



**MIDWEST**

# **2007 Junior Tennis Guidebook**

Prepared by:

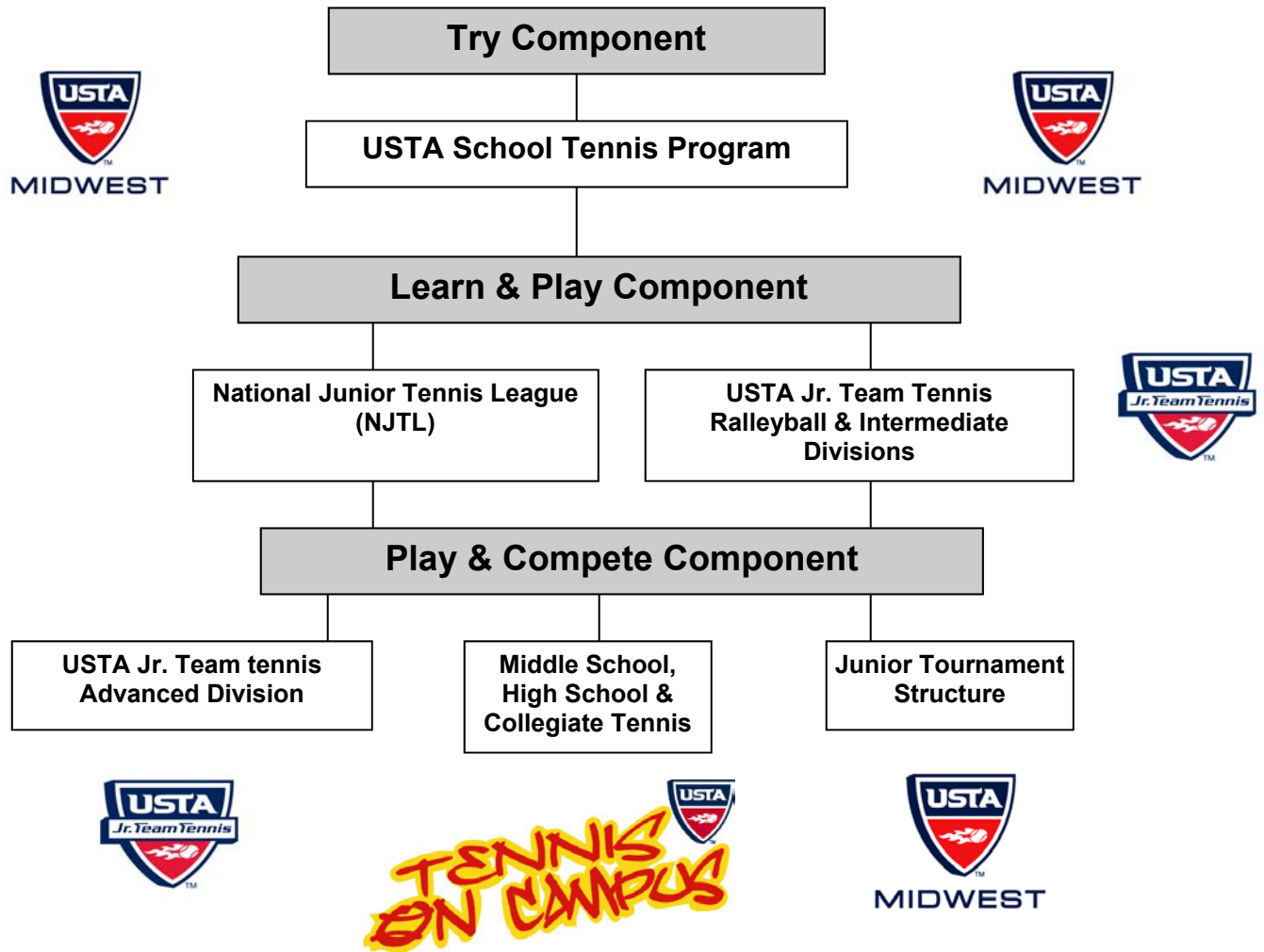
The USTA/Midwest Section Junior Tennis Division Staff

With contributions from the USTA/Midwest Section  
Junior Competition Committee & Coaches Commission

**January 2007**



# Junior Tennis Pathway



For more information about Junior Tennis Pathway Programs, please contact the USTA/Midwest Section Office at 317-577-5130

Dear USTA/Midwest Section Parents and Coaches:

This updated USTA/Midwest Section Junior Tennis Guidebook is an effort to provide you with general information as you and your young player enter the world of junior tennis in your District as well as the USTA/Midwest Section and Nationally.

The intent of the Guidebook is not to answer every question you may have, but to highlight the areas of junior recreational and competitive tennis that you need to know. The USTA/Midwest Section Junior Competition Committee and USTA/Midwest Section Coaches Commission will make updates to this Guide from time to time as rules and other pertinent information changes.

We would like to thank Andrea Calvert-Sanders, the USTA/Midwest Section Director of Junior Tennis and her staff (Greg Boyd, Chad Docktor and Shelly Kindig Bugg), as they were instrumental in the content of this manual. Their leadership in compiling the information and content layout presented is truly appreciated.

Your input as a tennis parent and coach is very important to the Section. Please contact Andrea Calvert-Sanders at the USTA/Midwest Section office if you have any questions or comments about any of the information provided.

Sincerely,

Rick Van Horn, Chairman  
Junior Competition Committee

Mark Faber, Chairman  
Coaches Commission

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MIDWEST

## Basics of Tournament Tennis:

### GETTING STARTED

In order to play competitive tennis, a player must first become a member of the United States Tennis Association. The following are options on how to apply for a junior membership:

- Sign up at [www.midwest.usta.com](http://www.midwest.usta.com). (This will give you an immediate USTA membership and member number.)
- Call 1-800-990-USTA or sign up at the tournament site itself. (This method will also give you an immediate USTA membership and member number.)

Once a member of the USTA, the player will receive a membership number and card. This membership will also make the player a member of the USTA/Midwest Section and District in which you reside. The USTA/Midwest Section includes the states of Illinois, Indiana, Michigan, Ohio, and Wisconsin, as well as parts of Kentucky and West Virginia. The headquarters of the USTA/Midwest Section is located at:

1310 East 96<sup>th</sup> St. Suite 100  
Indianapolis, Indiana 46240  
Telephone: (317) 577-5130  
Fax: (317) 577-5131 - Office or  
(317) 577-5123 - Junior Tennis Division

**What are some benefits of being a USTA/Midwest Section Member?** Current USTA/Midwest Section benefits include: Six issues to SMASH Magazine for juniors, Net Rewards Program, Discounts at Choice Hotels, Costco Wholesale, Carey Limousine Service, Avis Rent A Car, Brooks Brothers, Lara Kent, FTD.Com Floral & Gift Discount; Wynne Tournaments, USTA/Midwest Section Yearbook & Tournament Schedule, Midwest Tennis News, Member Appreciation Days. For directions on how to access your USTA/Midwest Section Member Benefits, please visit [www.midwest.usta.com](http://www.midwest.usta.com); Select Membership link and then the USTA/Midwest Section Member Only area.

**Why should we become affiliated with the District?** The USTA, the USTA/Midwest Section and the Districts are different organizations. By becoming affiliated with your District, your child/family will receive additional information about matters in the section and in your district that your child/family would not otherwise receive, such as newsletters, tournament updates, etc. The District also serves as a valuable resource for questions you have regarding competitive tennis.

**What is a sanctioned tournament?** A sanctioned tournament is one that is approved by the USTA. The club, organization, or person running the tournament has paid a sanction fee to the USTA and agrees to run the tournament following USTA Tournament rules and regulations.

**How do we find out where and when junior tournaments are held?** Each year, the USTA/Midwest Section publishes an annual Yearbook, which includes all sectional championship tournaments. This publication is available to USTA/Midwest Section members on a request basis. Many of the 14 Districts produce a yearbook and/or other publication, which contains a list of their tournaments. Complete tournament schedules are available on the USTA/Midwest Section website ([www.midwest.usta.com](http://www.midwest.usta.com)). Upon request, the USTA/Midwest Section will provide a paper copy of the tournament schedule for juniors and adults. Sanctioned national tournaments are listed in the USTA National Junior Tournament Schedule or on the USTA website ([www.usta.com](http://www.usta.com)).

**How do I determine what age division my son or daughter may participate in?** A junior may compete in an age division up to the first day of the month in which the junior would "age out" of the division. For example, if a junior player will turn 13 on December 10<sup>th</sup>, the junior may play in 12 & under tournaments until December 1. Juniors may play "up" in any older age divisions; however, they may not play in a younger age division once they have "aged out".

**How do I enter my child in a tournament?** One way is to obtain an entry form from the club hosting the tournament and send it in before the entry date deadline, along with the entry fee and your child's player record (if he or she has one). Another way is to sign-up via the TennisLink Registration System ([www.midwest.usta.com](http://www.midwest.usta.com)) if the tournament is listed as using the TennisLink Registration System. Be sure to have the tournament name (sectional championship tournaments appear in the USTA/Midwest Section Yearbook, other tournaments appear on the Internet), USTA Membership number

and your credit card ready when you register. (See the USTA/Midwest Section Yearbook for TennisLink Registration Instructions.)

**How much does it cost to enter my child into a tournament and what does the entry fee cover?** It depends on the tournament, but entry fees range from approximately \$20 for local tournaments to \$95 for national tournaments. The entry fee covers: (1) the cost of court time for all of your child's matches (the fee may not include matches that may be moved indoors due to inclement weather); (2) new balls for each match and for the third set of a match if the players split sets; (3) umpires, referees, and tournament administration; and (4) sometimes t-shirts or other tournament mementos given to players.

## **LEVELS OF COMPETITIVE TENNIS AND TOURNAMENTS**

### **What are the major levels of competitive tennis?**

- **District level** - This level is for local competition and players but events are normally open to players from other districts.
- **State level** - Encompasses each individual state in the USTA/Midwest Section. These events include players from each district within each state and, in some cases, players from outside the state.
- **Sectional level** - This level includes the following states in the USTA/Midwest Section: Illinois, Indiana, Michigan, Ohio, and Wisconsin, as well as parts of Kentucky and West Virginia. These events include players from each District within the Section and may be open to players from outside the section.
- **National level** - Encompasses the United States. These events include players from each section within the United States. USTA National Championships have restrictions on the participation of players who are not U.S. citizens or permanent resident aliens.
- **International level** - Encompasses the world. These events include players from all around the world.

**Are there different levels of tournaments in the USTA/Midwest Section?** Yes, in addition to the major levels listed above, the USTA/Midwest Section adopted a Points Per Round Ranking Program that offers six levels of competition.

**If my child does not want to play tournaments, is there another, affordable way my child can get started in competitive tennis?** Yes. There is a National Junior Tennis League (USTA Tennis NJTL), and there is USTA Jr. Team Tennis. These are affordable programs for players at various locations. Please contact your district for more information.

## **TOURNAMENT BASICS**

**I understand there are some USTA/Midwest Section tournaments that are "open" and some that are "closed."**

**What is meant by "open" and "closed" tournaments?** An "open" tournament is one that is open for any USTA member that meets the age and gender requirements for that tournament. Entries to "closed" tournaments are restricted, normally by a requirement of residency within a specified geographic area. Some tournaments also require that a player be endorsed for participation by the player's District or Section.

**How many matches will my child play in a tournament?** It depends in part on how many players are entered in the tournament, how well your child plays, and type of consolation. The following are a few examples of consolation draw types:

- **Feed-In Consolation (FIC):** Term refers to a special form of consolation draw in which the losers from the main draw are fed back into another draw against players who lost in earlier rounds of the tournament.
- **First Match Consolation (FMC):** This is a consolation draw in which only the losers in the first round or match are entered into the consolation draw.
- **Compass Draw:** Term refers to a tournament format in which players are guaranteed to play four or more matches even if they lose all their matches.

If the match format is two out of three sets, players may play a maximum of two singles matches per day in the same division. If a tie-break is used in lieu of the third set, players may play a maximum of three singles matches per day. There is a minimum one-hour rest period between matches.

Please note, the number of matches for doubles events have similar guidelines. For more information, please see the USTA Friend of Court Scheduling Guidelines for Junior Divisions.

**How do I find out the start-time of my child's first match?** Players usually call the host club on the date and time designated by the host club or use the TennisLink Internet Registration System if the tournament posts its draws and/or starting times to the Internet.

**Should my child bring anything special to a tennis tournament?** In addition to tennis rackets, your child should bring his or her USTA card, a water bottle, sunscreen, a towel, and extra t-shirts/tops. If you think your child will be playing more than one match in a day, you might want to bring some fruit, food, and a sports drink. (Note: Some tournaments require players to adhere to a certain dress code. Please check with the tournament director for any requirements)

**Is it true that my child will be responsible for calling the lines during matches?** Yes. Tennis is one of the few sports in which the amateur participants umpire themselves. Your child will need to call whether balls on his or her side of the court are in or out. Unless a ball is clearly and totally out, it is "good." A player does not make calls on balls on the opponent's side of the court.

**Suppose my child thinks that his or her opponent is not calling the lines accurately?** Your child may want to warn the opponent that he or she will ask for a line judge or, if the situation truly warrants it, request a line judge. In most cases, however, opponents are fair with one another, and a line judge is unnecessary. A parent MAY NOT become involved in line call disputes or request a line judge for his or her child.

**May I coach my child during a match?** Before a match starts, a parent or a coach may coach a player. Once the match starts, a player MAY NOT be coached by anyone except during the ten-minute break that occurs before the start of the third set in matches that are two out of three sets. If there is a tie-break in lieu of the third set, no coaching or a break is allowed. For the 18 & under division, there is no break if players split sets, so coaching cannot occur once the match has started.

**Do all tournaments have seeds?** While there is no requirement that every tournament have seeding, most tournaments of the elimination type (as distinguished from round robin competitions) do use seeding as a means of ensuring that the strongest players do not play against one another in the early rounds.

**Who determines who is seeded in a tournament?** The Tournament Committee, in conjunction with the referee, shall determine the seeds for the tournament.

**How does the selection process for seeds work in a tournament?** The Tournament Committee may seed players at a maximum ratio of one seed for every four players. Seeds for the tournament are listed on the draw sheet. Seeds merely represent the Committee's subjective ratings of the various players' chances of winning the tournament, using all available data, including ranking lists, standing lists, and player records. Seeding may not be based on whim, caprice, or "hunches," but instead must be justified by a reasonable amount of factual evidence. The Committee should consider all available evidence, including, but not limited to, rankings, current records, types of surfaces, etc.

**What is block seeding?** Block seeding is a form of seeding that is authorized in Sectional championships and below. With block seeding, outstanding entrants are selected to "stand out" in the quarterfinals or the round of 16 of a tournament, while the rest of the entrants play to enter the quarterfinal round or the round of 16. Some advantages of block seeding are that more players are eligible for a tournament, and weaker players do not have to meet strong players in the early rounds of a tournament.

**What is a standing list?** A standing list is a tentative strength listing of players within a particular age group and gender. The standing list includes match results from the previous 12 months that have been entered into the ranking database at the time of publishing. Standing lists are not ranking lists. The requirements for being included on standing lists are substantially less rigorous than for an actual ranking.

**Are standing lists posted anywhere?** Yes. The USTA/Midwest Section calculates and publishes both Section and District standing lists on its website at [www.midwest.usta.com](http://www.midwest.usta.com).

## **THE USTA/MIDWEST SECTION CLOSED & DISTRICT QUALIFIER CHAMPIONSHIPS**

**How can one gain entry to the USTA/Midwest Section Closed Junior Outdoor Championships?** To gain entry to the USTA/Midwest Section Closed Junior Outdoor Championships, players must meet the following requirements:

- Players must be domiciled within the boundaries of the USTA/Midwest Section.
- Players must be endorsed by their District's Endorser. This normally requires participating in the tournament designated by the district as the one used for endorsement purposes (commonly referred to as the District Qualifier).
- The USTA/Midwest Section Closed Junior Championships, the district qualifiers, the USTA/Midwest Section

Designated Tournaments and USTA/Midwest Section Junior Davis & Wightman Cup events are open to citizens of the U.S., permanent resident aliens in possession of a valid alien registration card, individuals who are applicants for adjustment to lawful permanent resident status and who can present a USCIS receipt for a pending unadjudicated form I-485, aliens who have resided continuously in the US for more than one year and who are members of families of persons in the diplomatic or consular corps and aliens who have been granted Refugee Status, Asylee Status or Temporary Protected Status.

- The USTA/Midwest Section has established district boundaries as defined in the Section's Bylaws. Players may seek endorsement only from the district in which they are domiciled. A player may be endorsed by the USTA/Midwest Section only if the player has not applied for endorsement in another section.
- Players may be endorsed to the USTA National Championships only in the same age division as they played in the USTA/Midwest Section Closed Junior Outdoor Championships.
- To be admitted into the USTA/Midwest Section Closed Junior Outdoor Championships, players must be endorsed as part of their district's quota of entries. This quota is determined by the USTA/Midwest Section based on the percentage of USTA/Midwest Section Junior memberships in the USTA who reside in the district. Endorsed players will receive their official player information form directly from the District Endorser. The endorsed players must then register on the Internet via TennisLink. After registering via TennisLink, players are to complete the official player information form and return it to the District Endorser for inspection and endorsing signature. The District Endorser will then send the forms along to the USTA/Midwest Section office by the application deadline. District Endorsers will also submit an ordered list of alternates to the USTA/Midwest Section office. This endorsed list of alternates will be used for the purposes of filling available spots if district players withdraw from the quota prior to the making of the draw. Specific details on the districts' quota procedures should be directed to the appropriate District Endorser and/or District President.
- All endorsed district alternates will be considered for entry into the USTA/Midwest Section Closed Junior Outdoor Championships. The remaining positions in the draw will be filled from the alternate lists in order of record strength as determined using the USTA/Midwest Section Standing and Selection list.
- The records of district alternates will be compared so that the strongest players will be accepted into the USTA/Midwest Section Closed Junior Outdoor Championships regardless of their district affiliation or district order. After the available positions are filled, the remaining alternates will be placed on a stand-by list in order of strength.

**How can one gain entry into the District Qualifier?** Any district player may participate in his or her respective District Qualifier. Please contact your District office for specific requirements.

### **COMMONLY ASKED QUESTIONS ABOUT USTA/MIDWEST SECTION POINTS PER ROUND RANKING PROGRAM (As of December 5, 2006)**

After considerable research, the USTA/Midwest Section will adopt the Points Per Round (PPR) Ranking System similar to the USTA National Ranking Program. **It is imperative that you become familiar with the USTA/Midwest Section requirements for standings, rankings and endorsement procedures under this new system.** The following are some Commonly Asked Questions about the USTA/Midwest Points Per Round Ranking Program.

- 1. When did the USTA/Midwest Section Points Per Round Ranking (PPR) begin?** In January 2006 the official USTA/Midwest Section Ranking started to use the Points Per Round Ranking System.
- 2. How do you earn points?** A player must win a round to receive any points. Byes do not qualify as wins. Defaults, retirements, walkovers and withdrawals qualify as wins for the advancing player.
- 3. What does Play and Complete mean?** All scheduled matches (including any consolation or playoff matches) in a tournament are started, and none end in a default. Defaults include: not showing up for a match, unsportsmanlike conduct and warnings, which culminate in the match being defaulted. A retirement due to injury or illness, ONCE THE MATCH HAS STARTED, is not considered a default. If a player defaults a scheduled match in a tournament FOR ANY REASON (including scheduled consolations or playoffs), that tournament will NOT count toward meeting the minimum tournament requirements for ranking consideration.

**4. How will standings be determined?** A player must earn 50 points in an age division in order to be included in the USTA/Midwest Section Standings. **Points earned in a player's best six tournaments will be used. If points earned at other events are not one of the "best" six for the player, those points will not be included in the calculation.** Matches played in your natural age division, as well as the higher age divisions will be included in the calculation of the standing list. The USTA/Midwest Section Standings will use 12 months of data.

**5. How will rankings be determined?** A player must have earned a minimum of 200 points in an age division in order to be included in the USTA/Midwest Section Final Rankings. A player's final ranking will be based **only on the best six tournaments. If points earned at other events are not one of the "best" six for the player, those points will not be included in the calculation.** The USTA/Midwest Section Rankings will include match results from January 1<sup>st</sup> to December 31<sup>st</sup> of each year.

**6. Can a player be ranked or have a standing position in more than one age division?** Yes, as long as they have earned the required number of points in each age division. Match results in higher age divisions will count down in the younger age divisions.

**7. Are team events used?** Yes, all team events can be used and all players will receive the same amount of points for each position.

**8. Are tournaments weighted?** The point levels per round are the "weighting" of the tournament. Please see the following charts for more information.

**9. Will there still be endorsement requirements to the four USTA National Championships?** Yes. Please see the following chart for USTA/Midwest Section Endorsement Procedures.

**2007 USTA/Midwest Section Points Per Round Ranking Levels:**

(As of 12/05/06)

The USTA/Midwest Section Junior Competition Committee shall evaluate and recommend annually the appropriate levels of the events considered for USTA/Midwest Section Junior Standings and Rankings. The event levels for 2007 are as follows:

**Level 1:**

USTA/Midwest Section Junior Closed Outdoor Championships- (June)

**Level 2:**

USTA/Midwest Section Winter Championships (Formerly Franklin)-(January)

USTA/Midwest Section Junior Designated January Series-(January)

USTA/Midwest Section Junior Closed Indoor Championships- (February)

USTA/Midwest Section Junior Designated March Series-(March)

USTA/Midwest Section Junior Davis & Wightman Cup Events-(June)

USTA/Midwest Section Ten & Under Invitational- (July)

USTA Zone Team Championships (BG12,14,16)-(July)

USTA/Midwest Section Junior Open Championships-(July/August)

USTA BG18 National Team Championships, BG16 Intersectionals (July/August)

USTA/Midwest Section Junior Fall Closed Championships-(October/November)

USTA/Midwest Section Junior Indoor Open Championships-(October/November)

USTA National Championships (Spring, Clay Court, Hard Court, Winter)-(Various Dates)

**Level 3:**

USTA National Open Championships (February, May, July and November)

K-Swiss-(February)

Columbus Indoor-(Various Dates)

Cincinnati National (Formerly The Nati' Open)- (October)

Five Seasons Boys'14's Indoor Championships-(October)

**Level 4:**

Western Michigan Indoor-(February)

Wisconsin Jr. Indoor-(February)

Competition Training Center Sectional Championships-(April)

Court One Memorial -(May)

Lincolnshire Spring Open-(May)

District Qualifiers-(Various Dates)

Ann Arbor Junior Open- (August)

Aurora Invitational- (October)

Contardi Girls Open- (December)

**Level 5:**

Tommy Fontova Memorial Tournament-(February)

Glenview Spring Into Summer- (May)

Pie Seifert Memorial Open -(May)

Dr. Joe Morris Memorial Classic- (June)

Indiana State Open Benefiting Riley Hospital For Children- (July)

Laurel Hill Junior Open-(July)

Western & Southern Financial Group Master Jr. Championships-(July)

Wisconsin District Junior Open-(July)

Towpath 23rd Annual Thanksgiving Jr. Singles- (November)

John F. Hennessey Open- (December)

All other USTA National Scheduled Events

**Level 6:**

All other sanctioned tournaments in the USTA/Midwest Section

**2007 USTA/Midwest Section Points Per Round Ranking Point Tables:**

(As of 12/05/06)

**Main Draw with a Feed-in Championship through Quarterfinals Points Per Round:**

<b>Player Results<sup>1</sup></b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>	<b>Level 6</b>
Champion	660	300	220	165	88	44
2nd Place	540	250	180	135	72	36
3rd Place	480	220	160	120	64	32
4th Place/SF <sup>2</sup>	420	190	140	105	56	28
FIC Champion	390	175	130	98	52	26
FIC Finalist	360	160	120	90	48	24
FIC SF	330	140	110	83	44	22
FIC QF	300	125	100	75	40	20
FIC QF Qualifying (Consolation)	270	115	90	68	36	18
FIC R16	240	95	80	60	32	16
FIC R16 Qualifying (Consolation)	210	80	70	53	28	14
FIC R32	180	65	60	45	24	12
FIC R32 Qualifying (Consolation)	150	58	50	38	20	10
FIC R64	120	45	40	30	16	8
FIC R64 Qualifying (Consolation)	0	35	30	23	12	6
FIC 128	n/a	25	20	15	8	4
FIC 128 Qualifying (Consolation)	n/a	n/a	0	0	0	0

<sup>1</sup>Players who lose their first Main Draw match are fed into the following round of a Feed-In Championship:  
16 Draw Size: FIC QF Qualifying; 32 Draw Size: FIC R16 Qualifying; 64 Draw Size: FIC R32 Qualifying;  
128 Draw Size: FIC R64 Qualifying; 256 Draw Size: FIC R128 Qualifying

<sup>2</sup>If there is no playoff for 3rd and 4th place, the semifinalists will receive points in this row.

**Main Draw with a Feed-in Championship through Semifinals Points Per Round:**

<b>Player Results<sup>1</sup></b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>	<b>Level 6</b>
Champion	660	300	220	165	88	44
2nd Place	540	250	180	135	72	36
3rd Place	480	220	160	120	64	32
4th Place/SF <sup>2</sup>	420	190	140	105	56	28
FIC Champion	390	175	130	98	52	26
FIC Finalist	360	160	120	90	48	24
FIC SF	330	140	110	83	44	22
FIC QF	300	125	100	75	40	20
FIC QF Qualifying (Consolation)	270	115	90	68	36	18
FIC R16	240	95	80	60	32	16
FIC R16 Qualifying (Consolation)	210	80	70	53	28	14
FIC R32	180	65	60	45	24	12
FIC R32 Qualifying (Consolation)	150	58	50	38	20	10

FIC R64	120	45	40	30	16	8
FIC R64 Qualifying (Consolation)	0	35	30	23	12	6
FIC 128	n/a	25	20	15	8	4
FIC 128 Qualifying (Consolation)	n/a	n/a	0	0	0	0

<sup>1</sup> Players who lose their first Main Draw match are fed into the following round of a Feed-In Championship:  
16 Draw Size: FIC QF Qualifying; 32 Draw Size: FIC R16 Qualifying; 64 Draw Size: FIC R32 Qualifying;  
128 Draw Size: FIC R64 Qualifying; 256 Draw Size: FIC R128 Qualifying.

<sup>2</sup> If there is no playoff for 3rd and 4th place, the semifinalists will receive points in this row.

**Main Draw with Modified Consolation Tournament Points Per Round, Including First Match Losers Consolation, First Round Losers Consolation, Modified FIC and Compass Draw<sup>1</sup>:**

Player Results <sup>1</sup>	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Champion	660	330	220	165	88	44
2nd Place	540	270	180	135	72	36
3rd Place	480	240	160	120	64	32
4th Place/SF <sup>2</sup>	420	210	140	105	56	28
Quarterfinalist	300	150	100	75	40	20
Reached R16	240	120	80	60	32	16
Reached R32	180	90	60	45	24	12
Reached R64	120	60	40	30	16	8
Reached R128	60	30	20	15	8	4
Reached R256	0	0	0	0	0	0
Points Earned for Each Consolation Round Won <sup>1</sup>	30	25	20	15	8	4

<sup>1</sup> In Compass Draw events, the East Draw earns main draw Points Per Round; all other directions and Gold Draw earn consolation Points Per Round.

<sup>2</sup> If there is no playoff for 3rd and 4th place, the semifinalists will receive points in this row.

**Team Tournaments:**

Player Position on Team	Level 2	Level 3
Position #1 Points earned per win (Maximum 270 points)	45	45
Position #2 Points earned per win (Maximum 270 points)	45	45
Position #3 Points earned per win (Maximum 270 points)	45	45
Position #4 Points earned per win (Maximum 270 points)	45	45
Position #5 Points earned per win (Maximum 270 points)	45	45
Position #6 Points earned per win (Maximum 270 points)	45	45

**Round Robin Tournaments: (3 player event)**

Points Earned for each match won	15
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## USTA/MIDWEST SECTION ENDORSEMENT PROCEDURES TO USTA NATIONAL EVENTS

(As of 12/05/06)

### Key Endorsement Terms:

- **Endorsement:** A player must fulfill certain requirements in order to be given "permission" to participate at the National Level from the USTA/Midwest Section.
- **Play and Complete:** All scheduled matches (including any main draw, consolation or playoff matches) in a tournament are started, and none end in a default. Match which culminates in a default for example: including but not limited to lateness, not appearing for a match, unsportsmanlike conduct and warnings, which culminate in the match being defaulted. A retirement due to injury or illness, ONCE THE MATCH HAS STARTED, is not considered a default.
- **TennisLink:** USTA computer software that is used to register players to tournaments, USTA Jr. Team Tennis, etc. For more information about products, please go to [www.usta.com](http://www.usta.com)

### 2007 USTA/Midwest Section Sectional Endorsers:

Age Division	Name	Address	City	St	Zip	Phone #	Fax #	Email
BG 12,14	Joyce Engle	3301 Kappel Dr.	Springfield	OH	45503	937-399-5064	937-399-5065	<a href="mailto:Ovta@voyager.net">Ovta@voyager.net</a>
BG16, 18	Ron Gander	723 Ardella Rd.	Cuyahoga Falls	OH	44223	330-923-2519	330-923-6951	<a href="mailto:carong55@adelphia.net">carong55@adelphia.net</a>

Age Divisions	USTA Event	Selection Process	Entry Process:
BG12,14,16,18	USTA National Spring Championships (BG18- March 11-17,2007) (BG12-April 8-14, 2007) (BG14,16-April 9-17, 2007)	All players that appear on USTA/Midwest Section Standing list as of February 15, 2007, will be endorsed to the event.	TennisLink <a href="http://www.usta.com">www.usta.com</a>
BG12,14,16	USTA Zone Team Championships (BG14-July 7-11, 2007) (BG12,16-July 25-29, 2007)	To be considered for endorsement, each player must apply through the TennisLink Registration system on the USTA/Midwest Section web-site. Selection will be based on the most current USTA/Midwest Section Standing List as of the USTA/Midwest Section entry deadlines in the age division being endorsed.  The USTA/Midwest Section entry deadlines to be considered for endorsement are the following: <b>Boys' &amp; Girls' 14 and under: May 15, 2007;</b> <b>Boys' &amp; Girls' 12 and under: June 15, 2007; Boys' &amp; Girls' 16 and under: June 15, 2007.</b>	TennisLink <a href="http://www.midwest.usta.com">www.midwest.usta.com</a>
BG12,14,16,18	USTA National Clay Court Championships (July 15-22, 2007)	All players that appear on the USTA/Midwest Section Standing list as of June 1, 2007, will be endorsed to the event. The winners of each of the three Designated tournaments taking place in the preceding January, February and March shall be automatically included in the sectional quota.	TennisLink <a href="http://www.usta.com">www.usta.com</a>
BG12,14,16,18	USTA National Championships (B16,18- August 3-12, 2007) (BG12- August 4-10, 2007) (B14- August 5-12, 2007) (G14-August 4-11, 2007) (G16,18- August 5-12, 2007)	Players must play and complete the USTA/Midwest Section Closed Outdoor Championships <b><u>in the age division being endorsed to the USTA National Championship</u></b> . The following will be included on the USTA/Midwest Section Endorsement list:  The winners of each of the three Designated tournaments taking place in the preceding January, February and March shall be automatically included in the Sectional quota provided they Play and Complete the USTA/Midwest Section Closed Junior Outdoor Championships <b><u>in the age division being endorsed</u></b> .  The top six finishers at the USTA/Midwest Section Closed Junior Outdoor Championships (main draw semifinalists and FIC finalists) shall automatically be included in the Sectional quota provided	TennisLink <a href="http://www.usta.com">www.usta.com</a>

		<p>they Play and Complete the USTA/Midwest Section Closed Junior Outdoor Championships.</p> <p>Any remaining spots in the Sectional quota and all alternate spots shall be filled in the order of the endorsement list, which will be generated after the completion of the USTA/Midwest Section Closed Junior Outdoor Championships. These players must Play and Complete the USTA/Midwest Section Closed Junior Outdoor Championships <b><u>in the age division being endorsed</u></b>.</p>	
BG16	<p>USTA Intersectional Team Championships</p> <p>Date: July 8-12, 2007</p> <p>Site: Shreveport, LA</p>	<p>The USTA/Midwest Section Team will be selected on May 15, 2007. The following criteria will be used:</p> <p>The highest eligible Midwest boy and girl listed on the most current USTA/Midwest Section Standing list shall be invited to participate on the team. The remaining players shall be invited to participate on the team based on their USTA National Standing list position. If those players decline to play, the coach will continue down the USTA National Standing list until a team is filled.</p>	USTA/Midwest Section Coach will contact players.
B18	<p>USTA B18 National Team Championships</p> <p>Date: July 28-31, 2007</p> <p>Sites: Urbana, IL</p>	<p>The USTA/Midwest Section Team will be selected after the conclusion of the USTA/Midwest Section Junior Outdoor Championships. The following criteria will be used:</p> <p>The highest eligible Midwest boy listed on the most current USTA/Midwest Section Standing list shall be invited to participate on the team. The winner of the USTA/Midwest Section Junior Outdoor Championships shall be invited to participate. The remaining players shall be invited to participate on the team based on their USTA National Standing list position. If those players decline to play, the coach will continue down the USTA National Standing list until a team is filled.</p>	USTA/Midwest Section Coach will contact players.
G18	<p>USTA G18 National Team Championships</p> <p>Date: July 31- August 3, 2007</p> <p>Sites: Danville, CA</p>	<p>The USTA/Midwest Section Team will be selected after the conclusion of the USTA/Midwest Section Junior Outdoor Championships. The following criteria will be used:</p> <p>The highest eligible Midwest girl listed on the most current USTA/Midwest Section Standing list shall be invited to participate on the team. The winner of the USTA/Midwest Section Junior Outdoor Championships shall be invited to participate. The remaining players shall be invited to participate on the team based on their USTA National Standing list position. If those players decline to play, the coach will continue down the USTA National Standing list until a team is filled.</p>	USTA/Midwest Section Coach will contact players.
BG12,14,16,18	<p>USTA National Winter Championships (December 27-January 1, 2008)</p>	<p>All players that appear on the USTA/Midwest Section Standing list as of November 15, 2007, will be endorsed to the event. The winners of the Midwest Junior Indoor Open Championships (if from the USTA/Midwest Section) and the Midwest Fall Closed Championships shall be automatically included in the sectional quota.</p>	<p>TennisLink <a href="http://www.usta.com">www.usta.com</a></p>

## **THE USTA ZONE TEAM CHAMPIONSHIPS/ZONALS**

The USTA Zone Team Championships, known as Zonals, are non-elimination team events providing intersectional competition for players selected to the Zonal teams. The USTA/Midwest Section endorses players in the 12s, 14s, and 16s divisions. Players may be endorsed to ANY or ALL USTA Zone Team Championships. The emphasis of the team events is on a combination of competition and development. Limited coaching by designated coaches during play will be permitted. Team matches include singles, doubles, and mixed doubles. Instructional, informational and social activities are an important part of the USTA Zone Team Championships.

The USTA/Midwest Section will send players to the USTA 12,14,16 Zone Team Championships. Teams will compete at the following sites:

### **USTA BOYS' AND GIRLS' 12 ZONE TEAM CHAMPIONSHIPS: JULY 25-29, 2007**

Northeast Zone, Lancaster, PA

### **USTA BOYS' AND GIRLS' 14 ZONE TEAM CHAMPIONSHIPS: JULY 7-11, 2007**

Midsouth Zone, Raleigh, NC

### **USTA BOYS' AND GIRLS' 16 ZONE TEAM CHAMPIONSHIPS: JULY 25-29, 2007**

Northeast Zone, St. Louis, MO

## **Signing up for USTA/Midwest Section Zonals:**

### **To Enter: BG12 Zone Team Championships**

(July 25-29, 2007- Lancaster, PA)

Go to [www.midwest.usta.com](http://www.midwest.usta.com), Players; Junior Tennis; Tournaments/Rankings; Find/Register for Tournament via TennisLink; Tournament ID# 855302107, Click on "Find It", Click on Event, then Register Now.

**Entry deadline is June 15, 2007**

### **To Enter: BG14 Zone Team Championships**

(July 8-12, 2007- Raleigh, NC)

Go to [www.midwest.usta.com](http://www.midwest.usta.com), Junior Tennis; Tournaments/Rankings; Find/Register for Tournament via TennisLink; Tournament ID# 855302007, Click on "Find It" Click on Event, then Register Now.

**Entry deadline is May 15, 2007**

### **To Enter: BG16 Zone Team Championships:**

(July 25-29, 2007- St. Louis, MO)

Go to [www.midwest.usta.com](http://www.midwest.usta.com), Junior Tennis; Tournaments/Rankings; Find/Register for Tournament via TennisLink; Tournament ID# 855302207, Click on "Find It"; Click on Event, then Register Now.

**Entry deadline is June 15, 2007**

- **Selection of Players/Entry Deadline:** To be considered for endorsement by the USTA/Midwest Section, each player must apply through the TennisLink Registration System on the USTA/Midwest Section web site ([www.midwest.usta.com](http://www.midwest.usta.com)). The USTA/Midwest Section will endorse the following:  
**Boys' & Girls' 14s: A total of 30 boys and 30 girls for this event.**  
**Boys' & Girls' 12s: A total of 30 boys and 30 girls for this event.**  
**Boys' & Girls' 16s: A total of 30 boys and 30 girls for this event.**

## USTA NATIONAL RANKING & TOURNAMENT LEVELS

**National Ranking Tournaments and Tournament Levels:** Starting in 2008, the USTA will be moving to a combined ranking system for junior players. This will be applied to all tournaments on the National Junior Tournament Schedule. The purpose of a combined ranking system is to promote doubles. Rankings will be based on 100 percent of a player's singles ranking plus 15 percent of a player's double ranking. In addition, tournaments will be allowed to start the doubles competition before the singles.

After the first year of combined rankings, the USTA will evaluate its overall success as well as the ratio of singles vs. doubles points. For more information, go to [www.usta.com](http://www.usta.com) **The USTA/Midwest Section will continue to use the USTA/Midwest Section Points per Round Ranking Program for singles and doubles.** For more information on the USTA/Midwest Section Standing and Ranking List, go to [www.midwest.usta.com](http://www.midwest.usta.com)

The following USTA/Midwest Section tournaments count for USTA National Rankings:

### 2007 Midwest Tournaments Used for USTA National Rankings

As of December 04, 2006

LEVEL 3		Date
BG18,16,14,12	Midwest Closed (Outdoor, June)	June 23-28
BG18,16,14,12	Midwest Open	July 22-26; July 30-Aug 3;
	Midwest tournaments on the USTA National Schedule	TBA
LEVEL 4		
BG18,16,14,12	Midwest Indoor Closed (Feb)	February 3-5
BG18,16,14,12	Midwest Indoor Open	Boys: October 27-29 & Girls: November 10-12
BG18,16,14,12	Midwest Fall Closed	Boys: November 10-12 & Girls: October 27-29
LEVEL 5	<b>Note: All Level 5 Events are Closed to USTA/Midwest Section Players Only</b>	
BG18,16,14,12	Midwest Designated-January	Jan. 6-8; Jan. 13-15; Jan 20-22
BG18,16,14,12	Wisconsin Indoor	Feb. 16-18
BG18,16,14,12	Western Michigan Indoor	Feb. 23-25
BG18,16,14,12	Midwest Designated-March	Mar. 3-5; Mar 10-12; Mar. 17-19; Mar. 24-26
BG12	Lincolnshire Spring Open	May 4-6
BG18,16,14,12	Court One Memorial	May 26-28
BG18,16,14,12	Midwest Davis/Wightman Cup	June 15-19
BG18,16,14,12	Ann Arbor Junior Open	Aug. 6-11
B18,16,14	Aurora Boys Challenge	Oct 13-15
G18,16,14	Contardi Girls Open	December 14-16

#### **USTA National Championships Procedures:**

**DEFINITION** The USTA National Championships are the highest level of USTA national junior competition. Four USTA National Championships are held each year: the USTA National Spring Championships, the USTA National Clay Court Championships, the USTA National Championships and the USTA National Winter Championships.

**Eligibility:** Players who meet the U.S. citizenship or residency requirements, age eligibility requirements, and membership requirements (current USTA membership) may enter. In addition, professional players may enter. The USTA National Championships are the only type of USTA junior national championship that professional players may enter.

**Entry Procedures:** Players must enter using TennisLink Registration System.

**Singles Selection Procedure:** Each Tournament Committee shall accept players into the draws of USTA National Championships in the following order:

- **Players on National Championship Selection List (NCSL):** The following junior players on the NCSL who have submitted timely entries shall be accepted into the draw:  
Players listed in positions 1 through 24 for a draw of 192

Players listed in positions 1 through 16 for a draw of 128

**Players Who Qualified from USTA National Opens:** USTA National Open Championships are held four times per year: February, May, July and November. At each of these times, four simultaneous 64-draw events will be conducted in each age division and gender. These simultaneous events are located in different regions of the country. The top three finishers and the doubles finalists qualify for the subsequent USTA National Championship, however they must submit timely entries to be accepted. For more information, please go to [www.usta.com](http://www.usta.com).

USTA National Open	Qualifies for the following USTA National Championship:
February National Opens	USTA National Spring Championships
May National Opens	USTA National Clay Court Championships
July National Opens	The USTA National Championships
November National Opens	USTA National Winter Championships

**Players Within Sectional Associations' Quotas** - Junior players not previously selected who are on the Sectional endorsement lists, within the established Sectional quota, and who have submitted timely entries shall be accepted in the order determined by the Sectional endorser.

**Wild Cards:** The Tournament Committee shall accept those junior players granted wild cards by the USTA Wild Card Committee and who have submitted timely entries. Wild card recipients do not need Sectional endorsement, however the Sectional office must complete a portion of a player's wild card application. Overall wild card limits are: Four (4) wild cards for the 14s, 16s and 18s USTA National Spring Championships and USTA Winter Championships and for all 12s USTA National Championships. Eight (8) wild cards for the 14s, 16s and 18s USTA National Clay Court Championships and The USTA National Championships.

Endorsed players on National Standings List: The Tournament Committee shall fill remaining spots in the draw with endorsed players who have submitted timely entries who remain on the most recently published singles National Standings List.

#### **ITF Junior Circuit:**

The ITF Junior Circuit is a series of 18 and under events. ITF Junior Circuit tournaments only accept entries through National Associations (USTA). Tournaments are graded according to the strength of entry, with the most ranking points being awarded for the eight major championships (Group A), which include the four Grand Slam events. Tournaments are divided into the following grades:

- Group A (Super Series, including four Grand Slams)
- Group B (Regional Championships)
- Group C (International Team Championships)
- Group 1-5 Level 1 (events are the strongest and level 5 are the weakest events in this group)

For more information about ITF Junior Circuit and ITF Junior Rankings, go to [www.itftennis.com](http://www.itftennis.com).

#### **JUNIOR DAVIS CUP AND JUNIOR WIGHTMAN CUP**

What are Junior Davis Cup and Junior Wightman Cup? These are round robin team competitions in which top juniors from each District compete against each other in the boys' & girls' 12, 14, 18 under age divisions. Each team is selected by its District. The competitions are usually held the third week in June.

#### **USTA PLAYER DEVELOPMENT COMPETITION TRAINING CENTERS**

What are Competition Training Centers? The Competition Training Centers ("CTC") are a USTA program that began in 1987 as part of a plan to nurture young talent. This intensive tournament training consists of 50 hours of on and off court instruction generally from October through April. In the USTA/Midwest Section, there are 16 different CTC sites, with at least 16 boys and girls per site. Participation is by invitation only and includes 14-and-under players chosen by tournament record, potential, and attitude. The cost for the 50 hours of CTC is approximately \$250.

There is a CTC Midwest Sectional Championships available for CTC players. For more information on Competition Training Centers, please contact Junior Ranking Coordinator Greg Boyd. He can be reached at 317-577-5130 ext. 236 or [Greg@midwest.usta.com](mailto:Greg@midwest.usta.com)

## USTA/MIDWEST SECTION PATHWAY PROGRAMS:

### USTA School Tennis

For more information contact: Shelly Kindig Bugg: [Shelly@midwest.usta.com](mailto:Shelly@midwest.usta.com)

#### Why Tennis in School?

- Tennis players score higher in vigor, optimism, and self-esteem, and lower in depression, anger, confusion, anxiety, and tension than other athletes and non-athletes. (Dr. Joan Finn and colleagues at Southern Connecticut University)
- Tennis outperforms golf, running, weight-lifting, and many other sports in developing positive personality characteristics like sociability, mental focus, competitiveness, adventurousness, spontaneity, creativity, and assertiveness. (Dr. Jim Galvin, author of The Exercise Habit)
- The average person burns more calories playing tennis than doing low impact aerobics, weightlifting, riding a stationary bike, hiking, walking a golf course, or playing softball, baseball, or volleyball. ([www.nutristrategy.com](http://www.nutristrategy.com))
- Over 20% of children ages 6-18 are overweight, and that number has increased 200% over the past 3 decades. A recent study by the National Association for Sports & Physical Education showed that physically fit children performed better academically. Tennis is one of the few sports that can be played for a lifetime and uniquely benefits children like no other sport. Through tennis kids gain both physical and psychological benefits.

#### How does the USTA School Tennis Program Works

As part of its mission to promote and develop the growth of tennis, the United States Tennis Association is dedicated to introducing tennis to children of all ages in schools across the country. Starting in 1985 under the leadership of Arthur Ashe, the USTA Schools Program has brought the joy of tennis to millions of students in schools across the United States. The USTA provides the training and resources necessary to implement the program and relies on dedicated teachers, administrators, program leaders and volunteers like yourself to put the program into action.

#### Physical Education Resources

The United States Tennis Association has developed a cutting edge in-school curriculum and teacher training program to help educators feel more comfortable offering tennis in school settings. Additionally, the USTA has partnered with tennis equipment suppliers and manufacturers to assist schools in obtaining equipment.

Qualifying schools are eligible to receive the following resources:

- Teacher In-Service Workshops. These workshops complement a teacher's large group management skills and demonstrate how to quickly transform a school gym or playground into a dynamic tennis-playing environment and allow students to experience instant success in a fun and safe manner.
- In-School Curriculum Materials. Newly developed teacher friendly lesson plans, station signs, and instructional DVD's are available to assist teachers with limited or no previous tennis experience and without requiring access to traditional tennis courts! These lessons can be taught in your school's cafeteria or gym---with minimal time, effort and expense.
- Equipment support and discounts are available to qualifying schools that are linked with an after school tennis program. Modified tennis equipment including easy-to-rally tennis balls and portable nets make the game fun and engaging from the moment a child first picks up a racquet.

#### School Requirements

- The USTA/Midwest Section requires the following for school districts to receive resources from the school tennis program:
  - Three-hour district wide in-service training
  - \$75.00 fee per school (includes USTA organizational membership fee)
  - After school tennis programs
  - Tennis to be written into curriculum and taught for 8 classes

#### Intramural and Interscholastic Program Resources (Middle School & Elementary School)

Providing an opportunity for students to play tennis for their schools with friends is a priority of the USTA School Tennis Program. Intramural and interscholastic programs can be sponsored by schools, parks, tennis facilities, youth organizations, community tennis associations, or independent organizers.

The following types of assistance are available to qualifying programs:

- Funding for development or expansion of intramural and/or interscholastic tennis leagues
- Support in forming student tennis clubs to foster playing opportunities year round
- Program formats, best practices and tips for coaches and organizers
- Assistance in acquiring needed equipment and supplies to start and develop programs
- [Recreational Coach Workshops](#) – Training for new coaches and program organizers interested in working with school teams

### **No-Cut Coaches Recognition and Resource Program (High School)**

The USTA wants to recognize and thank all high school tennis coaches who implement a no-cut policy for their teams. The USTA realizes this requires greater commitment and dedication on behalf of the coach and school. Such a policy ensures not only that all interested students are given a chance to develop as better tennis players but, more importantly, to become well rounded student athletes.

Support and resources offered for no-cut high school tennis programs:

- Official USTA No-Cut Coach Recognition Certificate and one-year subscription to Racquet Sports Industry magazine, banner, and hat
- Recognition letters and press release templates to the school principal and athletic director
- Limited funding and Un-limited No-Cut Advisory Team support for coaches to encourage development and expansion of No-Cut programs
- Special clinics and workshops at U.S. Open Series Events
- Listing and publicity as part of a national registry of No-Cut Coaches
- National and No-Cut Coach Award Winners recognized at the USTA Tennis Teachers Conference during the U.S. Open
- USTA/Midwest Section No-Cut Award Winner and High School Coach recognized each year
- [Recreational Coach Workshops](#) – Training for high school coaches specifically designed for working with limited court space and team practices

### **USTA/MIDWEST SECTION PATHWAY PROGRAMS:**

#### **National Junior Tennis League (NJTL)**

For more information contact: Shelly Kindig Bugg: [Shelly@midwest.usta.com](mailto:Shelly@midwest.usta.com)

Since its establishment by Arthur Ashe, Charlie Pasarell and Sheridan Snyder in 1969, **USTA Tennis NJTL** has had a significant impact on the lives of many of our nation's youth. USTA Tennis NJTL seeks to develop the character of young people through tennis, emphasizing the ideals and life of Arthur Ashe by:

- **Reaching out** to those who may not otherwise have the opportunity to learn and play tennis.
- Instilling in youngsters the **values** of humanitarianism, leadership and academic excellence.
- Giving youngsters the opportunity to fully **develop** their tennis skills so they can derive a lifetime of enjoyment from the sport.

USTA Tennis NJTL is a community-driven program that keeps youngsters off the streets and out of trouble by providing them with a safe haven, adult role models and an opportunity to develop positive social skills and learning disciplines. Many USTA Tennis NJTL participants have gone on to become doctors, lawyers, teachers, engineers, accountants, tennis teaching professionals, coaches, and business executives. A few have even become professional tennis players.

To learn more about USTA Tennis NJTL, contact Shelly Kindig Bugg at 517-336-1987 or [shelly@midwest.usta.com](mailto:shelly@midwest.usta.com).

### **USTA/MIDWEST SECTION PATHWAY PROGRAMS:**

#### **USTA Jr. Team Tennis-Ralleyball**

For more information contact: Chad Docktor: [Chad@midwest.usta.com](mailto:Chad@midwest.usta.com)

#### **DESCRIPTION:**

The Rallyball format in tennis is an organized team sport for grade school age students. The game is altered slightly by modifying the traditional serve and scoring to make it easy and fun right away. The format was created to give students the opportunity to participate in tennis the same way they are able to play soccer, basketball, and baseball. The format is designed to be beginner friendly for the students and easy to operate for the site directors and teachers. The format consists of teams of 6 players each in a 6 to 8 week season with weekly practices and matches, a T-shirt that serves as a uniform and a season-end celebration.

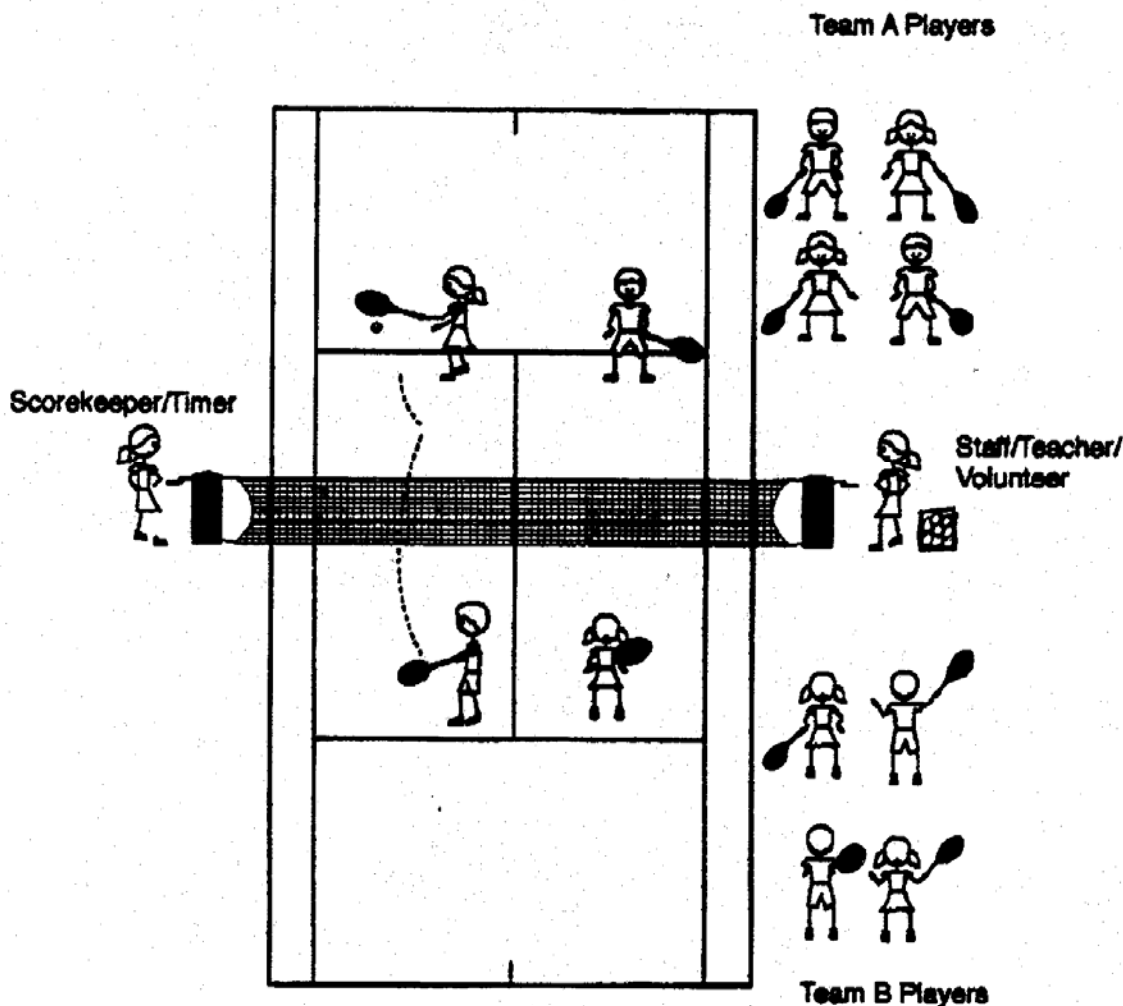
#### **BENEFITS:**

Your site will benefit greatly by your ability to offer safe, organized, healthful, large group activity resulting in increasing revenues, profits, growth, and exposure.

#### **PLAYER PROFILE:**

1. Boys and girls ages 6 years to 12 years
2. Beginner level of skill 1.0 to 2.5
3. Students Grades 1 to 6

## RALLEYBALL FORMAT DIAGRAM



- Play is doubles, with remaining team players on sidelines
- First toss (by Staff/Teacher/Volunteer) goes to winner of the spin. Second (serve) toss is given to each player, if first toss is missed.
- Toss alternates teams on every missed ball.
- Toss should be given in a figure eight pattern. Example, Team A deuce court, receives first toss. Team B, deuce court, receives next toss. Team A, ad court, receives next toss. Team B, ad court, receives next toss, and so on...
- Players stay on court as long as rally continues.
- One point is scored for each team, each time the ball lands in play. Points are recorded on a score sheet, as they occur, and tabulated throughout the match.
- Players rotate, in pairs, on every missed ball. Only the team that misses the ball rotates.
- When rotating off the court, players should go to the end of their team line, and the next two players take the court. Rotation is continuous throughout a timed set.
- Three timed (10-minute) sets are played for each match. Points are tallied for each set then totaled for the match result. Most cumulative points win the Match. In the event of a tie score, best two of three set scores win the match. Further tiebreak is a one-rally tiebreak played with total points in the rally to determine the final result.

## USTA/MIDWEST SECTION PATHWAY PROGRAMS:

### USTA Jr. Team Tennis

For more information contact: Chad Docktor: [Chad@midwest.usta.com](mailto:Chad@midwest.usta.com)

#### **Description:**

USTA Jr. Team Tennis is the largest junior recreational tennis league in the USA with over 350,000 participants nationwide. USTA Jr. Team Tennis is often compared to Little League Baseball, as the program offers children the opportunity to develop their individual and team tennis skills in a fun, yet competitive atmosphere.

#### **Program Benefits:**

1. Program grant and Coordinator Bonus Stipend opportunities
2. Equipment discount offers. Free t-shirts to Championship Track participants
3. Free marketing support to help with program launch
4. Nationally branded program and marketing means increases the visibility of your league
5. Free access to TennisLink registration and tracking system
6. Progression to district, section and national playoffs



#### **Minimum Requirements:**

- Name league USTA Jr. Team Tennis
- 2 teams in a division, three boys and three girls per team
- 6-8 week league season, 1 practice and 1 match per week
- All participants in the Championship Track must be USTA Members. \$18.00
- Player registration (\$2.00 TennisLink fee per player), match schedules, and results must be recorded in TennisLink for all leagues competing in the Championship Track.

#### **Formats:**

Local leagues may use any format that fits the characteristics of the league. Below are the recommended formats. The World TeamTennis format is used at playoffs.

**Ralleyball-** Used for beginner leagues in the ten and twelve and under divisions. It is a modified team tennis format that is similar to what T-ball is to Little League Baseball.

**World TeamTennis-** One boys' singles, one girls' singles, one boys' doubles, one girls' doubles and two mixed doubles sets. All games count towards overall team score.

#### **Levels of Play:**

USTA Jr. Team Tennis offers the following levels based on age and JNTRP rating:

Beginner 10, 12, 14, 18 and Under:	2.5 JNTRP and Below
Intermediate 10, 12, 14, 18 and Under:	3.0 JNTRP and Below
Advanced 10, 12, 14, 18 and Under:	3.5 JNTRP and Above

- Anyone with a USTA/Midwest Section Ranking or in the top 75% of their District end of the year ranking is required to play in the Advanced Division.
- All participants in any USTA Jr. Team Tennis Championship must have participated in two local league matches recorded in TennisLink in the same championship season.
- Sectional Championship participants must be age eligible through Aug. 12, 2007.
- National Championship participants must be age eligible through Aug. 31, 2007.

## **JNTRP Guidelines**

**Use the following guidelines to help place participants in proper skill levels. These guidelines may be used by a coach, parent or a player. Skill levels will be monitored at District and Sectional Championships.**

<b>1.0</b>	Player is just starting to play tennis and is learning the basic skills of serving, forehands, backhands and volleys.
<b>1.5</b>	Player needs to coordinate moving when hitting the ball. Player is still concentrating on getting the ball over the net from a stationary position. Player is learning to serve and keep score.
<b>2.0</b>	Player is now beginning to coordinate footwork when contacting the ball but is not consistent in hitting the ball over the net. Player can serve to some degree but double faults often. Player understands scoring as well as correct serving and return of serve positions. Player has limited success with volleys but has knowledge of court positioning in singles and doubles.
<b>2.5</b>	Player is able to judge where ball is going. Player can sustain a slow paced rally of several shots with someone of the same ability using both forehand and backhand sides and can volley with moderate success. Player can keep score unassisted, can call own lines, can serve overhead from baseline and has understanding of basic rules.
<b>3.0</b>	Player is getting better at moving to the ball and is improving court coverage, can sustain a rally with consistency on slow to moderate paced shots. Player serves with fair consistency with few double faults. On groundstrokes, player needs to improve control of height, depth, direction and speed. Player attempts to move opponent from side to side and hit to the opponent's weakness.
<b>3.5</b>	Player can sustain a rally and is beginning to develop directional control and depth of groundstrokes. Player is starting to recognize opportunities to attack short balls by coming to the net. Player is developing more spin and power on the serve and seldom-double faults. Player is becoming more aggressive and applying basic strategy in singles and teamwork in doubles.
<b>4.0</b>	Player has dependable strokes, including directional control and depth on higher-paced shots and has good court coverage. Player has added variety in shot selection by using lobs, overheads, volleys, and approach shots with some success. Player is developing a game plan, is serving with good consistency and is now forcing some errors with power and/or spin. Player demonstrates good teamwork in doubles.
<b>4.5</b>	Player has a very dependable game and executes most shots consistently on higher-paced shots. Player's court coverage and footwork are sound and has begun to master the use of power and spins. Player can vary depth of shots and game plan according to opponents. Player's first serve may produce some winners and second serves are hit with good spin and placement. Player can be aggressive in both singles and doubles and covers weaknesses well. Player is developing an offensive weapon.
<b>5.0</b>	Player has good shot anticipation and frequently has an outstanding shot or weapon around which a game may be structured. Player can regularly hit winners or force errors on short balls and is capable of all shots. Player's first serve is an offensive weapon and often rushes the net after the first or second serve. Volleys and overheads are typically winning shots. Player is match-wise and uses shots that have a high percentage of success in both singles and doubles.

**Program Incentives:** Coordinator Bonus Stipends are available. Please contact USTA/Midwest Section Junior Teams Coordinator Chad Docktor for more information. Chad can be reached at [Chad@midwest.usta.com](mailto:Chad@midwest.usta.com) or 317-577-5130 ext. 231.

### **Steps to a Successful Program:**

1. Locate and train a coordinator (Local League Coordinator)
  - Program manuals, videos, and free training is available for coaches and coordinators
2. Define characteristics of league
  - Sites, target audience (age and ability), dates/times, format, fees
3. Fill out USTA Jr. Team Tennis league application on TennisLink
4. Set up registration process/sign-ups
5. Design flier and promote to target audience
  - Schools, Park Districts, Boys & Girls Clubs, YMCA/YWCA
6. Complete Roster Registration, make schedule of play and enter results in TennisLink
7. Coordinate local playoff and send teams to District and Midwest Section Championships

**USTA/Midwest Section Championships:****USTA/Midwest Section Jr. Team Tennis All-Star Championships- May 5-6, 2007**

- All-star teams from leagues participating in Fall, Winter, or Spring Leagues.
- Each local league creates teams based upon their own criteria.

**USTA/Midwest Section Jr. Team Tennis Sectional Championships- Aug.10-12, 2007**

- Local league teams must qualify through District Playoffs.

**District League Coordinators (DLC):** Contact your DLC if you want more information or want to become an Area League Coordinator.

Dist.	Name	Address	City	St.	Zip	Phone	E-mail
CHI	Nancy Watland	18465 Morris Ave.	Homewood	IL	60430	708-799-1323	Naenaw@aol.com
MIL	Vicki Schmidgall	701 E. Queenwood Rd.	Morton	IL	61550	309-263-7550	mita@omnilec.com
NIL	Tim Clay	21 Olympus Dr. Apt. 2B	Naperville	IL	60540	815-212-2837	Tennisclay@yahoo.com
SIL	Diane Metzger	323 1/2 West Webster	Benton	IL	62812	618-439-0204	Metzger@rlc.cc.il.us
CIN	TBA						
NIN	Patty Schrock	23959 CR 106	Elkhart	IN	46514	219-264-0611	Schrocktennis@aol.com
NEM	TBA						
NMI	Margaret Ruemenapp	1403 Kalamazoo Ave.	Petoskey	MI	49770	231-347-6312	northerntennis@sbcglobal.net
SEM	Katrina Walker	15195 Farmington Rd. Suite A-1	Livonia	MI	48154	734-421-1025	katrina@semich-usta.com
WMI	Jody McBain	2001 S. 11th St.	Kalamazoo	MI	49009	616-387-0410	Jodymcbain@aol.com
NEO	Laura Graham	9125 Lakeview Dr.	Olmstead Falls	OH	44138	440-427-1068	Lgktennis@aol.com
NWO	Amy Beaverson	3839 Maxwell	Toledo	OH	43613	419-292-0075	abeaverson@hotmail.com
OV	Peggy Knasel	119 East Harding St.	Springfield	OH	45504	937-390-1021	ten008@aol.com
WIS	John Frausto	817 Reed St.	Plymouth	WI	53073	920-86000751	john@topspintennis.com

**TennisLink for USTA Junior Team Tennis (teamtennis.usta.com)  
Spend Less Time at Your Desk and More Time on the Courts**

**Features:**

- On Line Program application and approval
- Web based Program Management including: Team Creation; Moving Teams between Flights; Moving Players between Teams; Moving unassigned players to teams; Creating Schedules.
- On Line Roster Registration (accessible to players and captains)
- On Line Score Recording
- Instant Standings calculations
- Variety of Reports available to Coordinators, Captain and Players
- Player Count (to monitor registration)
- Standings
- Match Summary – with scheduled matches and match numbers
- Match Schedule – with info on Captains
- Team Captains Report
- Player Rosters
- Scorecards and Completed Match information
- Team Summary Page, stats related to a specific Team
- Player Record, stats related to a specific Player
- Registration statistics available to coordinators in a variety of reports
- Ability to setup Championships at Area, District, Section, Regional or National Level

**Benefits:**

- Replaces volumes of paperwork with web based application that is accessible to Players, Captain and Coordinators and frees up coordinators time allowing them to concentrate on managing their programs and “Growing the Game”
- Provides the opportunity and means to maintain a centralized database to track program and individual activity and participation in the Team Tennis Program
- Increases the visibility of the Team Tennis Programs
- Provides Players with a greater sense of participation in a National Program



You may feel you are not able to play college varsity tennis at the college of your choice or simply do not want to play college tennis, but want to focus on academics. Currently, there are over 300,000 high school varsity tennis players in the United States. There are only 20,000 varsity tennis players in colleges throughout the nation. Where do you go to play if you don't play varsity tennis? Check your college's Intramural/Recreational Sports Department, chances are they are running the USTA Tennis on College Campus Program! The United States Tennis Association (USTA), Intercollegiate Tennis Association (ITA), and the National Intramural-Recreational Sports Association (NIRSA) have developed a partnership to provide college students the opportunity to learn and/or continue playing the sport of tennis on the campus. Here is what is offered:

- Sport Clubs: where the level of play can be high and players actually travel to play other schools. (There is also funding available for *new* Tennis Sport Clubs!)
- USTA Tennis on Campus leagues and programs. (There is funding available for *new* programs!)
- Tournaments.
- Instructional programs (even for PE credit!).

With a USTA/Midwest Section Championship as well as a National Championship (played during Spring Break, of course!) in addition to a large number of colleges offering these programs, you can take a break from your studies to get out and hit, right? **USTA Tennis on Campus: "The Best Action on Campus!"**



**Looking to play college varsity tennis?** There are many questions parents and players have when looking to play college varsity tennis: Do I try for Division I, II, or III? What are the differences? What do I look for in a coach, a team, and most importantly, a college? Your first step is to go through the NCAA Clearinghouse and make sure you are eligible. Go to [www.ncaa.org](http://www.ncaa.org) and click on "student-athletes and parents". You will then see a lot of topics you may be interested in, and of course, the link to the "Initial Eligibility Clearinghouse" form. Click on "prospective student athletes" and click on the correct form on the left panel. If you have questions about the form call the NCAA at: 877-262-1492. You may also attend the College Night in Indianapolis (in late June during the Midwest Closed Championships) or a college night in your area for more information.

For more information, go to [www.midwest.usta.com](http://www.midwest.usta.com) and under Players, click Adult/Senior Tennis; Tennis on Campus. You may also contact USTA/Midwest Section Collegiate Coordinator Steve Wise at [Steve@midwest.usta.com](mailto:Steve@midwest.usta.com) or 262-334-3601.



## **Resource Section:**

**USTA/Midwest Section & USTA Grant Opportunities**

**Coaching Resources**

**Recreational Coach Workshop Information**

**Important Dates to Remember**

**USTA/Midwest Section Contact Information**



## GRANT AND SCHOLARSHIP MONEY AVAILABLE

Established in 1992, the Midwest Youth Tennis & Education Foundation Inc. (MYTEF) is dedicated to supporting youth tennis programs and activities throughout the USTA/Midwest Section. As the charitable and philanthropic entity of the USTA/Midwest Section, its mission is:

**“To support youth by providing opportunities that develop life skills through tennis”**

### **Tim & Tom Gullikson Scholarship**

The Tim & Tom Gullikson USTA/Midwest Section Scholarship was established by the Midwest Youth Tennis & Education Foundation in January 1998 to recognize Tim & Tom Gullikson, and to reward young players with funding to advance their education and tennis interests. Each year a \$2,500 Tim & Tom Gullikson USTA/Midwest Section Scholarship will be presented to one female and one male junior tennis player from the USTA/Midwest Section.

The Tim & Tom Gullikson USTA/Midwest Section Scholarship is designed to provide assistance to those who have demonstrated financial need and have shown ability, aptitude and promise both as students and as tennis players.

Each Tim & Tom Gullikson Scholarship USTA/Midwest Section Scholarship applicant must:

- Be a resident of the USTA/Midwest Section;
- Be a current USTA member;
- Be a high school senior;
- Plan to attend an accredited college or university; and
- Submit a completed application packet.

The deadline to apply for a Tim & Tom Gullikson USTA/Midwest Section Scholarship is March 1, 2007. To obtain a grant application, visit [www.midwest.usta.com/mytef](http://www.midwest.usta.com/mytef) and select the Midwest Youth Tennis & Education Foundation link or call 317-577-5127.

### **Individual and Program Grants**

The Midwest Youth Tennis & Education Foundation:

- Provides grants to community-based youth tennis programs.
- Assists schools in the USTA/Midwest Section in meeting equipment needs to provide students the opportunity to experience tennis as part of their physical education classes.
- Subsidizes activities of the USTA/Midwest Section Diversity Committee.
- Supports the USTA/Midwest Section junior teams that represent the Section in national competitions.
- Provides tennis camp scholarships or other financial assistance to young athletes in need.
- Assists young players who have demonstrated talent through national or sectional rankings and are in need of financial support to compete at higher levels. Achievement should be more definitive as the applicant gets older. Evidence of year-round personal, parental and organizational commitment to improvement and development is relevant to approval of grant requests.

The Midwest Youth Tennis & Education Foundation accepts applications for grants that fall within the scope of these objectives. Applications are evaluated by a Grants Committee. Programs or individuals funded by MYTEF must take place or reside within the USTA/Midwest Section that includes Illinois, Indiana, Michigan, Ohio, and Wisconsin, as well as several counties in Kentucky and West Virginia. Deadlines to apply for Midwest Youth Tennis & Education Foundation Program and Individual Grants are as follows: 2007 - January 1, April 1, July 1 and October 1. An applicant (individual or program) may only receive funding one time per year unless there are exceptional circumstances to consider. To obtain a grant application, visit [www.midwest.usta.com/mytef](http://www.midwest.usta.com/mytef) and select the Midwest Youth Tennis & Education Foundation link or call 317-577-5127.



The USTA Tennis & Education Foundation (USTA T&EF), is a not-for-profit organization that is dedicated to improving the quality of life among our nation's youth. The mission of the USTA T&EF states that it encourages children to pursue their goals and highest dreams by succeeding in school and becoming responsible citizens. Applicants must demonstrate financial need for college matriculation.

Each year the USTA Tennis & Education Foundation awards scholarships to deserving youngsters who have participated in USTA and other organized youth tennis programs. The following scholarships are offered:

**USTA Tennis & Education Foundation College Education Scholarship**

The USTA T&EF awards college education scholarships annually to high school seniors who have excelled academically and participated extensively in an organized tennis program, such as USTA School Tennis, USTA Tennis National Junior Tennis League (NJTL), USTA Jr. Team Tennis, or USTA Tennis High Performance (or other such qualified programs as determined by the Scholarship Committee). Each recipient is eligible to receive \$1,500 each year for no more than four years.

**Mass Mutual Scholarship Award**

Thirty-five \$5,000 college scholarships (two per USTA Section and one discretionary scholarship) will be awarded annually by MassMutual from 2005-2007 totaling \$525,000 to students who demonstrate academic excellence, participation in tennis programs approved by the USTA T&EF, strong community service, and demonstrate financial need.

**Marian Wood Baird Scholarship Award**

This scholarship is named in honor of Marian Wood Baird, available to high school seniors who have excelled academically, demonstrated achievements in leadership, and participated extensively in an organized community tennis program. Applicants must demonstrate sportsmanship on and off the court. A \$15,000 will be awarded over four years.

**Dwight F. Davis Memorial Scholarship**

A one-time \$10,000 scholarship named for Mr. Davis will be awarded to a chosen male or female entering a four-year college or university program to support the individual pursuit of excellence in academics and tennis.

**Dwight Mosley Scholarship Award**

The Dwight Mosley Scholarship is available to high school seniors of ethnically diverse heritage who have excelled academically and participated extensively in an organized community tennis program. A \$10,000 scholarship will be awarded over four years to one male and one female of diverse ethnic background.

**Eve Kraft Education & College Scholarship**

This \$2,500 scholarship offers one year of financial assistance to two high school seniors - one male and one female – who have excelled both academically and in the sport of tennis, who have demonstrated an extraordinary community service commitment, and who reside in an economically disadvantaged community.

**USTA Tennis & Education Foundation College Textbook Scholarship**

The USTA Tennis & Education Foundation has established a college textbook scholarship which provides a one-time scholarship of \$500 for one year, paid directly to the college or university bookstore in which the student is enrolled at the beginning of the academic year.

**USTA Tennis & Education Foundation Incentive Awards**

The Foundation provides Player Incentive Awards on an annual basis. This award is a one time, nonrenewable grant of \$500. These awards encourage the development of USTA youth tennis program participants with great potential and a commitment to academic excellence. All applicants must demonstrate financial need.

Applications and supporting materials must be mailed to the USTA/Midwest Section office and postmarked by February 9, 2007. To obtain a grant application, visit [www.midwest.usta.com/mytef](http://www.midwest.usta.com/mytef) and select the Midwest Youth Tennis & Education Foundation link or call 317-577-5127. Applicants may apply for all of the indicated scholarships, however, individuals will not be awarded more than one scholarship. Upon completion of the application review process, recipients will be notified of acceptance or rejection by mail and will be required to return an official Acceptance Letter, the form of which will be provided by the USTA T&EF. Subsequent years require that each USTA

T&EF scholarship recipient complete a verification form attesting that they are enrolled in good standing, as well as a copy of their college transcript.

## USTA/Midwest Section 2007 Tennis Program Grants

PROGRAM GRANTS	PURPOSE/ELIGIBILITY	GRANT AMOUNT	CONTACT	APPLICATION DEADLINES
Collegiate Pilot Program Grant	Awarded for starting up new or innovative collegiate tennis programs.	\$750	Steve Wise steve@midwest.usta.com 262/334-3601	On-going
College Tennis Club Grant	For colleges looking to start a new Tennis Sport Club on campus or help existing clubs.	\$750	Steve Wise steve@midwest.usta.com 262/334.3601	On-going
College in the Community Grant	Available to varsity tennis teams looking to reach out to their community and/or Community Tennis Association through programs or fundraising.	\$750	Steve Wise steve@midwest.usta.com 262/334.3601	On-going
Adult Beginner Tennis Grant	Available for starting up a new adult beginner tennis program which must be USA 123, and participants must be USTA members.	\$500	Donna Owens donna@midwest.usta.com 513/336.0997	On-going
Senior Tennis Program Grant	Available for starting up a new senior tennis program.	\$300	Donna Owens donna@midwest.usta.com 513/336.0997	On-going
Corporate Tennis Program Grant	Available for starting up any new corporate tennis league or program.	\$300	Donna Owens donna@midwest.usta.com 513/336.0997	On-going
Tennis in the Park Program Grant	Available for Parks and Recreation Departments to start new or expand existing USTA Jr. Team Tennis or USTA Adult League programs.	\$300-\$1000	Jeff Giles jeff@midwest.usta.com 317/577.5130 ext.232	March 1 July 1
CTA Program Grant	Available for Community Tennis Associations to start new or expand existing USTA Jr. Team Tennis or USTA Adult League programs.	\$500	Jeff Giles jeff@midwest.usta.com 317/577.5130 ext.232	March 1 July 1
Tennis Diversity Program Grant	Awarded to help organizations initiate/expand USTA Jr. Team Tennis or USTA Adult League programs that will increase participation within underserved communities.	\$1,000	Kirk Ito kirk@midwest.usta.com 317/577.5130 ext.225	March 1

**Be sure to check into additional grants from the USTA national office and your local USTA district office!**

## Coaching Resources:

### Books

#### **General Coaching and Sport Science**

*ITF Advanced Coaches Manual*

(Crespo and Miley—ITF, ISBN: 0-9514175-1-7)

*ITF Developing Young Tennis Players*

(Crespo, Granitto and Miley—ITF, ISBN: 1-903013-05-4)

*Competitive Tennis for Young Players*

(Grosser/Schonborn—ITF, ISBN: 1-841226-075-4)

*Coaching Tennis Successfully, 2nd Edition*

(USTA—Human Kinetics, ISBN: 0736048294)

*Applied Sport Science for High Performance Tennis*

(Crespo, Reid, Miley—ITF, ISBN: 1-903013-27-5)

*Total Tennis: The Ultimate Tennis Encyclopedia*

(Collins—SportClassic Books, ISBN: 0973144343)

*Coaching Youth Tennis*(ASEP—Human Kinetics, ISBN: 0873229665)

*Learn to Rally and Play*(USTA—USTA Publishing, 888-832-8291)

*Maximum Tennis: 10 Keys to Releasing Your*

*On-Court Potential*(Saviano—Human Kinetics, ISBN: 0736042008)

#### **Sport Psychology**

*In Pursuit of Excellence, 3rd Edition*

(Orlick—Human Kinetics, ISBN: 0736031863)

*Mental Toughness Training for Sports*

(Loehr—Stephen Green Press, ISBN: 0-8289-0574-6)

*Psyching for Sport: Mental Training for Athletes*

(Orlick—Human Kinetics, ISBN: 0880112735)

*Winning Ugly: Mental Warfare in Tennis*

(Gilbert and Jamison—Fireside, ISBN: 067188400X)

*Visual Tennis*

(Yandell—Human Kinetics, ISBN: 0880118032)

*Foundations of Sport and Exercise Psychology, 3rd Edition*(Weinberg and Gould—Human Kinetics ISBN:

0736044191)

*Enhancing Recovery: Preventing Underperformance in Athletes*(Kellerman—Human Kinetics, ISBN:

0736034005)

*Emotions in Sport*(Hanin—Human Kinetics, ISBN: 0880118792)

#### **Strength and Conditioning**

*Designing Resistance Training Programs*

(Fleck and Kraemer—Human Kinetics, ISBN: 0736042571)

*Power Tennis Training*

(Chu—Human Kinetics, ISBN: 087322616X)

*Core Performance*(Veretegen—Rodale Books, ISBN: 157954908X)

*Strength Training Anatomy*

(Delavier—Human Kinetics, ISBN: 0-7360-4185-0)

*Strength Training for Young Athletes, 2nd Edition*

(Kraemer—Human Kinetics, ISBN: 0736051031)

*Speed Training for Tennis*

(Grosser/Kraft/Schonborn—ITF, ISBN: 1-84126-030-4)

*The Scientific and Clinical Application of Elastic Resistance* (Ellenbecker—Human Kinetics, ISBN:

0736036881)

#### **Physiology/ Growth and Development/ Nutrition**

*Physiology of Sport and Exercise, 3rd Edition*

(Willmore and Costill, Human Kinetics, ISBN: 0736044892)

*Exertional Heat Illnesses*

(Armstrong—Human Kinetics, ISBN: 0736037713)

*Physiological Tests for Elite Athletes*

(Australian Sports Commission—Human Kinetics, ISBN: 0736003266)

*Growth, Maturation and Physical Activity*

(Malina—Human Kinetics, ISBN: 0880118822)

#### **Biomechanics/ Sports Medicine/ Motor Control**

*Advanced Techniques for Competitive Tennis*

(Schonborn—Meyer & Meyer Sport, ISBN: 3-89124-534-3)

*Biodynamic Tennis System*

(Segal—Tennis Club Argentino, ISBN: 987-43-5191-8)  
*Clinics in Sports Medicine*  
(Harcourt Brace & Co, ISBN: 0278-5919)  
*Motor Learning and Performance, 3rd Edition*  
(Schmidt and Wrisberg—Human Kinetics, ISBN: 073604566X)  
*American Red Cross for First Aid and CPR Training*  
([www.redcross.org/services/hssl/](http://www.redcross.org/services/hssl/))

#### **Nutrition**

*Nutrition for Serious Athletes*  
(Bernadot—Human Kinetics, ISBN: 0880118334)  
*The Complete Guide to Food for Sport Performance: A Guide to Peak Performance for Your Sport*  
(Burke—Independent Publishing Group, ISBN: 1863739165)  
*Clinical Sports Nutrition, 2nd Edition*  
(Burke and Deakin—McGraw-Hill, ISBN: 0-074-70828-7)

#### **Technology in Tennis**

*The Physics and Technology of Tennis*  
(Brody, Cross and Lindsey—USRSA, ISBN: 0972275908)  
*Tennis Science for Tennis Players*  
(Brody—University of Pennsylvania Press, ISBN: 081221238X)

### **Newsletters and Journals**

#### **USTA Tennis High Performance Coaching E-newsletter**

Every month USTA Tennis High Performance publishes an e-newsletter that presents short, easily-digestible articles ranging from research summaries to new coaching resources to announcements of opportunities that arise in USTA Tennis. Past editions, which are available on the website, have featured articles on such topics as overcoming jet lag, nutritional supplements information, fluid replacement guidelines for tennis players and exercise descriptions for optimizing performance and preventing injury. To be added to the mailing list for the *USTA Tennis High Performance Coaching e-newsletter*, e-mail [sportscience@usta.com](mailto:sportscience@usta.com) or sign-up in the e-newsletter section of the High Performance website.

#### **Olympic Coach Magazine**

The US Olympic Committee produces a quarterly publication for elite level coaches entitled *Olympic Coach*. This magazine applies science to sport in a form that coaches can use. While the information contained in *Olympic Coach* is typically not tailored specifically to tennis, many of the articles cross over sport “boundaries” to provide information that is relevant to all sports. Each edition of *Olympic Coach* highlights several feature articles that usually relate to a theme, like periodization or athlete recovery. The publication also provides regular columns such as “60-Second Summaries,” which highlights findings from recent research, and “Mind Games,” which looks at ways to develop the mental side of the game. *Olympic Coach* is available as a downloadable file. To receive an electronic subscription to *Olympic Coach*, please visit [www.usolympicteam.com/12688.htm](http://www.usolympicteam.com/12688.htm) and sign up for your FREE subscription.

#### **Other Newsletters and Online Journals**

There are many other online journals and newsletters you can subscribe to in order to receive great information related to coaching and the sport sciences. While it would be impossible to list them all, here are several others you can consider: **Medicine and Science in Tennis ([www.stms.nl/](http://www.stms.nl/))** This online journal is published by the Society for Tennis Medicine and Science and contains various scientific and medical articles that relate to tennis.

#### **NSCA Performance Training Journal**

([www.nscalift.org/Perform/](http://www.nscalift.org/Perform/)) This online journal contains applied strength and conditioning information that can help tennis coaches develop off court training programs.

#### **ITF Monthly E-newsletter**

This monthly newsletter contains a number of pieces of information about the world of international tennis. You can subscribe by signing up on the ITF Coaching page, [www.itftennis.com/coaching](http://www.itftennis.com/coaching) **Sports Coach**, this is an Australian coaching publication that provides both general and sport-specific information to coaches on topics ranging from nutrition to sport psychology or working with disabled athletes. *Sports Coach* can be ordered from [www.ausport.gov.au/coach/spcoach.asp](http://www.ausport.gov.au/coach/spcoach.asp).

## **Sport Science and Coaching Education Books Publishers**

While we would like to provide you with a comprehensive list, there are just too many books on tennis, training and sport performance to list here. So we will do the next best thing—provide you with the names of some of the biggest publishers of books on tennis and athletics. The largest publisher of books on sport and fitness is Human Kinetics ([www.humankinetics.com](http://www.humankinetics.com)). The International Tennis Federation ([www.itftennis.com](http://www.itftennis.com)) also offers a large number of books on tennis. Log onto these sites and you will find many books in addition to the ones profiled here.

### **Biomechanics of Advanced Tennis**

Edited by Dr. Bruce Elliott, and published by the ITF, *Biomechanics of Advanced Tennis* is perhaps the best biomechanics resource available to coaches. This book covers topics that range from the fundamentals of biomechanics to understanding momentum in tennis to understanding how equipment affects performance. What makes this book unique is that it bridges the gap between science and application. Each chapter not only presents scientific explanations and theories of biomechanics, but also discusses the application when it comes time for a coach to integrate this information into his or her program. This book can be purchased through the ITF (ISBN# 1-903013-23-2).

### **Strength and Conditioning for Tennis**

Strength and conditioning is an area of tennis that is receiving more and more attention, especially as the game becomes faster and more powerful. Published by the ITF, *Strength and Conditioning for Tennis* is one of the most comprehensive resources currently available on the topic of training players to be able to meet the demands of today's tennis game. The book begins with arguably the two most important chapters on "Screening and Testing" and "Athlete Development." The remainder of the book focuses on the different components of a player's game, such as coordination, power and agility, and addresses how they can be developed. Finally, the book concludes with several chapters that deal with considerations to take into account when dealing with female, elderly or professional players. This book presents views from a wide range of experts and can serve as a comprehensive resource to assist any coach in developing a strength and conditioning program for the players they work with. This book can be purchased through the ITF (ISBN# 1-903013-19-4).

## **Resources for the USTA Sport Science Exams**

The USTA recommends certain texts to use when preparing for the Level I and Level II Sport Science exams. These are provided below.

### **Level I: Foundations of Coaching**

- *Successful Coaching, Third Edition*  
ISBN # 0-7360-4012-9

### **Level IIA: Motor Learning & Sport Psychology**

- *Coaches Guide to Teaching Sport Skills*  
ISBN # 0-87322-020-X
- *Coaches Guide to Sport Psychology*  
ISBN # 0-87322-022-6

### **Level IIB: Sport Physiology & Nutrition**

- *Complete Conditioning for Tennis*  
ISBN # 0-88011-734-6
- *Nancy Clark's Sports Nutrition Guidebook*  
ISBN # 0-87322-730-1
- *IOC Handbook of Sports Medicine and Science: Tennis*  
ISBN # 0-632-05034-9

### **Level IIC: Sports Medicine & Biomechanics**

- *Sport First Aid, 3rd Edition*  
ISBN # 0-7360-3786-1
- *World Class Tennis Technique*  
ISBN # 0-7360-3747-0

All of these books can be purchased through Human Kinetics with the exception of the *IOC Handbook of Sports Medicine and Science: Tennis*, which can be purchased from Blackwell Publishing at 1-781-388-8250.

## **Sport Science and Coaching Education DVDs and Videos**

### **Dynamic Tennis Warm-Ups DVD**

*Dynamic Tennis Warm-Ups* is a new DVD produced by the USTA that focuses on dynamic warm-up and flexibility training. More and more research is showing that dynamic warm-up is important to sport performance and it is quickly replacing static stretching as the preferred method of warming-up. *Dynamic Tennis Warm-Ups* presents three 10-minute dynamic warm-up routines that have been designed specifically for tennis. Each of

these routines can be used “right out of the box” or it shows you how you can use these exercises to develop your own routines that target the individual needs of your players. Warming up properly with a dynamic movement routine, like those presented in this DVD, will help your players prepare to play their best whenever they step on the court. *Dynamic Tennis Warm-Ups* DVD from Human Kinetics can be purchased at [www.humankinetics.com](http://www.humankinetics.com).

### **Other DVDs and Videos**

*USTA’s High Performance Tennis: The Serve* (USTA—Human Kinetics, ISBN: 0736032967)

*Games Approach to Coaching Tennis* (USTA—Human Kinetics, ISBN: 0736044027)

*USTA’s Teaching Group Tennis* (USTA—Human Kinetics, ISBN: 073600050X)

*USTA’s Backboard Tennis*

(USTA—Human Kinetics, ISBN: 0736000410)

**Important Websites:** [www.midwest.usta.com](http://www.midwest.usta.com); [www.usta.com](http://www.usta.com); [www.tenniswelcomecenter.com](http://www.tenniswelcomecenter.com); [www.uspta.org](http://www.uspta.org); [www.ptrtennis.org](http://www.ptrtennis.org); [www.atptennis.com](http://www.atptennis.com); [www.wtatour.com](http://www.wtatour.com); [www.usopen.org](http://www.usopen.org); [www.itftennis.com](http://www.itftennis.com); [oncourtoffcourt.com](http://oncourtoffcourt.com); [www.itatennis.com](http://www.itatennis.com); [www.thetennischannel.com](http://www.thetennischannel.com); PE4Life: [www.4life.org](http://www.4life.org); Human Kinetics: [www.humankinetics.com](http://www.humankinetics.com) **High School Associations:** Illinois: [www.ihsa.org](http://www.ihsa.org); Indiana: [www.ihsaa.org](http://www.ihsaa.org); Michigan: [www.mhsaa.com](http://www.mhsaa.com); Ohio: [www.ohsaa.org](http://www.ohsaa.org); Wisconsin: [www.wiaawi.org](http://www.wiaawi.org);

### **Helpful Hints for Mom & Dad**

- Treat your child the same whether he or she wins or loses.
- Look relaxed, calm, positive and energized on the sidelines. Your attitude will help your child play better.
- Make friends with other parents at the event. Socializing can make the event more fun.
- Get involved after the match if your child’s behavior is unacceptable during match play. Your child doesn’t want to be labeled as a bad sport.
- Let the coach do the coaching. Too much input can confuse the child. Be the parent.
- Understand that the child needs a break from tennis occasionally. It doesn’t mean the child is quitting or burning out.
- Be there when the child loses or gets discouraged. Be an understanding listener, not a fixer.
- At the same time, give the child some space when he or she loses. Your youngster will want to be alone for a while, and then will be okay. Chances are, your child will not want to talk about the match in the car on the way home.
- Keep your sense of humor. When you laugh and have fun, your child’s stress level takes a big drop.
- Encourage your child to pursue realistic dreams, and make sure you are not living out your dreams through your child’s tennis.
- Treat your child as an individual instead of comparing his or her progress with that of other children.
- Use positive motivation instead of sarcasm and threats.



## RECREATIONAL COACH WORKSHOPS

For more information contact: Shelly Kindig Bugg: [Shelly@midwest.usta.com](mailto:Shelly@midwest.usta.com)

### **Training for coaches and instructors**

A Recreational Coach Workshop is an interactive, on-court training program designed for tennis teachers and coaches working with players at the recreational level.

Taught by a specially trained, certified teaching professional, this active 6-hour session covers:

- Teaching large groups
- The games-based approach to coaching
- Running effective team practices
- Games and drills every coach should know

### **Who attends a Recreational Coach Workshop?**

These workshops are an excellent primer for new coaches as well as a valuable refresher course for those with teaching experience but who seek more current methods and effective tools. Past attendees include:

- Parents seeking the basics in coaching and organizing team tennis
- Park and Recreation instructors, high school, and seasonal coaches
- Coaches teaching kids and adults who are new to the game
- Current players seeking part-time teaching jobs

Upon completion of the six-hour workshop, attendees will:

- Be eligible for the United States Professional Tennis Association (USPTA) Developmental Coach certification
- Be able to effectively run entry level groups and teams
- Receive access to the latest in transition ball technology and additional coaching resources

### **Top trainers. Top results.**

Our faculty are all certified by the Professional Tennis Registry (PTR) and/or USPTA and have received special training from the USTA.

The USTA assigns trainers based on reasonable time and travel requirements. Once a trainer is assigned to a workshop, he or she will work with the host site director to ensure all appropriate arrangements are made for a successful workshop. Workshops must have a minimum of 20 participants.

### **Why host a workshop?**

Providing high quality instructors and coaches will make your program more attractive to local consumers. Plus, as a Host site you will receive even more benefits from the USTA:

- Financial reimbursement based upon completed evaluations
- Certified trainer at no cost to the workshop host
- Customizable marketing materials to promote the workshop
- Youth and adult curriculum materials
- USTA Teaching Group Tennis and Games Approach to Coaching videos

### **It's easy to get started today.**

If your Park & Recreation Agency, Club, NJTL, Community Tennis Association, or other organization is interested in hosting one of these workshops, please contact Shelly Kindig Bugg at 517-336-1987 or [shelly@midwest.usta.com](mailto:shelly@midwest.usta.com).



**2007 IMPORTANT DATES TO REMEMBER IN THE USTA/MIDWEST SECTION**

- **February 15-** The USTA/Midwest Section will endorse to the USTA National Spring Championships.
- **April 21-22-** Competition Training Center Sectional Championships, Indianapolis, IN
- **May 5-6-** USTA/Midwest Section Junior Team Tennis All-Star Championships, Ft. Wayne, IN
- **May 15-** The USTA/Midwest Section will endorse to the Boys & Girls' 14 Zone Team Championships.
- **June 1-** The USTA/Midwest Section will endorse to the USTA National Clay Court Championships.
- **June 15-** The USTA/Midwest Section will endorse to the Boys' & Girls' 12 and 16 Zone Team Championships and the National Championships.
- **August 10-12-** Junior Team Tennis Sectional Championships, Indianapolis, IN
- **November 15-** The USTA/Midwest Section will endorse to the USTA National Winter Championships.

**Request a Copy of the 2007 USTA/Midwest Section Junior Tournament Schedule:**

Although the junior tournament schedule is accessible on our website, ([www.midwest.usta.com](http://www.midwest.usta.com)) the USTA/Midwest Section will be happy to mail you a paper copy of the schedule upon request. Please call 317-577-5130 or send an email to [marypat@midwest.usta.com](mailto:marypat@midwest.usta.com).

**Reserve Your 2007 USTA/Midwest Section Yearbook:**

USTA members residing in the USTA/Midwest Section are provided a free copy of the USTA/Midwest Section Yearbook. Members MUST reserve a copy which will then be mailed free of charge. If you are a member and would like to receive a free copy of the yearbook, please call 317-577-5130 or send an email to [marypat@midwest.usta.com](mailto:marypat@midwest.usta.com). Deadline to do so is February 15, 2007.



## MIDWEST

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**Junior Recreation Coordinator:** Shelly Kindig Bugg: Shelly@midwest.usta.com  
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