

# WHY TENNIS?



Improves  
**Cardiovascular  
Health**



Stimulates  
**Brain  
Activity**



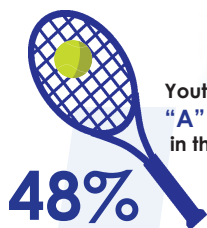
Promotes  
**Strong & Flexible  
Muscles and Joints**



Develops  
**Friendships  
and Social Circles**

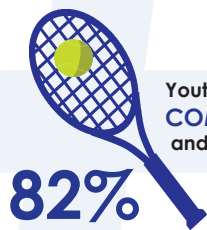
AEROBIC SPEED STRENGTH COORDINATION MOTOR SKILLS AGILITY BALANCE CROSSTRAIN BONE DENSITY IMMUNITY NUTRITION FLEXIBILITY  
WORK ETHIC DISCIPLINE RESPONSIBILITY STRESS MANAGEMENT STRATEGY PROBLEM-SOLVING SPORTSMANSHIP TEAMWORK SOCIAL SKILLS

#ByTheNumbers



48%

Youth Tennis Players maintain an  
**"A" GRADE AVERAGE**  
in the classroom



82%

Youth Tennis Players engage in  
**COMMUNITY SERVICE**  
and volunteerism



81%

Youth Tennis Players expect to  
**ATTEND COLLEGE**  
and earn a degree



Young tennis players show noticeably higher  
**SELF-ESTEEM**  
and remain low in anxiety and tension!



Youth Tennis Players are  
**LESS PRONE**  
to risk factors

