



USA TEAM TENNIS ADULT FALL LEAGUE

FALL LEAGUE TENNIS: Adult team tennis in the City of Los Angeles is growing in popularity as more and more players discover the fun of being part of a team, making new friends and enjoying competition at their own playing level. Men's and women's league classification are self rated, based on the National Tennis Rating Program, with teams playing in four divisions: 3.0, 3.5, 4.0 and 4.5. In general, teams compete in one of three L.A. City Regions, with winners in each region coming together for the city championships. Leagues are open to men and women 19 years of age and above. A Fall tennis league match will consist of two doubles matches and one singles match. A team must consist of a minimum of six male or female players. The calendar season will run from the second week of September through the second week of December with matches played on Saturday or Sunday mornings (one match per weekend).

MEN'S AND WOMEN'S LEAGUES IN FOUR DIVISIONS:

3.0 & below, 3.5 & below, 4.0 & below and 4.5 below, Self Rated, using the National Tennis Rating Program (NTRP).

- 3.0 This player can place shots with moderate success; can sustain a rally of slow pace but is not comfortable with all strokes; lacks control when trying for power.
- 3.5 This player has achieved stroke dependability and direction on shots within reach, including forehand and backhand volleys, but still lacks depth and variety; seldom double faults and occasionally forces errors on the serve.
- 4.0 This player has dependable strokes on both forehand and backhand sides; has the ability to use a variety of shots including lobs, overheads, approach shots and volleys; can place the first serve and force some errors; is seldom out of position in a doubles game.
- 4.5 This player has begun to master the use of power and spins; has sound footwork; can control depth of shots and is able to move opponent up and back; can hit first serves with power and accuracy and place the second serve; is able to rush net with some success on serve in singles as well as doubles.

TEAM CAPTAINS NEEDED: Team captains are needed to coordinate teams, handle administrative affairs and to represent the team in L.A. City Recreation and Parks Fall League program matters.

MUNICIPAL SPORTS DIVISION: The Los Angeles Recreation and Parks Department, Municipal Sports Division will govern, all aspects of the Adult Fall League Tennis Program including, scheduling and courts.

COST: The cost to play is \$235 per team which includes all court fees, awards, awards celebration, and administrative matters.

LOCATIONS: (SUBJECT TO CHANGE)

- **VALLEY REGION:** Balboa Rec. Center and Van Nuys/Sherman Oaks Rec. Center
- **GRIFFITH-METRO REGION:** Griffith Park R.C.
- **WEST REGION:** Cheviot Hills Rec. Center

CAPTAIN'S MEETING 7 P.M., THURSDAY, AUGUST 14, 2008.

CALL 213 485-7611 FOR MORE INFO!

USA TEAM TENNIS ADULT LEAGUE REGISTRATION ENDS 2 PM, FRIDAY, AUGUST 29, 2008.



TEAM REGISTRATION FORM

(please circle Division Desired):

MEN'S

WOMEN'S

(please circle- NTRP Level - Self Rated):

3.0 & below

3.5 & below

4.0 & below

4.5 & below

Captain's Name _____ Team Name _____

Captain's Address _____

City/Zip _____ Email _____

Captain's Phone: Work (_____) _____ Home (_____) _____



Return team registration form and a check or money order in the amount of \$235.00 made payable to:
"City of Los Angeles"

Department of Recreation and Parks
Municipal Sports - Tennis - Stop 658
3900 West Chevy Chase Drive
Los Angeles, CA 90039



The Municipal Sports Office will mail a confirmation to each team captain after receiving a completed team registration form and fee. There will be a **captain's meeting** in the Administration Building's downstairs conference room #1, at 7 p.m., on **Thursday, August 14, 2008**, Located at 3900 W. Chevy Chase Drive, Los Angeles, 90039. League rules will be handed out at this meeting.

I AM INTERESTED IN BEING PLACED ON THE INDIVIDUAL PLAYER LIST!

We will attempt to place all individual tennis players on teams, although there is no guarantee.

Individual registration requires a \$23.50 (check or money order) deposit made payable to: **"City of Los Angeles"**

Department of Recreation and Parks
Municipal Sports - Tennis - Stop 658
3900 West Chevy Chase Drive
Los Angeles, CA 90039



Name _____ NTRP Level (Self Rated): _____

Address _____

City/Zip _____ Phone (_____) _____

(please circle) **Are you interested in being a team captain?** [] YES [] NO [] MAYBE (if needed)

FOR OFFICE USE ONLY

Amount Paid \$ _____ Check # _____ Receipt # _____ Confirmation Sent: Yes No