



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, region and nation. Contact Joanna Scott- Joanna@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 of 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/> .

Player Grants- Both USTA North Carolina and the North Carolina Tennis Foundation provide numerous grants for players. These grants can help cover tournament entry costs, travel costs, and provide opportunities to participate in summer tennis camps. For more information email Andrew Waldrop- Andrew@nctennis.com or Amy Franklin- Amy@nctennis.com . USTA North Carolina Grants- <http://nctennis.com/taxonomy/term/28?q=node/78>
NC Tennis Foundation Grants- <http://nctennisfoundation.com/article/grants>

Opportunities Available to Schools and Coaches

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. For more information contact Amy Franklin- Amy@nctennis.com.

Netgeneration.usta.com- Net Generation is the youth brand of the USTA and embraces all aspects of youth play for kids aged 5 – 18. The objective of Net Generation is to have millions of kids connected to the sport. If you run a program outside of your high school tennis team you will be able to register and promote you program to anyone registered on NetGeneration.usta.com. The site will also provide free coaching lesson plans and curriculums to all registered coaches.

NCTennis.com/highschool- The brand new resource center hosted by USTA North Carolina. This website will serve as a portal to cover everything high school tennis.

HighSchoolTenniscoach.com- A great site that provides access to thousands of drills and practice plans. The NC Tennis Foundation provides free membership to HighSchoolTennisCoach.com. Email Kelly Gaines- Kelly@nctennis.com for login information.