



WSTC Development Pathway

The Development Pathway has been created to help you to enjoy Club play and Club sessions at the right level for you, and to support you in moving through the levels. The levels and activities are summarised in the table below.

	Beginner	Improver	Intermediate
Free monthly Thursday evening coaching	Yes	Yes	No
Thursday evening singles or doubles practice	Yes	Yes	No
Individual or arranged group coaching (at advertised rates)	Yes	Yes	Yes
Arranged play with other members or non-members	Yes	Yes	Yes
Regular Cardio and Doubles Practice sessions (at advertised rates)	No	Yes	Yes
Friday night (summer time) club sessions and Ladies Friday mornings	No	Yes	Yes
Permitted to enter Club Tournaments	No	Floodlit League Singles Ladder	Yes
Wednesday and Saturday Club Sessions	No	No	Yes
Free monthly Doubles Tactics group coaching	No	No	Yes

How do you move between the Levels?

Please ask the coach if you would like to move up, or down – whatever you feel is right for you.

The table below gives indicators of the skills you should be able to demonstrate at each level. You can practise these to get an idea of where you are, but your general level of play is more important.

From Beginner to Improver: this is by informal coach assessment.

From Improver to Intermediate: you will be invited to a friendly play in session which will either confirm the Intermediate level or provide constructive feedback and a short development plan (e.g. stronger second serves) to be discussed with the coach.

Below are some indicators of the standards.

INDICATORS	Improver	Intermediate
1 st Serve carrying some threat	Able to hit 2 in 10 serves in with 2 nd bounce beyond the baseline	Able to hit 3 in 10 serves in with 2 nd bounce 1 metre beyond the baseline
Reliable 2 nd Serve	Able to hit 6 out of 10 serves in	Able to hit 6 of 10 serves in with the 2 nd bounce outside the doubles court
Consistent Forehands and Backhands	Able to conduct a 10 shot baseline rally twice in 2 mins	Able to conduct a 10 shot baseline rally, with at least one backhand, 3 times in 2 mins
Attacking Volleys	Comfortable dealing with slow to medium paced balls at the net	Comfortable attacking medium to hard hit balls at the net
Good movement and speed of play	Good grasp of basic rules and court positioning for doubles	Reasonably quick moving to the ball, and between points