

# Court Captains at USTA Team Challenges



## What is a USTA Team Challenge?

A USTA Team Challenge is your first step into tennis competition. USTA Team Challenges offer a low-pressure team environment for beginner players of all ages to develop their skills with others of similar experience.

There are a variety of options when it comes to Team Challenges. Events are offered for red ball, orange ball, and green ball so that you can find the best experience for your age and skill level.

COMPETENCE	CONFIDENCE	CHARACTER	CONNECTION	CREATIVITY
Play	Level-Based Play	Teamwork	Safe Environment	Free Play
Serve, Rally & Score	Positivity	Sportsmanship	Friendships	Fun

## Court Captain

The Court Captain has the opportunity to help the Program Provider create a fun and encouraging low-pressure environment that can make a positive difference in a child's life. The role of the Court Captain is to support and assist the program provider with activities that specifically reinforce athletic skills and character development, cooperative play, and team formation. This provides players the opportunity to enjoy tennis on their own terms, based on their skill level and developmental readiness. This approach allows providers the flexibility to modify lessons to better meet the needs of the players and facilitate development, making play more fun.

If play is not continuous or safe, Court Captains may provide the following assistance to participants:

- **Guidance through all aspects of point and match play (developmentally appropriate for each participant), as defined by the provider:**
  - Safety - ensuring participants are aware of their spacing, racket position, and ball retrieval
  - Rallying - helping participants know how and when a rally begins and ends
  - Scoring - helping participants understand and keep track of the score
- **Grouping and match play activities**
  - Structure
    - Reinforcing the organization and length of each drill, game or match
    - Supporting the given learning activities within each lesson plan
  - Transitions
    - Movement from one activity to the next
    - Rotation from one court to another or on a specific court

Please feel free to discuss the role of the Court Captain in-depth with your Team Challenge provider to develop additional knowledge about the role as well as explore educational references to enhance your skills.

**The most successful programs and events include a Court Captain.** By serving in this role, you will contribute to the success of this program by guiding and supporting play while promoting a safe and enjoyable experience for players. Through these efforts, you are setting the stage for players to continue to include tennis as part of an active lifestyle. Thank you for your commitment to the growth and development of all children participating in this program!