



# Competitive Tennis

*Brett Schwartz, Chris Dazet*

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Golfers and bowlers have always looked at their handicaps to see where they ranked with competitors and to track their own improvement. But for you and the millions of other tennis players, there has never been a universal, systematic method for gauging yourself against others or for tracking improvement. There is now the National Tennis Rating Program (NTRP).

The NTRP guidelines in *Competitive Tennis* will help you gauge your present playing level, determine the specific skills you need to improve, and coach you to climb up the rungs of the rating program's ladder.

Geared toward improving skills and technique in both singles and doubles play, *Competitive Tennis* contains 56 drills designed to help players progress to the next NTRP level. The NTRP ladder goes from the beginning 2.5 level to the intermediate 3.0 and 3.5 levels to the advanced 4.0 and 4.5 levels to the superior level of 5.0, just a few notches below the players on the pro circuit.

There are two ways to put the NTRP system to use:

1. You can unofficially rank yourself and track your own progress by using the rating criteria described in *Competitive Tennis*; or
2. You can visit a USTA-certified verifier at a designated site who will watch you play and give you an official rank. This enables you to play in an official USTA league or tournament and be matched up only against players of your own skill level. All of this information, including how to contact the USTA, is included in *Competitive Tennis*.

Each chapter in *Competitive Tennis* is devoted to one specific playing level, so as your game improves, you move on to the next chapter. The structure of each chapter is as follows:

1. NTRP Guidelines - helps readers identify their playing level and the playing characteristics associated with it.
2. Objectives - identifies the skills readers need to develop in order to improve their game.
3. Keys to Success - outlines the shots and skills readers need to be successful at that level.
4. Practice Drills - provides practice drills for both singles and doubles play that develop the skills, shots, and strategies covered in the Objectives and Keys to Success.
5. Quick Tips - lists problems common at each level and the solutions readers should consider.

Additionally, *Competitive Tennis* contains 110 photos illustrating technique and more than 80 diagrams of drills and strategies, making it easy to add new skills to your game. This truly is the book that players need to take their game to the next level.

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