

Blueprint for Success

Level 1

- Ages 4-8
- No or very little prior lesson experience

Level 2

- Ages 4-12
- Had at least one session of Level 1 or some lesson experience
- Learning grips, swing paths, footwork

Level 3

- Ages 6-14
- Can get 5 of 10 serves in from baseline and can rally at least 5 in a row from baseline
- Understands how to spin groundstrokes
- Using continental grips on serves, volleys and overheads and has directional control on balls in strike zone

Level 4

- Ages 9-16
- Can get 7 of 10 serves in from baseline and can rally at least 10 in a row from baseline
- Has directional control with balls on the run, has topspin on groundstrokes, and is learning to slice backhands - Never swings high to low on groundstrokes
- Exclusive continental grip on serves, volleys, overheads and is getting tournament play experience

Level 5

- Ages 11-18
- Has the 3 serves-top, slice, flat
- Can use spin and pace as a weapon and is offensive with balls in strike zone
- Has good directional control with balls on run and has good court positioning for singles and doubles
- Has an all court game and moderate USTA tournament experience

Level 6

- Ages 12-18
- Has a weapon, sets up points, and has a strategy with every point
- Consistent power on serves and groundstrokes
- Moderate to extensive USTA tournament experience with a state ranking

Level 7

- Ages 14-18
- Has multiple weapons and can adapt to different game styles/strategies, and has excellent footwork
- Participates in minimum of 20 USTA tournament matches
- Plays JV or Varsity for their school
- Gives 100% on every point and has a high state ranking

Level 8

- Participates in minimum of 30 USTA tournament matches per year
- Has multiple weapons and can adapt to different game styles/strategies, and has excellent footwork
- Has a high state ranking and/or Midwest ranking
- Plays Varsity tennis for their school
- Admission to Level 8 based on Junior Director's recommendation