

# USTA NORTH CAROLINA ADULT TENNIS PATHWAY

Try Tennis



TENNIS INSTRUCTION PROGRAM FOR BEGINNERS

**6 HOURS OF INSTRUCTION FOR  
BEGINNER LEVEL PLAYERS - TRYTENNIS.NET**



**Try Play helps adult beginners to learn the ins-and-outs of playing a tennis match. This program is a “play-to-learn” session for adults that want to build confidence in their newly learned tennis skills.**



**Try Match gives beginner adult players the opportunity to play competitive tennis matches in a low-pressure environment. Programs are offered in a league or tournament format where players are placed on a team and play matches.**



## USTA TOURNAMENTS

**Tournaments offer adult players the opportunity to compete based on age or skill level. Family and wheelchair tournaments are also available. There are seven levels of tournaments, which range from half-day Fast Four events to multi-day tournaments.**

## USTA LEAGUE

**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.**

## SOCIAL LEAGUES

**These fun leagues give players the opportunity to meet new friends and play in a low-pressure team environment. Social leagues include bar leagues, Y'ALL (30 & under) league, Tennis on Campus and 70's events.**