

Winding Cypress Tennis

Tennis Lessons and Clinics

Are you interested in learning how to play tennis or want to brush up on your skills?

Winding Cypress has a Tennis Pro, John Irish, who will do lessons for individuals or small groups. Once late September rolls around, John will be offering weekly clinics for players of all abilities. For information, contact me, Maribeth Jones, Activity Director. activityesswc@swpropmgt.com 239-732-7171 or contact John directly at 630-312-9846

League Play

Are you interested in taking your game from social tennis to a competitive team situation? Then Tennis League play may be for you. Winding Cypress is fielding a team -- or teams -- to participate in the USTA (United States Tennis Association) and CTA (Collier Tennis Association) league this coming season.

Teams could include an intermediate Men's team and intermediate women's team. There will also be an advanced team possibly for men and women. And in the winter season there will be an advanced mixed team and if enough interest, an intermediate mixed. Most league matches are played on week days with CTA usually being Mondays and USTA being on various days Tuesday thru Friday. If you are interested, you should be physical present in WC and able to participate most days or as a sub.

How do I know my skill level?

DEFINITION – For purposes of Winding Cypress and based on the tennis playing residents, Intermediate is a USTA NTRP (National Tennis Rating Program) ability level 2.0 thru 3.0 Advanced is a 3.5 through a 4.0. If you are unsure of your skill level, ask our Pro, John Irish for an evaluation.

Another way to explain these levels is by the description USTA uses:

An NTRP Rating is a numerical indicator of tennis-playing ability, from **1.5 (beginner) through 7.0 (touring pro)**, which aligns with a set of general characteristics that break down the skills and abilities of each level, in 0.5 increments. Please see NTRP Rating Table below.

RSVP



Interested in being on a team? Please respond by August 31 to me, Maribeth Jones, Activity Director. activityesswc@swpropmgt.com 239-732-7171

General Characteristics of NTRP Playing Levels (National Tennis Rating Program)

Level 1.5

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

Level 2.0

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

Level 2.5

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

Level 3.0

You are fairly consistent when hitting medium-paced shots, but are not comfortable with all strokes and lack execution when trying for directional control, depth, or power. Your most common doubles formation is one-up, one-back.

Level 3.5

You have achieved improved stroke dependability with directional control on moderate shots, but need to develop depth and variety. You exhibit more aggressive net play, have improved court coverage and are developing teamwork in doubles.

Level 4.0

You have dependable strokes, including directional control and depth on both forehand and backhand sides on moderate-paced shots. You can use lobs, overheads, approach shots and volleys with some success and occasionally force errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident.

Level 4.5

You have developed your use of power and spin and can handle pace. You have sound footwork, can control depth of shots, and attempt to vary game plan according to your opponents. You can hit first serves with power and accuracy and place the second serve. You tend to overhit on difficult shots. Aggressive net play is common in doubles.

Level 5.0

You have good shot anticipation and frequently have an outstanding shot or attribute around which a game may be structured. You can regularly hit winners or force errors off of short balls and can put away volleys. You can successfully execute lobs, drop shots, half volleys, overhead smashes, and have good depth and spin on most second serves.

Level 5.5

You have mastered power and/or consistency as a major weapon. You can vary strategies and styles of play in a competitive situation and hit dependable shots in a stress situation.

Level 6.0 - 7.0

You have had intensive training for national tournament competition at the junior and collegiate levels and have obtained a sectional and/or national ranking.

Level 7.0

You are a world-class player.