

USTA NORTH CAROLINA YOUTH TENNIS PROGRAMS & EVENTS

Must be delivered by USTA Safe Play Approved Providers

Try Tennis

Try Tennis is an instructional program for youth players. It includes 6 hours of group instruction. Players receive a racquet and a towel. Cost is \$40/person. The host receives \$30 of this fee, up to 3 cases of balls, administrative and marketing assistance, as well financial incentives for retaining players after the Try Tennis session. www.trytennis.net. Minimum number of courts needed: 1

Following Try Tennis, we recommend that students continue with tennis instruction, while entering the competitive tennis pathway.

USTA Team Challenge

USTA Team Challenge events are an introduction to tennis competition that offers a low-pressure team environment for children. The goal of this event is to develop their skills through level-based play, without an emphasis on instruction or results. USTA Team Challenge can be played with red, orange and green balls.

USTA Team Challenge is intended to be played before players move on to Junior Team Tennis or Jr Circuit events. Participants are expected to at least drop hit serve from the service line over the net and sustain a modified rally which can be rolling, trapping, bumping, or hitting. This can be delivered as a single event or a series of up to six events. www.usta.com/en/home/coach-organize/tennis-tool-center/run-usta-programs/national/team-challenge.html

Minimum number of courts needed: 1

USTA Junior Team Tennis

USTA Junior Team Tennis teams offer options for players ages 5 to 18. Teams are coed and matches consist of singles, doubles and mixed doubles. Players who join a JTT team are expected to be able to serve, maintain a rally and know how to keep score.

USTA Junior Tennis Team follows two tracks to provide opportunities to players of all abilities: Local Junior Team Tennis or Championship Junior Team Tennis. The local track allows kids and team organizers to play on local level with flexible structures, while the championship track provides teams the opportunity to advance to a national championship. www.nctennis.com/jtt Minimum number of courts needed: 2

USTA Junior Circuit

These fun events give players the opportunity to develop their skills through level-based play while learning and demonstrating good sportsmanship. Jr. Circuit events should be up to a half-day and organizers can use orange, green or yellow tennis balls. Play can be singles and/or doubles.

Players preferably would have prior experience competing in Team Challenges and/or Junior Team Tennis before entering a Junior Circuit. These events use a round robin format and guarantee players between two to four rounds. www.usta.com/en/home/play/youth-tennis/programs/national/usta-junior-circuit.html Minimum number of courts: 2

USTA Tournaments

Players compete against others of similar ages in USTA Tournaments. Tournaments use yellow and/or green balls. There are seven levels of tournaments based on skill level. Players earn rankings by competing in these events. www.nctennis.com/junior-tournaments Recommended number of courts: 6 – 30+, depending on tournament level.