



Sunday Mixed Doubles Ladder

Fast matches • New partners • Friendly competition

The **Sunday Mixed Doubles Ladder** is one of the most popular weekly tennis activities—designed for **all levels**, all personalities, and all reasons you love tennis. Whether you're just learning the game or you've been playing for years, the Ladder offers organized, upbeat competition with plenty of laughs, movement, and social connection.

All Levels Welcome

Everyone is encouraged to join in—from 1.5 beginners still perfecting the serve toss to 4.0 players who enjoy a faster pace. You'll play against fellow Venture Out members in a structure that keeps matches competitive without taking things too seriously.

When We Play

- **Sundays at 10:00 a.m.**
- **11:30 a.m.** start time added if more than six courts are in use
- Weekly lineups (who's playing on which court) are posted at the kiosk and emailed by Friday night, so you know exactly where you're playing—not too many Sunday surprises!

Three Sessions per Season

You can jump in for one session or play all season long: November / December, January / February, March / April. Miss a week? No problem—just find a substitute and be back next Sunday.

How the Ladder Works

This is friendly competition with a twist. Win a few sets? You may move up the ladder. Lose a few? You'll slide down and meet new players. It's designed to keep matches balanced, social, and fun.

Sign-Up Options

Sign-up sheets are posted at the kiosk, NE SportsPlex:

- **Regular** – You're in most Sundays and want to play weekly.
- **Substitute** – You're available occasionally and happy to fill in.
- **Not Sure** – Interested, but your calendar, knees, or travel plans haven't made up their minds yet.

Match Play Format (Fast & Fun)

- 5-minute warm-up before the first match
- Change sides on odd games (1, 3, 5...)
- First deuce = game point (receiving team chooses who receives; gender-to-gender)
- First team to 5 games wins the set (no need to win by two)
- Switch partners for Set 2, then again for Set 3
- After three sets, play is done—time to relax in the shade!

Scoring & Results

After each set, the captain records each player's wins on a match form. At the end of play, forms are collected by the score-tallier and submitted to the program coordinator—easy and organized.

For more information about Sunday Mixed Doubles Ladders, please contact **Gordon Cummings** at gscummings@rogers.com / 647-881-0170