

Tennis category guidelines



Old College has three categories of tennis membership – ‘improver’, ‘intermediate’ and ‘advanced’. They exist to provide members with the opportunity to play others at a similar level during club-play sessions.

These guidelines indicate what the coaching team will look for when deciding which category is appropriate for new members, and for those who are looking to transition from one to another. They are also intended to help members who wish to move between levels and develop their game.

Please note that there is no minimum standard for new members at beginner or improver level, and that existing members cannot be ‘moved down’ a category. The guidelines are not exhaustive and their implementation is at the coaches’ discretion.

Intermediate

- Groundstrokes – Sustain a rally of eight cross-court shots on both forehand and backhand sides of the court over a two-minute period. (ie. four consecutive forehands and four consecutive backhands).
- Volleys – Hit ten successful volleys over a two-minute period. (ie. ten volleys in total, including at least two on either side).
- Serve – Hit ten successful serves over a two-minute period. Coach to assess quality.
- Answer some simple questions about doubles rules and tactics (eg. where the net player should stand when their partner is serving or returning).

Advanced

- Groundstrokes – Sustain a rally of ten cross-court shots past the service line on both forehand and backhand sides over a four-minute period (ie. five forehands and five backhands). Shots to be of reasonable pace, as judged by the coach.
- Approach and volley – Successfully hit five approach shots and volleys over a two-minute period on both forehand and backhand sides. (ie. five forehand volleys and five backhand volleys)
- Demonstrate the ability to smash.
- Serve – Hit three serves to the forehand side of the service box and three serves to the backhand side of the service box over a two-minute period. Demonstrate this for both sides of the court. (ie. six serves in total to the deuce court and six serves in total to the ad court). Serves to be of reasonable pace, as judged by the coach.
- Answer some questions on good tactics for doubles. (eg. about court positioning and shot placement).