

SCJTL Skills Assessment Form
Tryout for High Performance Training Program



Player Name: _____

Age: ____ School: _____ Grade next Sept: ____

Tennis Experience: Varsity: ____ Jr. Varsity: ____ Jr HS: ____ USTA Tournaments: ____ SCJTL: ____

UTR: ____ USTA Ranking: _____ WTN: ____

Date: _____

Purpose for Attending	D. Serve (Pick 1)
Assessment	Weak / Inconsistent (2)
High Performance Tryout:	Consistent, slow pace, needs Spin (3)
	Working on Spin / Continental Grip (4)
<i>Schedule Availability: (Check If Available)</i>	
ENPTMS-11am -2pm: July 2, 9, 16, 23, 30, August 6, 13	Forward Spin on both serves (6)
Number of weeks planning to register for:	Spin, Pace and Placement (8)
	Score
Assessment Categories	
A. Forehand (Pick 1)	E. Tactics (Pick 1)
Difficulty Hitting FH (2)	Little or No Tactics (2)
Hits Inconsistent or weak FH (3)	Moves the ball left to right (3)
Hits FH with Little Directional Control (4)	Changes Spin, Depth, Directionals (5)
Sustains a short rally with FH and BH (5)	Moves forward and attacks the net (6)
Sustains a rally with directional control (6)	All Court Game (8)
Sustains a rally with consistent depth (7)	
Sustains an extended rally (8)	Score
Score	F. Volleys (Pick 1)
B. Backhand (Pick 1)	Avoids the Net (2)
Difficulty Hitting BH (2)	Needs to develop forward moving Skills (3)
Hits Inconsistent needs improvement BH (3)	Consistent "Block" Volleys (5)
Hits BH with some Directional Control (4)	Covers the Net Area but lacks weapons (6)
Some directional control, but not depth (5)	Sufficient offensive skills (7)
Sustains a rally with directional control (6)	Touch and overall efficiency at the net (8)
Needs improvement wth High or Fast Shots (7)	
Controls Direction, Pace and Depth (8)	Score
Score	G. Attitude / Effort/ Intensity (Pick 1)
C. Movement (Pick 1)	Little Effort/ Energy (2)
Player does not move to hit the ball (2)	Some Effort/ Energy (4)
Moves 1-2 steps to hit the ball (3)	Good Effort but gets Upset Easily (5)
Court coverage needs improvement (4)	Good Intensity and Positive Energy (6)
Sufficient court coverage, balance issues (5)	Level Headed and Controlled Emotions (8)
Maintains balance while on the run (6)	
Body control while on the run (7)	Score
Exceptional court coverage (8)	Final Score: 0
Score	Program Eligibility: Division:
	High School Varsity Tennis League: <input style="width:100px;" type="text"/>
	Performance Competition Training: <input style="width:100px;" type="text"/>
	High Performance Training: <input style="width:100px;" type="text"/>

Evaluation by: JA: ____ JD: ____ GC: ____