

High Performance Program Handbook

Level Requirements, Make-Up Policies, and Advancement Standards

High Performance
Level 1

High Performance
Level 2

High Performance
Level 3

High Performance
Level 4

Evaluations: January and July

Current players are grandfathered into their current group.

Table of Contents

- Program Overview
- Level Name Changes
- Level Overview Chart
- High Performance Level 1 Requirements
- High Performance Level 2 Requirements
- High Performance Level 3 Requirements
- High Performance Level 4 Requirements
- Grandfather Policy
- Advancement Standards
- Make-Ups and Extra Days Summary
- Evaluation Schedule

Program Overview

This handbook outlines the structure, expectations, advancement requirements, and make-up policies for the High Performance tennis program. The program is designed for players who are committed to improving through consistent training, competitive match play, tournament participation, and strong daily habits.

Players are evaluated on more than UTR alone. Advancement depends on a combination of level requirements, match experience, focus, effort, attitude, and readiness for the next training environment.

Core Program Focus

- Tournament and match-play development
- UTR growth through consistent competition
- Technical, tactical, and competitive improvement
- Strong practice habits: focus, effort, and attitude

Level Name Changes

Previous Group Name	New Group Name
Silver	High Performance Level 1
Gold	High Performance Level 2
Platinum	High Performance Level 3

Level Overview Chart

Level	Primary Standard	Match Minimum	Make-Ups / Extra Days
High Performance Level 1	Skill-based entry. Players with a UTR of 2.5 or higher may train up for make-ups/extras when the match minimum is met.	20 matches for training-up privileges	Level 2 if UTR is 2.5+ and 20 matches are played. Otherwise High School Premier or Junior Academy 3.
High Performance Level 2	UTR 3.0 to 3.99	20 matches	Level 3 if UTR is 3.5+ and 20 matches are played. Otherwise Level 1 or High School Premier.
High Performance Level 3	UTR 4.0+	20 matches	Level 4 if UTR is 4.5+ and 20 matches are played. Otherwise Level 2.
High Performance Level 4	UTR 5.0+	20 matches	To be finalized

High Performance Level 1 Requirements

High Performance Level 1 is for players building the technical, tactical, and competitive foundation needed to progress into the higher High Performance groups.

Skill Area	Requirements
Groundstrokes	- Able to hit spin on both forehand and backhand sides - Understands how to set up an open stance and a closed stance - Can hit consistently down the line and cross-court
Volleys	- Uses the correct grip - Uses correct foot placement - Avoids swinging on volleys - Shows consistency both down the line and cross-court
Serve	- Uses the correct grip - Shows the correct service motion - Makes contact at a high contact point - Begins developing a spin second serve
Tactical Understanding	- Understands the importance of depth - Understands cross-court versus down-the-line decision making - Understands defense versus offense - Understands the different areas of the court

Level 1 Tournament, Age, and Make-Up Policies

Category	Policy
Tournaments	Players should be starting to play competitive tennis and building rankings and ratings.
Age	The maximum age for High Performance Level 1 is sophomore year of high school. The last chance to move into High Performance Level 2 is the summer between sophomore and junior year.
UTR at least 2.5	Extra days and make-ups may be in High Performance Level 2 only if the player has played at least 20 matches. During summer camp, the player may attend up to 2 days in High Performance Level 2.
Below 2.5 UTR	High school players attend High School Premier. Middle school and elementary school players attend Junior Academy 3.

High Performance Level 2 Requirements

High Performance Level 2 is for players who have developed a stronger competitive foundation and are actively building match experience and UTR.

Requirement	Standard
UTR Range	3.0-3.99
Match Minimum	20 matches

Level 2 Make-Ups and Extra Days

- Players with a UTR of 3.5 or higher may do make-ups and extra days in High Performance Level 3 only if they have played at least 20 matches.
- During summer camp, eligible players may attend up to 2 days in High Performance Level 3.
- Players under UTR 3.5 will do make-ups and extra days in High Performance Level 1.
- Juniors and seniors must attend High School Premier if their UTR is below 3.5.

High Performance Level 3 Requirements

High Performance Level 3 is for players competing at a higher UTR level with consistent match experience and readiness for a more demanding training environment.

Requirement	Standard
UTR Requirement	4.0 or higher
Match Minimum	20 matches
Make-Ups and Extra Days	High Performance Level 4 if UTR is 4.5 or higher and 20 matches are played. Otherwise High Performance Level 2.

High Performance Level 4 Requirements

High Performance Level 4 is for the highest-level players in the program. Players in this level compete at a UTR of 5.0 or higher and are expected to maintain consistent match experience.

Requirement	Standard
UTR Requirement	5.0 or higher
Match Minimum	20 matches
Player Profile	Highest-level players in the program

Grandfather Policy

Current Player Placement

- Everyone currently in their group is grandfathered in.
- No current player will be moved down from their current level.

Advancement Standards

A player may meet the UTR requirement and still not move up if the player is not ready for the next level based on overall performance and practice habits.

Reason	What It Means
Not enough matches played	The player has not met the match-play expectation needed for advancement.
Focus is lacking	The player is not consistently focused during group training.
Effort is lacking	The player is not consistently giving the effort expected at the next level.
Attitude is lacking	The player is not consistently showing the maturity and attitude needed for the next group.

Make-Ups and Extra Days Summary

Player Situation	Requirement	Placement	Summer Camp Note
Level 1 player, 2.5+ UTR	20 matches played	High Performance Level 2	Up to 2 days in Level 2
Level 1 player, below 2.5 UTR	Or under 20 matches played	High School Premier for high schoolers; Junior Academy 3 for middle school or elementary school players	N/A
Level 2 player, 3.5+ UTR	20 matches played	High Performance Level 3	Up to 2 days in Level 3
Level 2 player, below 3.5 UTR	Or under 20 matches played	High Performance Level 1	Juniors and seniors below 3.5 must attend High School Premier
Level 3 player, 4.5+ UTR	20 matches played	High Performance Level 4	Up to 2 days in Level 4
Level 3 player, below 4.5 UTR	Or under 20 matches played	High Performance Level 2	N/A

Evaluation Schedule

Player evaluations will be completed every six months.

Evaluation Month	Purpose
January	Mid-year review of progress, match play, UTR, training habits, and level readiness.
July	Summer review of progress, match play, UTR, training habits, and level readiness.

Evaluation Reminder

- Moving up is not based only on UTR.
- Coaches will also consider match count, focus, effort, attitude, tactical understanding, and readiness for the next training group.