



High School Player Opportunities

Jr Team Tennis- A fun team oriented league format. Players must be 18 and under. Teams are broken down by age and ability level. Teams compete against other teams in your local area. This is great way for your team to continue to practice and play together in the off season. Contact Caroline Downs- Caroline@nctennis.com for more information or visit- <http://www.usta.com/Youth-Tennis/Team-Tennis/>.

USTA Tournaments- Individual competitions for all ages and ability levels. Tournaments allow players to test their skills against other players from across the state. Contact Dan Holman- Dan@nctennis.com for more information or visit- <http://tennislink.usta.com/Tournaments/Common/Default.aspx>.

USTA League Tennis- Team oriented format for players 18 and over, any ability level. North Carolina has over 18,000 players participating on league teams. Teams are broken up by age group and NTRP level. Teams compete to win the State Championship. Contact Jenny Phelps- Jenny@nctennis.com for more information or visit- <http://tennislink.usta.com/Leagues/Common/Default.aspx>.

Tennis on Campus- A great opportunity for players to continue competitive team tennis throughout college. Numerous colleges across the country have Tennis on Campus programs. Matches are in a fun World Team Tennis format offering substitutions and unique scoring. Players compete against other colleges across the county for State, Sectional, and National Titles. Contact Caroline Downs- Caroline@nctennis.com for more information or visit <http://www.tennisoncampus.com/> .

Opportunities Available to Schools and Coaches

Play Days- Allows coaches to setup play opportunities for his/her players. Play Days can be used as a money maker for the tennis program as well. Play Days' allow the organizer to determine participants, play format and date of event. Great Pre and Post season events. For more information contact Andrew Waldrop- Andrew@nctennis.com or visit- www.youthtennis.com .

Workshops – The USTA offers free training workshops to Physical Education Instructors, Tennis Staff, and other staff persons interested in starting tennis in their schools PE program or afterschool program. This is a great way to introduce tennis to players who may never play. This can also be a great recruiting tool for your high school team! For more information contact Andrew Waldrop- Andrew@nctennis.com or visit- <http://www.usta.com/Youth-Tennis/Schools/SchoolsHome/> .

CoachYouthTennis.com –A great resource to develop practice sessions for your teams. This site provides video examples of numerous drills and games. Many of the drills are shown using 10 and under players but can be easily adapted to any age and ability level.

MyTennisStrategy.com/HighSchoolTenniscoach.com- 2 great sites that provide access to thousands of drills and practice plans. These sites allow coaches to track player statistics and shot patterns. Players can also use this site to study strategies and playing styles. Use offer code crts2014 for MyTennisStrategy.com. NC Tennis Foundation provides free membership to HighSchoolTennisCoach.com.

