****

**Tennis Tournaments Opportunities**

General Characteristics of NTRP Playing Levels

**USTA Tennis Tournaments Link** [USTA / Tournaments](https://playtennis.usta.com/tournaments?level-category=junior&location=30152,%20GA&date-range%5b%5d=&date-range%5b%5d=2021-07-31T00:00:00.000Z&distance=25)

**NTRP - (National Tennis Rating Program)**

Level 3.0

You are fairly consistent when hitting medium-paced shots, but are not comfortable with all strokes and lack execution when trying for directional control, depth, or power. Your most common doubles formation is one-up, one-back.

Level 3.5

You have achieved improved stroke dependability with directional control on moderate shots, but need to develop depth and variety. You exhibit more aggressive net play, have improved court coverage and are developing teamwork in doubles.

Level 4.0

You have dependable strokes, including directional control and depth on both forehand and backhand sides on moderate-paced shots. You can use lobs, overheads, approach shots and volleys with some success and occasionally force errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident.

Level 4.5

You have developed your use of power and spin and can handle pace. You have sound footwork, can control depth of shots, and attempt to vary game plan according to your opponents. You can hit first serves with power and accuracy and place the second serve. You tend to overhit on difficult shots. Aggressive net play is common in doubles.

Level 5.0

You have good shot anticipation and frequently have an outstanding shot or attribute around which a game may be structured. You can regularly hit winners or force errors off of short balls and can put away volleys. You can successfully execute lobs, drop shots, half volleys, overhead smashes, and have good depth and spin on most second serves.

Level 5.5

You have mastered power and/or consistency as a major weapon. You can vary strategies and styles of play in a competitive situation and hit dependable shots in a stress situation.

Level 6.0 - 7.0

You have had intensive training for national tournament competition at the junior and collegiate levels and have obtained a sectional and/or national ranking.

Level 7.0

You are a world-class player.

**Places to train that will help you take your game to the next level.**

* Look for a coach who will push you and your game to be better
* Teaches good fundamentals
* A coach who will challenge you

**Lost Mountain Tennis Center**

* + Teaching the fundamentals of tennis
		- Breaks down the swing/strokes
		- Group/semi-private/private lessons
	+ Junior Development program

**Fair Oaks Tennis Center – ATA Tennis Academy (Atlanta Tennis Academy)**

* + Tennis Pros – Drill sessions, private lessons, semi-private lessons
	+ Summer Camp
	+ Junior Development program

**Laurel Park**

* + Teach the fundamentals of tennis
	+ Junior development program
		- Group/semi-private/private lessons

**What to look for in a tennis coach:**

1. Low player to coach ratio-you will get more practice and feedback
2. Credentials: certified by the USPTA, played at the college level, etc.
3. Does he/she tell you what you want to hear or give you constructive feedback to make you better?
4. Have you been successful because of his/her coaching?