

NCC DOUBLES LEAGUE 1 – MAY 18th - JULY 17th
ALL PLAYERS MUST COMPLETE REGISTRATION FORM BY MAY 10th.
NO PHONE IN OR E MAIL ENTRIES- MAIL OR DELIVER TO BETSY HEIDENBERGER

Name _____ E mail _____

Phone h _____ w OR cell: _____

NCC member? Yes No Level _____ (SEE RATING SCALE BELOW)

Check day(s): Mondays 7:00pm Wednesdays 9:00am Thursday 7:00pm Sunday 10:00am

ONLY Circle dates you are UNABLE to play on your league day:

Sundays:	5/18	5/25	6/1	6/8	6/15	6/22	6/29	7/6	7/13
Mondays:	5/19	5/26	6/2	6/9	6/16	6/23	6/30	7/7	
	7/14								
Wednesdays:	5/21	5/28	6/4	6/11	(only 4 weeks for League 1 due to camp schedule)				
Thursdays:	5/22	5/29	6/5	6/12	6/19	6/26	7/3	7/10	7/17

OR: I would like to be listed as a substitute: (You may not register as a regular and a sub for the same day)

Day(s): Monday Wednesday Thursday Sunday
 (Subs do not need to specify dates unavailable. These players are just placed on list for the specified league. Please list yourself as a sub only for the day(s) you anticipate you will be available.)

SEND COMPLETED FORM PAYABLE TO: BETSY HEIDENBERGER no later than May 10th!
 3535 Chevy Chase Lake Drive #204
 Chevy Chase, Maryland 20815

DOUBLES LEAGUE RATING SCALE

- 2.0 This player may have had some lessons but needs on-court experience; has obvious stroke weaknesses but is beginning to feel comfortable with singles and doubles play.
- 2.5 This player has dependable strokes and is learning to judge where the ball is going. Has weak court coverage or is often caught out of position, but is starting to keep the ball in play.
- 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 had dependable strokes on both forehand and backhand side; 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 and 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 the net with some success on the serve.
- 5.0 This player has good shot anticipation, frequently has an outstanding shot or exceptional consistency around which a game may be structured. Can regularly hit winners or force errors off of short balls and can successfully execute lobs, drop shots, half volleys and overheads; has good depth and spin on most second serves.

LEAGUE 2 WILL BEGIN JULY 20TH – ALL PLAYERS WILL NEED TO RE-REGISTER.
SECOND LEAGUE NEW FORMS WILL BE AVAILABLE END OF JUNE.