

# Junior Tennis Academy Level Definitions

**Young Stars**: Typically ages 4-6 years and have little to no tennis experience. They participate on a 36 ft. court to enhance the child's ability to learn in a realistic tennis environment. The USTA QuickStart Method is used. Call club for detailed brochure on this teaching method.

**Shooting Stars**: Typically ages 7-8 years old and have a little to no tennis experience. Court is shortened to 60 ft. to enhance the child's ability to learn in realistic situations. The USTA QuickStart Method is used. Call club for detailed brochure on this teaching method.

**Transformers**: Typically ages 9-10. Students will: learn the basics of a rally by using forehand and backhand ground strokes; understand singles and doubles play; overhand serve will be introduced and return of serve; learn volley, approach shot and overhead skills; develop the tactics for different playing situations, learn shot selection and court positioning.

**Challengers**: Typically ages 11-13. Kids that are starting to grasp the concept of spin and understand how to use different grips. Can maintain rallies at a slower pace and have mastered the concept of hitting on the run.

**Accelerator**: Typically ages 13 and up. Kids that are playing at a competitive Junior Varsity Level or non-ranked tournaments. Learning how to maintain consistency on all shots. Also, can maintain a steady rally from the baseline of 10 hits or more.

**Tournament Training**: Kids that are playing competitive tennis at a varsity high school level and/or District to Sectional tournament level. Has consistency to hit all shots and know how to finish points.

## Description of Adult NTRP Playing Levels

**2.0:** This player needs on-court experience. This player has obvious stroke weaknesses but is familiar with basic positions for singles and double play.

**2.5:** This player is learning to judge where the ball is going although court coverage is weak. This player can sustain a short rally of slow pace with other players of the same ability.

**3.0:** This player is fairly consistent when hitting medium paced shots but is not comfortable with all strokes and lack execution when trying for directional control, depth, or power. Most common doubles formation is one-up, one-back.

**3.5:** This player has achieved improved stroke dependability with directional control on moderate shots, but still lacks depth and variety. This player exhibits more aggressive net play has improved court coverage and is developing teamwork in doubles.

**4.0:** This player has dependable strokes, including directional control and depth on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volley with some success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident.

**4.5:** This player has begun to master the use of power and spins and is beginning to handle pace, has sound footwork, can control depth of shots and is beginning to vary game plan according to opponents. This player can hit first serves with power and accuracy and place the second serve. This player tends to overhit on difficult shots. Aggressive net play is common in doubles.

**5.0:** This player has good shot anticipation and frequently has an outstanding shot or attribute around which a game may be structured. This player can regularly hit winners or force errors off of short balls and can put away volleys, can successfully execute lobs, drop shots, half volleys, overhead smashes, and has good depth and spin on most second serves.