

USTA NORTH CAROLINA ADULT TENNIS PROGRAMS & EVENTS

Try Tennis

Try Tennis: Try Tennis is an instructional program for beginners or those who have not picked up a racket in years or ever! These group clinics teach players basic skills to rally and play. Players receive 6 hours of instruction, a free racquet, and Try Tennis gift. www.trytennis.net Minimum # of courts: 1

Try Play

Try Play is a fun and engaging program that allows adult beginners to learn the ins-and-outs of playing a tennis match. This program is a “play-to-learn” session for those that want to build confidence in their newly learned tennis skills. It is the perfect next step in getting comfortable with match play. www.trytennis.net/tryplay Minimum # of courts: 1

Try Match

Try Match offers programs that give beginner adult players the opportunity of playing competitive tennis matches in a low-pressure environment. Programs are offered in a league format where players are placed on a team and play matches over several weeks or the program can be offered in a half-day tournament format where participants play multiple matches in one day. Try Match is ideal for adult Try Tennis graduates, Try Play graduates or beginner tennis players that know how to serve, rally and keep score in a tennis match. It is intended for players who are rated 2.5 and below, players who do not have a USTA rating, and players who have not previously played in a USTA Adult League or Tournament. www.trytennis.net/trymatch Minimum # of courts: 1

USTA Tournaments

Players compete against others of similar ages or NTRP (skill levels) in USTA Tournaments. Family and wheelchair events are also available. Tournaments feature seven levels, which range from half day, Fast Four events to multi-day events. Players earn rankings by competing in these events. www.nctennis.com/adult-tournaments Recommended # of courts: 6 – 30+, depending on tournament size and level.

USTA Leagues

Players join teams based on age and skill level (NTRP rating). Leagues are offered throughout the year and offer a wide variety of formats, including singles, doubles and mixed doubles. Teams compete locally and can advance to the state championship. www.nctennis.com/usta-leagues Minimum # of courts varies per league: 3-5 courts

Social Leagues

These fun leagues give players the opportunity to meet new friends and play in a low-pressure environment. Social leagues include bar leagues, Y'ALL (30 & under) league, Tennis on Campus and 70's events. www.nctennis.com/social-leagues Minimum # of courts: 0 (set-up in a parking lot or gym) – 10+ courts, depending on the program.