court <b>front and back footwork</b> without a bird: shuffles backward, runs forward and lunges with dominant leg in front	
<b>Grip</b>	<b>Forehand grip:</b> when racket is in "knife" position, hand is positioned in a "handshake position," with the pointer finger above the thumb		
<b>Serves</b>	<b>Forehand and backhand serve:</b> proper form and grip, able to serve past the front service line <b>Forehand serve:</b> shuttle consistently lands half-court or further		
<b>Shots</b> (while standing in place or taking one step)	Consistent forehand <b>drives</b>	Consistent <b>nets</b> that land before the front service line	Consistent <b>clears:</b> shoulder turns back, dominant leg sets back, shuttle lands at or past the midcourt, shuttle's highest point reachest above the bottom of SBC's green tarp
<b>Bronze to Silver</b>	Can independently <b>keep score</b>	Understands how to <b>call lines</b>	
<b>Attitude</b>	<b>Focused</b> in class	<b>Listens</b> to coach advice	Good <b>sportsmanship</b>

Gold Class Entry Requirements				
<b>All of the Silver Class Entry Requirements, and:</b>				
<b>Footwork</b>	Consistent and smooth <b>full court random footwork</b>			
<b>Grip</b>	Student <b>switches between backhand and forehand grip</b> appropriately during rallies			
<b>Shots</b> (during full court random footwork)	<b>Clears:</b> Shuttle's highest point of flight reaches above the bottom of SBC's green tarps, and shuttle lands between the two back court lines	<b>Lifts and forehand serve:</b> Shuttle's highest point of flight reaches above the bottom of SBC's green tarps, and shuttle lands between the two back court lines	<b>Drops:</b> Shuttles fly at a downward angle and land in front of the front service line	<b>Nets:</b> Shuttles land before the front service line
<b>Drills</b>	<b>Drop, net, lift:</b> with a coach, can consistently demonstrate this drill		<b>Smash, block, lift:</b> with a coach, can consistently demonstrate this drill	
<b>Attitude</b>	Strong, self-driven <b>motivation</b> for improvement			