



Apex Parks, Recreation & Cultural Resources

NATIONAL TENNIS RATING PROGRAM

The National Tennis Rating Program provides a simple, initial self-placement method of grouping individuals of similar ability levels for league play and tournament play.

- 3.0 This player has some moderate stroke dependability. Has better direction and intent from the forehand side than from the backhand side. Moderate first serve only.
- 3.5 This player has achieved improved stroke dependability and direction on moderate shots, but still lacks depth and variety. This player is starting to exhibit more aggressive net play, has improved court coverage, and is developing teamwork in doubles.
- 4.0 This player has dependable strokes, including directional intent and depth on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volley with some success. This player occasionally forces errors when serving and teamwork in doubles is evident.
- 4.5 This player has begun to master the use of power and spins, has sound footwork, can control depth of shots and is able to move opponent up and back; can hit first serves with power and accuracy and place second serve; is able to rush net with some success on serve in singles as well as doubles.

