

NTRP TENNIS SELF RATING GUIDE *

Tennis Canada's "Play Tennis" Self-Rating Guide will help you: to establish your own general level of tennis ability; to find players of a similar level so that you can have competitive games; and to participate in group lessons or league play with players of similar ability.

BEGINNING LEVEL

- 2.0 Can get the ball into play but lacks control. Can serve, but often double faults.
- 2.5 Can rally consistently, especially on the forehand. Inconsistent 1st serve, but steady 2nd serve.

INTERMEDIATE LEVEL

- 3.0 Can rally on forehand and backhand. Can control return of serve, beginning to volley consistently, can lob and smash balls of moderate pace. Improved 1st serve to over 50%.
- 3.5 Able to move the opponent around the court or hit harder when receiving easier balls. Can execute approach shots with some consistency.
- 4.0 Able to develop points with some consistency by using a reliable combination of shots. On moderately paced serves, can construct the point through hitting a good shot or exploiting an opponent's weakness but is still erratic with spin or fast serves. Can poach weak shots, put away easy overheads, can vary speed and direction of serves.

ADVANCED LEVEL

- 4.5 Can use a variety of spins and beginning to develop a dominant shot or good steadiness. Can defend consistently off return of serves; can serve and volley particularly in doubles. Has an aggressive 1st serve and seldom double faults.
- 5.0 Able to maintain a consistent rally on faster balls. Very steady strokes and has a dominant shot. Can overhead from almost any position; 1st serve can win points outright and 2nd serve can prevent the opponent from attacking.
- 5.5 This player has developed a game style which is recognizable – an all court player, an aggressive baseliner, retriever...Has good anticipation either technically or tactically. Has no major weaknesses and can counterattack.
- 6.0, 6.5 & 7.0 These players will generally not need a rating. Rankings or past rankings will speak for themselves. Has had intensive training for national tournament competition. The 6.5 player has extensive international experience. The 7.0 is a world class professional tennis player.

* Excerpted from Tennis Canada's "Play Tennis" Self-Rating Guide. A detailed and more complete version of the Guide is available at www.sitatennis.ca/self_rating_guide.shtml.

Remember, there is no substitute for match results as a measure of playing ability.

THE VICTORIA TENNIS CLUB OFFERS

- Social or Competitive Tournaments
- Organized outdoor play sessions from April to October
- Block-booked indoor sessions on Sundays (winter season)
- Membership contact list
- Newsletters
- Social events
- Discounts from local businesses; Courtside and Centre Court