



Engaging Middle School & High School Players & Coaches

September 26-27, 2025

Know The Landscape

- **North Carolina High School Athletic Association**

- Governing body of high school athletics in North Carolina

- 501 (c) (3) non-profit generating revenue from championship events, membership dues, corporate support and official registration fees.



- **North Carolina High School Tennis Coaches Association**

- The North Carolina High School Tennis Coaches Association was founded in 2007, at the initiative of Donald Clark, then the head tennis coach at Greene Central High School.

- The NCHSTCA serves as the voice of high school tennis coaches in our interactions with the NCHSAA, the NC Coaches Association, and the USTA-NC.

- Annual coaches workshop at UNCG in July



Know The Landscape



The NCISAA exists to encourage interscholastic competition among North Carolina independent schools that are committed to integrity, sportsmanship and fair play.

Know The Landscape

Is there an official middle school athletic association?

No

Middle School Leagues are run on a case-by-case basis

Engaging Coaches

Build Relationships!

- Host Coaches Trainings or Workshops
- Incentivize
- Know the Resources Available



USTA Opportunities for Players

- Junior Circuits
- Level 7 Tournaments (L7)

USTA Junior Circuits & Level 7 USTA Tournaments

HELPING GUIDE PLAYERS AND PARENTS

For players looking to get started with individual match play, the USTA recommends starting in USTA Junior Circuits. These are non-ranking events that allow players to gain match experience in a tournament setting while still focusing on having fun.

Once players achieve success at a USTA Junior Circuit, the USTA recommends Level 7 USTA Junior Tournaments in order to start earning national ranking points.

Here are some additional key things to know about these programs to help junior players succeed at the competitive level:

	USTA Junior Circuit	Level 7 Tournaments
Earning Points	No USTA Ranking points PlayTracker points are earned for players ages 10 and under	Earn USTA Ranking Points per match win
ITF World Tennis Number Rating	Green and yellow ball results included in player's calculation	All results are included in player's calculation
Recommended Skill Level	Able to serve, maintain a rally and know how to keep score	Intermediate-level players with some competitive match play experience
Event Duration	2 to 4 hours	Up to one day
Ages and Ball Colors	Ages 5-18; Orange, Green or Yellow	Ages 12 and Under: Green or Yellow 14U-18U: Yellow
Draw and Scoring Format	Non-elimination, round-robin draw	Variety of non-elimination formats and shortened scoring including short sets and timed matches

To learn more about USTA junior programs visit usta.com/juniorplay



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USTA Opportunities for Players



Junior Team Tennis (JTT)
A PATHWAY TO SUCCESS

Beyond being fun and a great form of exercise, USTA Junior Team Tennis is a competitive, level-based environment that promotes individual growth, social development and life skills.

-  Level-Based Play
-  Create Lifelong Friendships
-  Local Team Competition
-  Build Confidence with Every Serve and Rally!



To learn more about USTA junior programs as part of the competition journey and a pathway to success

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Junior Team Tennis (JTT)

How You Can Get Involved

- Play Days
- Tournaments



- Clinics or Camps
- Try Tennis

Questions? Need More Info?

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