

2010 USTA JR. TEAM TENNIS LEAGUE
(Using the QuickStart format)
Sponsored by Durham Orange Community Tennis Association(DOCTA)

Program Coordinator

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Jr. Team Tennis is a 6 to 8 week program of team practice and match play for youth age 6 to 18, where emphasis is placed on the fun, fitness and social benefits of tennis. Teams are comprised of players of similar age and ability and compete against other teams.

USTA Jr. Team Tennis now includes the QuickStart Format for boys and girls ages 10 & under. The goal for participants is to enter on a team, learn on a team and play on a team. As with many other sports for these age groups, scaled down tennis is designed for their physical size and capabilities. The changes in court size, net height, racquet length, ball and scoring will help kids develop better technical and tactical skills. And when each of these elements are used collaboratively, kids will achieve success more quickly. Go to www.quickstarttennis.com to visit the USTA QuickStart site, and be sure to check out the great videos.

Practice will be held at least once a week along with a weekly match on Sundays until May 23rd. All teams will be invited to participate to participate in the NC USTA Jr. Team Tennis State Championship Tournament July 16-18th in Cary, NC.

Additional Local Rules and Information

Parent Support and Involvement

Parent support and involvement is a key component to a successful USTA Jr. Team Tennis Program at all levels of play. Parents are needed to assist as "Team Managers," and in some situations parents may serve as Coaches. The role of the parent volunteer will be more clearly defined by each participating site. Parent involvement on court for the 6- 8 year olds and 9-10 division is quite different than every other level of play in the USTA Jr. Team Tennis program. In all cases, for these divisions, parents are needed to assist on court during match play.

For both the 6-8 yr. Olds and the 9-10 yr.olds, one parent (preferably not the parent for those players) should be assigned to stand at the net to assist on each court.

- Parents are needed to assist with scoring, however, players should be prompted to use the visual scoring devices to call the score before each point, and each new game.
- Parents may assist by reminding players who have lost track of service order or change from deuce to add side, or change ends of court. (Review format)
- Parents may assist with line calls when players appear to need help.

Parents should applaud good shots made by both players.

QuickStart Tennis Specifications

Court Dimensions:

- For the 6 to 8 year-olds, the court dimensions are 36' long and 18' wide. Children play across the width of a normal tennis court, with a portable net or tape dividing the court in half. The length of the court stretches between the doubles sidelines. The width spans from the baseline to the service line. Temporary lines (throw-down lines, tape or chalk) can be used to mark the boundaries. Since the dimensions are smaller, as many as four courts can be set up across one full-size tennis court. The net height is 2' 9".
- Since 9 and 10 year-olds are typically taller and stronger, their court needs to be bigger. The court dimensions are 60' long and 21' wide. By using temporary lines (throw-down lines, tape or chalk) as baselines, the length of the court can be shortened by 9' at both ends to make it a 60' length. The singles sidelines are used to determine the width of the court. Again, temporary lines can be placed 3' inside the singles sidelines creating a 21' singles court and 27' doubles court. The standard tennis net height can be used. Just, as kids need a court that suits their size, they also need the right size equipment. That's why both the racquet and ball are different from the equipment adults use.

Balls:

- For 8 & Under, a very low-compression ball (Red Ball) moves slower, bounces lower and travels less distance.
- For 10 & Under, a low-compression ball (Orange Ball) moves a little faster and travels farther than the ball used with the younger group, but it still has a lower bounce than a regulation ball.

Racquets:

- For 8 & Under, the racquet should be 19", 21" or 23"
- For 10 & Under, the racquet should be 23" or 25"

Scoring:

- For 8 & Under, best of 3, first to 7 points (by 1) games
- For 10 & Under, best of 3, 4 game short sets to (first to 4 games wins the set and first to 4 points wins the game) with a 7 point game in lieu of a third set.

Prescribed Format:

Practice and match play should each last about an hour, although the 6-8 yr.old practice will last 45 minutes. For most younger players, over an hour is too long, however, parents seem to like an hour, especially given their time to travel to the venue.

For 8 & Under, there will be 4 singles matches, followed by 2 doubles matches will take about an hour. Rotations may be based on a formal line-up (for example in 8 & under --1 vs 1 then 1 vs 2 then 1 & 2 vs 1 & 2), or based on first players to complete earlier rounds, or based on matching skill levels after each round is completed. **For 10 & Under, 2 singles matches and 1 doubles match will take about an hour.** Exhibition matches may be arranged to accommodate other teammates available to play and if time permits, a interactive game or drill could be add used to add fun to the match day especially in the beginning, when many players are still learning to play.

If players are having difficult getting the ball over the net in match play, coaches of both teams playing, may agree together to modify the play format somewhat. I.e. if players are having a tough time serving the ball in, a coach may throw the ball in to start the rally. Also in the younger division, if players cannot rally at all, especially in the beginning, coaches may agree to let players throw the ball over the net and play without using rackets.

For 8 & Under, underhand bounce serve may be allowed to provide more success in getting the ball in play. Clothespins or other devices should be used to give the players a visual reference for keeping score.

Match scores will be recorded, however, emphasis should be on etiquette and sportsmanship, not winning. All teams will be invited to play in the State Tournament in July. Parent support and involvement is key to the successful development of the Jr. Team Tennis program. Parents may organize a snack schedule for weekly matches, as well as an end of season team party.

Additional Information to come prior to first match.