

## New River Valley Women's Tennis League

We are excited to announce the formation of the New River Valley Women's Tennis League. The season will begin on Monday, September 14<sup>th</sup> and will run for 6 weeks with one additional week for rain make-ups.

The typical team will consist of 5-6 players. Matches will be played on Monday mornings at 9:30 a.m. on courts throughout the New River Valley (Blacksburg Recreation, Blacksburg Country Club, Radford, Christiansburg, and Virginia Tech).

There will be 2 doubles matches and 1 optional singles match. The singles match will be optional/mutually agreed upon by both team captains. Each team will provide one can of balls per match.

Each team will have a team captain, who will be responsible for communicating with the league and their players. We are asking for a nominal fee of \$5.00 per player to cover expenses and hopefully a fun social at the end of the season. **Your team captain will collect your \$ 5.00 registration fee at your first match.** There will be a captains' meeting prior to the beginning of the fall season to discuss schedules and guidelines

**Please mail the registration form below to:**

New River Valley Women's Tennis League  
Attn: Cara Spicer  
504 S. Main Street  
Blacksburg, Virginia, 24060  
(Please DO NOT send cash through the mail).

**Registration Form – DEADLINE IS AUGUST 28th**

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Player Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_ Team Preference if Known: \_\_\_\_\_

Approximate Player Ability (refer to USTA General Characteristics of Various NTRP  
Playing Levels on Page 2) : \_\_\_\_\_

**Waiver: I realize that, by participating in this tennis league that I may be accidentally injured. I hereby certify that have no medical problems that could be aggravated by playing tennis. I hereby waive and release the New River Valley Women's Tennis League, its representatives, its assignees, its successors from any and all claims I may make for any and all injuries suffered by me due to my participation in the activities of this League.**

Signature: \_\_\_\_\_

Reminder: **Registration fees will be collected by the captains at the first match.**

## **General Characteristics of Various NTRP Playing Levels**

(Wheelchair players please see note below)

### **1.5**

You have limited experience and are working primarily on getting the ball in play.

### **2.0**

You lack court experience and your strokes need developing. You are familiar with the basic positions for singles and doubles play.

### **2.5**

You are learning to judge where the ball is going, although your court coverage is limited. You can sustain a short rally of slow pace with other players of the same ability.

### **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.

### **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.

### **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.

### **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.

### **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.

### **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.

### **6.0 to 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.

### **7.0**

You are a world-class player.

#### **Players in Wheelchairs:**

Players in wheelchairs should use these general characteristics to determine their NTRP skill level. The only differences are as follows: Mobility: while players in wheelchairs may have skills that would normally provide them a certain rating, the mobility factor suggests that when competing against able-bodied players, they should participate at an NTRP skill level that provides for competitive rather than compatible play. Serving ability: Due to the nature of the player's injury or disability, a powerful serve may not be possible. In this case, it may be more realistic to self-rate below 4.0 as service strength becomes key beyond this level.

Many tournament players in wheelchairs have already received an NTRP rating. Wheelchair players should check with players whose skills match their own before determining their rating. The very best world-class players in wheelchairs have an NTRP rating in the low 4.5s.