

The USTA—Your School's Ideal Tennis Partner

Whether you work at the elementary, middle or high school level, partnering with the USTA will help you achieve your school's fitness goals and create healthy kids, foster teamwork among your students, build their self-confidence, aid in your kids' socialization, and enhance their lives by introducing them to a sport they can play for the rest of their lives.

We want your students to enjoy all the benefits of tennis, and our extensive programming and resources will help make that easy. From our free training and easy-to-use curriculum, to equipment assistance and technical expertise, you'll find that tennis is the perfect sport for your school. The USTA is your school's perfect long-term partner.



Getting Started is Easier Than Ever!

Contact schooltennis@usta.com for assistance and take the following steps to get your school tennis programming under way:

1. Seek commitment from school administrators for tennis to be implemented in the physical education curriculum and as an extracurricular activity at your school(s). Remember, no courts are required!
2. Help coordinate a district-wide training from the USTA for teachers and extracurricular staff on how to offer tennis safely and effectively on school grounds.
3. Obtain age-appropriate, modified equipment that makes learning and playing tennis easier, and gives the students a positive, healthy experience.

4. Program for successful extracurricular play and team-based activities to increase health and wellness opportunities for students beyond the PE class.

Upon receipt of your e-mail request, a USTA School Tennis representative will contact you and review the resources that are available to your school or school district and also discuss a timeline for program implementation.

Schools that join the USTA as an Organizational Member (\$35) and attend a USTA School Tennis training will qualify for the new USTA School Tennis Curriculum kit, substantial equipment discounts, and access to equipment grants and loans.



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Tennis—The Health and Wellness Solution for Your School!



Partnering with the United States Tennis Association will give your students a safe, easy and fun sport - even if you don't have courts.



Association (USTA), the national governing body for tennis.

"Forty to fifty percent of kids today are overweight, and if we don't provide them with a fun way to engage in physical activity during school, they will never learn the life-skills needed to change their habits," says Dr. Robert Pangrazi, a top physical education expert who helped develop the new school tennis curriculum and training program.

Tennis is an ideal sport to get children moving and keep them healthy while achieving your school's wellness goals. Throughout the U.S., at every age and ability level, tennis participation

For a physical educator or coach, nothing can be more satisfying than to give a student a sport that can positively impact a young life. That's just what you'll be doing when you bring the sport of tennis to your school. Now it's easier than ever, with resources and training available from the United States Tennis

has been increasing and tennis is rapidly becoming the ultimate team sport. With new programs and formats that create a team atmosphere, students

"The USTA schools curriculum and resources are so far ahead of other sports in making it easy to introduce tennis into schools," says Jim O'Neill, executive director of the Sports and Arts in Schools Foundation.

learn how to interact with others and enjoy the social aspects of tennis. Also, with their peers playing the game, kids will be more likely to continue the healthy habits that tennis instills. You and your colleagues will find that the benefits will carry over into the classroom.

"Tennis has long been known to help build strong bodies and minds," says Kurt Kamperman, the USTA's chief executive of Community Tennis. "Playing tennis can help students focus and concentrate off the court, too." *Continued on page 2*



Resources, support and much more ...

Let Our Teacher-Friendly Curriculum Work For You

It's important that kids starting out in tennis have a positive first-time experience, and that's one of the keys to the new USTA curriculum kit, "A Physical Educator's Guide for Teaching Tennis in Schools." The curriculum was developed in conjunction with renowned physical education expert Dr. Robert Pangrazi and other physical education specialists and meets the standards of the National Association for Sport & Physical Education (NASPE).

The curriculum kit includes a simple eight-lesson teacher's manual, a quick-reference pocket guide and instructional DVD. Each of the eight lessons fits into a 30-minute class period and is designed to be versatile and flexible for various class sizes. The fun and action-packed curriculum can be taught anywhere—on court, in a gym, on a playground, or other activity areas.

How to Get the Curriculum Kit

The USTA School Tennis Curriculum kit is available by attending a USTA Teacher Training and buying a USTA Organizational School Membership (one-year membership is \$35). The curriculum kit also is available for \$49.95 through www.gophersport.com



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The USTA has created an extensive package of resources designed to make starting and maintaining a PE or after-school tennis program easy and enjoyable for all—teachers, administrators and, especially, your students. Whether you are looking for tennis-specific physical education sessions, extracurricular and after-school team-based programs, middle and high school “No-Cut” teams, or more, we can help you. Some of the resources available include:

- **Training:** Free teacher in-services or QuickStart Tennis training from trained professionals.
- **Curriculum:** Easy-to-follow lessons created by teachers, for teachers.
- **Equipment Assistance:** Deeply discounted equipment and equipment grants are available for qualifying schools.
- **Staff Support:** Consulting and assistance from USTA staff, including program formats and, if you don't have tennis courts, how you can convert activity areas for tennis play.
- **Recognition for coaches** who offer No-Cut programs

Benefits of tennis go well beyond the boundaries of the court. You'll help your students build self-confidence, learn sportsmanship and teamwork, stay fit and active, and create a healthy lifestyle. You'll be teaching them more than just a game—you'll enrich their lives, for the rest of their lives.



Training for Teachers and Coaches

The USTA offers free in-service and organized play training (2-3 hours) for PE instructors and coaches responsible for implementing tennis in school settings. Additional training for rookie coaches and tennis instructors is available through USTA QuickStart Tennis and Recreational Coach Workshops. These workshops are offered nationwide for individuals who will be teaching entry-level players of all ages. For more information visit usta.com/schooltennis.



Equipment You Need—And How to Get It

We've made it easy for your school to get tennis equipment that is appropriate for your students' sizes and ages. The racquets, balls, nets and scoring have all been modified to make the game fun, safe, and engaging for kids. You can run tennis programs in any school setting (in a gym, parking lot, etc.) and get kids playing immediately.

"The modified tennis equipment is so important because it allows kids to find success quickly," says Dr. Robert Pangrazi. "Typically, what kids do with a standard racquet and tennis ball is just chase the ball. They get very little time at learning to strike and develop any kind of skill."

Substantially discounted equipment is available from Gamma Sports, HEAD/Penn Racquet Sports, and Prince Sports for qualifying school programs. To find out more, visit usta.com/schooltennis.



Organizing Team Play at Your School

Tennis is truly a team sport, and no matter what your students' ages or ability levels, they'll love playing tennis as part of a team. In fact, team-based play is the best way to keep kids engaged in the sport.



There are a number of team formats available that easily can fit into your extracurricular and after-school programming opportunities that don't necessarily require access to tennis courts. Organizing student tennis clubs/tennis intramurals, or interscholastic team play is an excellent way for students to experience camaraderie, cooperation and unity, as well as individual self growth that results from being part of a team.

The USTA provides additional team programming opportunities through Jr. Team Tennis and National Junior Tennis League (NJTL). For more information visit USTA.com.



"At the end of the day, kids are going home and saying, 'Hey, I played tennis today, and I want to play tomorrow.'" — China Kirk, School Program Coordinator, from the New York Junior Tennis League



No-Cut School Tennis Teams

One of the key initiatives in helping to bring and keep students in tennis is the highly successful USTA No-Cut program. More than 2,300 coaches throughout the country have implemented a no-cut policy for their tennis teams, offering the opportunity to play tennis to thousands of middle and high school students.



As a thank you to no-cut coaches, the USTA offers the following benefits: recognition certificate and commendation letter sent to the coach, athletic director and principal, customizable press release template, No-Cut Tennis Coach hat and team banner, USTA Guide to Tennis on College Campuses, Top 10 Games Every Coach Should Know CD, one year subscription to Racquets Sports Industry magazine and enhanced online resources and coaches forums.

To learn more about the benefits and resources of the USTA No-Cut initiative or to register as a No-Cut coach, visit: www.USTA.com/nocut.