



UNITED STATES TENNIS ASSOCIATION

SCHOOL TENNIS

More Than Just a Game



SCHOOL/ AFTER-SCHOOL WORKSHOP

PARTICIPANT GUIDE





UNITED STATES TENNIS ASSOCIATION

SCHOOL TENNIS

Fun and Easy, No Courts Required



The USTA is the ideal partner to help you bring tennis to your students. Here are just a few of our offerings:



Training

How to teach tennis in a fun and easy manner with no previous tennis experience required.



Curriculum

Lesson plans and activities for teaching tennis without tennis courts.



Kid-Friendly Equipment

Opportunities to secure for student friendly equipment that ensures a positive first experience.



Staff Support

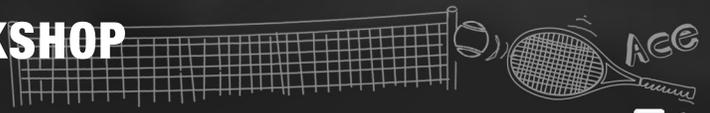
Consulting and assistance from a network of trainers on how to set up programs and convert any activity area for tennis.



Recognition Program

Resources and benefits for teachers and coaches that offer school tennis programs or no-cut tennis teams.

Learn more & sign up today at:
usta.com/schools



Why the USTA School Tennis Program?

Modified equipment and boundaries make tennis possible in any school or after-school environment and are now aligned with the new rules for Kids Tennis in a kid-friendly format. Tennis activities supported by the USTA School Tennis Program are safe and easy to implement in gyms, playgrounds and multi-purpose rooms with no courts required. The USTA also offers extracurricular activities which include Kids' Tennis Clubs, Play Days and Jr. Team Tennis to give children opportunities to experience a healthy and safe activity that they can enjoy for life.

Purpose of the Program

The **purpose** of the School/After-School Tennis Workshop is to enable teachers, organizers and program leaders to feel comfortable introducing tennis in non-traditional spaces through a combination of student management activities, tennis skill activities and supervised play.

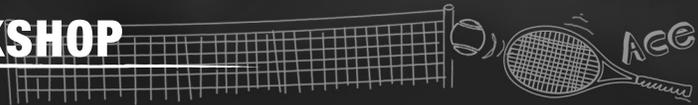
Workshop Objectives

- Discover how to adapt any space for tennis using kid-friendly equipment.
- Acquire large group management techniques that can be used in any physical activity setting (PE, Kids' Tennis Clubs, and events).
- Understand how to teach basic tennis and fitness skills using activity stations and the Tennis Skillastics game.
- Discover how to organize and supervise play in non-traditional spaces for large numbers of students.



What are your expectations of today's workshop?

What are your personal goals for your program?



Class Management Techniques

Introductory activities are used to physiologically prepare students for activity when entering the gymnasium or activity area. Such activities demand little instruction and allow time to practice class management skills.

Listed below are several hints that are easily implemented when starting and stopping activities.

Starting and Stopping Activities

- Starting an Activity:** Be sure to always say “**when**” before “**what**” to start an activity, e.g. “When I say ‘Go,’ I need you to get a ball and dribble it down waist high. Ready, ‘Go.’ Other cue words can be used to start an activity (e.g. “When I say ‘carrots’...”).
- Stopping an Activity:** Use a signal such as a whistle, hand raise, etc., to stop an activity. Have everyone square up to the teacher with hands on knees. Have students stand tall and only proceed once you have **everyone’s** attention! Using the same signal to start and stop an activity sends a conflicting message to the students.

Listed below are several introductory activities that are included in the curriculum guide. See Appendix A for more details regarding the formations and techniques.

Formations/Techniques

- Forming Partners using “Toe-to-Toe” (Lesson 1)
- Forming Two Sides using “One Hand Up, One Hand Down” (Lesson 8)
- Forming Small Groups using “Sound Mixer” (Lesson 6)



Formations/Techniques with a Tennis Activity

- Toe-To-Toe with “Ball Drop”
- Two Sides with “Toss Catch Tag”
- Sound Mixer with “Racquet Quickness Circle”

What were the key takeaways of the tennis and management games we just performed?

Safety Talk: Teachers should discuss safety rules and consequences before allowing students to use equipment for the first time. Remind students to be aware of others and not to swing the racquet recklessly.

Class Management Reminders

Managing Space

1. **Large Group Activities:** Be sure to establish boundaries with cones in each corner of the activity area to be sure students are safe and can be managed effectively. Throw down lines can be placed to create boundaries for areas that are not clearly defined with existing borders.
2. **Small Group Activities:** Utilize the station format and determine a flow for station rotation allowing for ample space between stations. Emphasis should be placed on kids working collaboratively and supporting each other.
3. **Self-space:** Encourage participants to be aware of their personal space and not swinging their racquets near other children. This is very important when participants are working independently.
4. **Forming Groups:** Be sensitive to how partners and groups are formed so no student feels left out. Students should group with peers closest to them vs. seeking out their closest friends. If a player/group is not available within two steps, players must run to the “friendship circle” immediately to find a partner/group.

Managing Equipment

1. **Obtaining Equipment:** Space equipment around the perimeter of the activity area to avoid congestion around equipment bins. Utilize buckets near nets and at stations so that racquets are safely stored between activities. When using equipment, ask students to get a racquet and/or ball from the perimeter and find their own space by placing the equipment on the ground. Students should then stand in an athletic position with hands on the knees while awaiting instructions.
2. **Hugging the Racquet:** Demonstrate and practice how to “hug your racquet” or “lock it in” for older students. This is a good safety technique when you are only addressing students for a few seconds. Have students place equipment on the floor or ground if you will be addressing students for a longer period of time.
3. **Grounding the Racquet:** Demonstrate how to “ground your racquet” by placing the racquet flat on the floor in front of you. Explain that grounding the equipment is necessary if you are addressing students for a longer period of time.
4. **Storing a Ball:** Students should not chase balls out of their playing area. Loose balls should be picked up and stored immediately by students when it enters their space. Loose balls can be stored in pockets, tucked into clothing or under a hat. If a ball is lost, students should be able to obtain a ball from their peers or from supply bins located safely on the perimeter of the activity area.

Positive Reinforcement

1. **Clear Guidelines:** Be sure to establish clear guidelines so that expectations are understood from the beginning.
2. **Rewards/Incentives:** Provide rewards and incentives as a means to achieve adherence from all participants.
3. **Consistency:** Be consistent with procedures and expectations. Always make sure participants are “with you” before proceeding to the next activity. Students can get caught up in the activity so use positive reinforcement by waiting for everyone to be “with you” before you move on.

*The curriculum CD ROM includes a three step process for dealing with behavior problems.



Grow Youth Tennis With TGA!

Connect With TGA to Learn About Business Ownership and Partnership Opportunities!

TGA Premier Youth Tennis provides a business ownership opportunity for entrepreneurial-minded individuals who want to follow their passion for tennis and positively impact their community. TGA is a leader in making tennis accessible to kids through school-based programs that provide the building blocks for future achievement on the court, in the classroom, and in life.

Grow tennis – and your bottom line – today:

- ★ Become a franchise owner and bring tennis to your community
- ★ Work as a paid instructor for a TGA franchise

“The USTA is proud to partner with TGA Premier Youth Tennis, to make tennis more accessible by bringing a proprietary enrichment curriculum, which includes instruction and play, to schools across the country. While this partnership with the USTA is new, TGA has had great success over the past decade with their school based business model, introducing kids to other sports at over 2,500 schools nationwide. Starting a business with TGA is a great opportunity for tennis professionals to leverage their love of the game and tap into their entrepreneurial spirit!”

– Scott Schultz, USTA Managing Director, Youth Tennis

Entrepreneur magazine named TGA one of **10 Best Franchise Deals** in the world in 2010 and a **Top Home Based Business Franchise** in 2012, and *Franchise Business Review* named TGA a **Top 10 Child Services Franchise** in 2012.



To Find Out More Visit www.PlayTGA.com



Follow us on Twitter @TGAyouthtennis
Follow us on Facebook @facebook.com/TGAtennis

National Partner

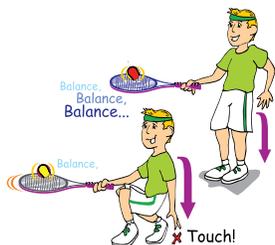


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Basic Tennis Skills and Games

Purpose: Promote racquet and ball handling skills and basic rallying skills.

Individual Activities “Racquet and Ball Sense”



Ball Balance



Tap Downs



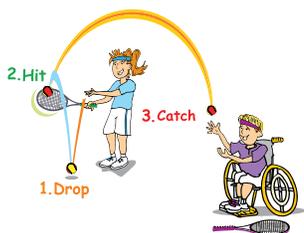
Bump Ups

Safety Note:
Be sure to stay
in your self-space!

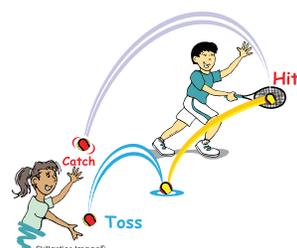
Teaching Hints:

- Encourage “waist high” for tap downs and “eye high” for bump ups.
- Use the slowest moving ball possible for these activities.
- Where appropriate, bean bags, balloons or yarn balls can be substituted to increase success.

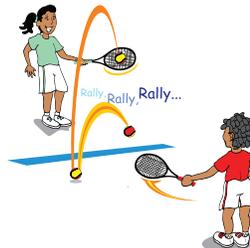
Partner Activities



Drop-Hit Catch (Forehand)



Toss-Hit Catch (Backhand)



Partner Rallies Over Line

Skilastics Images ©

Teaching Hints:

- Students should practice tossing and catching the ball under “control” before attempting striking skills.
- Allow students ample time to practice skills first before offering corrective feedback.
- When students are having trouble mastering an activity, they can go back to the previously learned activities.

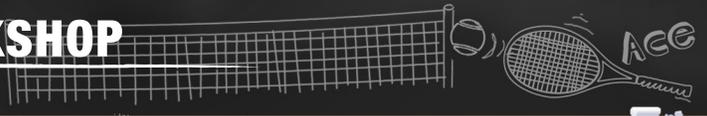
Important Performance Cues

- **Forehand Grip:** “Shake hands” with the racquet grip.
- **Backhand Grip:** The dominant hand is place on the bottom of the grip and the non-dominant hand uses the “shake hands” grip.
- **Side to target**
- **Contact out in front**

What were some of the adaptations used to make the activities easier for students?

- Toss and catch
- Roll the ball on the ground with racquets on edge
- Juggle ball with bounces before sending to partner

What were some of the adaptations used to challenge students?



Fitness & Tennis Stations/Tennis Skillastics

Fitness & Tennis Stations

Fitness and tennis stations provide students with a fast-paced, dynamic and fun learning environment that enables them to work on multiple skills. See Appendix B for a sample fitness & tennis station routine.

Tennis Skillastics

Tennis Skillastics was designed as a teaching tool to help children achieve a higher level of fitness and skill by making practicing tennis fun in a unique, non-competitive environment. The program involves 26 activities including a mixture of all the basic tennis skills and activities for individual, partner and team participation. Tennis Skillastics develops hand/eye coordination, improves concentration and creates interest in a lifetime sport.

The 26 tennis and fitness games that comprise Tennis Skillastics can be practiced as separate station activities prior to playing the full game. This is usually more effective to ensure student success.

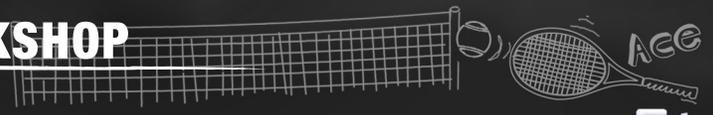
Teaching Hints:

- Similar to a station rotation, utilize music and offer turbo tips to keep participants on track.
- Form groups with the “Sound Mixer” technique and distribute those groups to the smaller “game boards.”
- Encourage and reward effort, sportsmanship and cooperation.



What are some different ways to utilize the Tennis Skillastics game?





Appendix A: Management Formations/Techniques

Formations/Techniques

1. Forming Partners using “Toe-to-Toe” (Lesson 1):

- Ask participants to move throughout the activity area (jog, skip, gallop, etc.). Use a variety of locomotor movements to mix participants each time.
- Freeze them by blowing a whistle. Once frozen, ask them to get toe-to-toe with a partner.
- Those without a partner run to the “friendship circle” and wait for a player to join them. Once paired up, they move out of the circle and find their own space.
- If there are an odd number of participants, the teacher should assign the participant to work with an existing pair/group.
- Practice a couple of times until everyone does it correctly.

2. Forming Two Sides using “One hand up, one hand down” (Lesson 8):

- Have students get toe-to-toe with a partner.
- Ask one player from each pair to raise their hand.
- The participants with hands raised line up across the center of the activity space with their foot on the center line.
- Instruct the other players that had their hands down to line up across from their partner and get toe-to-toe.

3. Forming Small Groups “Sound Mixer” (Lesson 6):

- To begin, have participants jog around in all directions.
- Blow a whistle to freeze the group. Explain that you are going to clap your hands a certain number of times to signal the size of the groups to be formed.
- Participants then form groups with the number in each group equal to the number of hand claps. (If there are four claps, students form groups of four).
- When participants have the correct number of participants in the group, they get toe-to-toe with each other to signal that they have the correct number of participants in the group. Participants can also be asked to sit down once they have formed their group.
- Participants who cannot find a partner within two giant steps run quickly to the “friendship circle” and form a team with other students. Participants should immediately move out of the circle once they are teamed up.

Formations/Techniques with a Tennis Activity

Formations/Techniques with a Tennis Activity

1. Toe-to-Toe with Ball Drop:

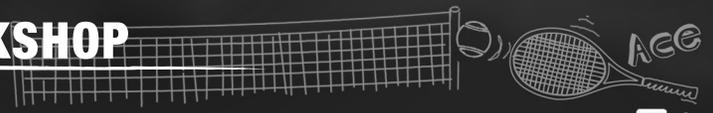
- Get students into pairs with the toe-to-toe technique and demonstrate how participants would play “ball drop.”
- Choose one participant to demonstrate the game with you.
- The participant holds a ball in each hand and extends their arms out to the left and right at shoulder height.
- The participant drops one of the balls and the partner then moves toward the ball and attempts to catch the ball after one bounce.
- Have all partner groups practice the game 5 times each.

2. Two Sides with Toss Catch Tag:

- Instruct the partner groups to have one partner raise their hand and the other partner to keep their hands down.
- The participants with hands raised line up across the center of the activity space with their foot on the center line (or imaginary center line).
- Instruct the other players who had their hands down to line up across from their partner and get toe-to-toe.
- Demonstrate how to play toss-catch-tag with a participant.
- One partner tosses using an underhand technique and the other partner attempts to catch the ball after one bounce.
- Instruct the participants that they are to continue to toss to one another until the music stops.
- Once the music stops, the person with the ball attempts to tag their partner while they are fast walking away from them.
- Have the participants practice several times with the music.

3. Sound Mixer with Racquet Quickness Circle:

- With racquets in hand, have all participants jog in the activity area.
- Use a clap, whistle, etc. to form small groups based on the number of sounds made (four claps = groups of four).
- Use one small group to demonstrate to the larger group on how to perform “Racquet Quickness.”
- Form a circle and have the participants stand the racquet on the tip of the frame with handle up.
- Call out “right” or “left” and participants let go of their racquet and move in the directions called and attempt to catch the racquet next to them before it falls.
- If everyone has a successful catch, move and back up a step, if not, move in a step.
- Have the participants practice the game in their groups for a few minutes alternating who gets to call out “left” or “right”.



Appendix B: Sample Fitness & Tennis Station Routine

Fitness and tennis stations provide students with a fast paced, dynamic and fun learning environment that enables them work on multiple skills.

Facilitating Stations:

- Have stations already assembled on the perimeter prior to starting the station activities.
- Form groups with the Whistle Mixer technique and rotate groups of 4-6 students at the stations every 60 seconds.
- Play music and have the students rotate to the next station in the circuit when the music stops.

Sample Fitness & Tennis Station Routine:

1. Racquet and Ball Handling:

1a. Tap Downs: Bounce the ball down at waist level.

1b. Bump Ups: Bounce the ball up eye level without letting the ball touch the ground.

1c. Edgies: Dribble the ball down at waist level using the edge of the tennis racquet.

1d. Self-Rallies: Alternate bumping the ball off the racquet and off the ground.

1e. Invent a Bounce Players attempt different ways to dribble or bump the ball – this can even be choreographed to music as a rhythm and skills challenge.

2. Partner Ball Tossing, Rolling, and Catching: Balls can be tossed, rolled, or bounced between partners. Players should keep their fingers up when attempting to catch. For an additional challenge, players can toss balls one at a time or two at a time, while stationary or moving.

3. Toss, Hit, and Catch: One player tosses a ball to the forehand or backhand side of their partner. The ball can either be bumped or volleyed out of the air back to the tosser. Begin with partners three steps apart and have players attempt to make five successful hits and catches before switching.

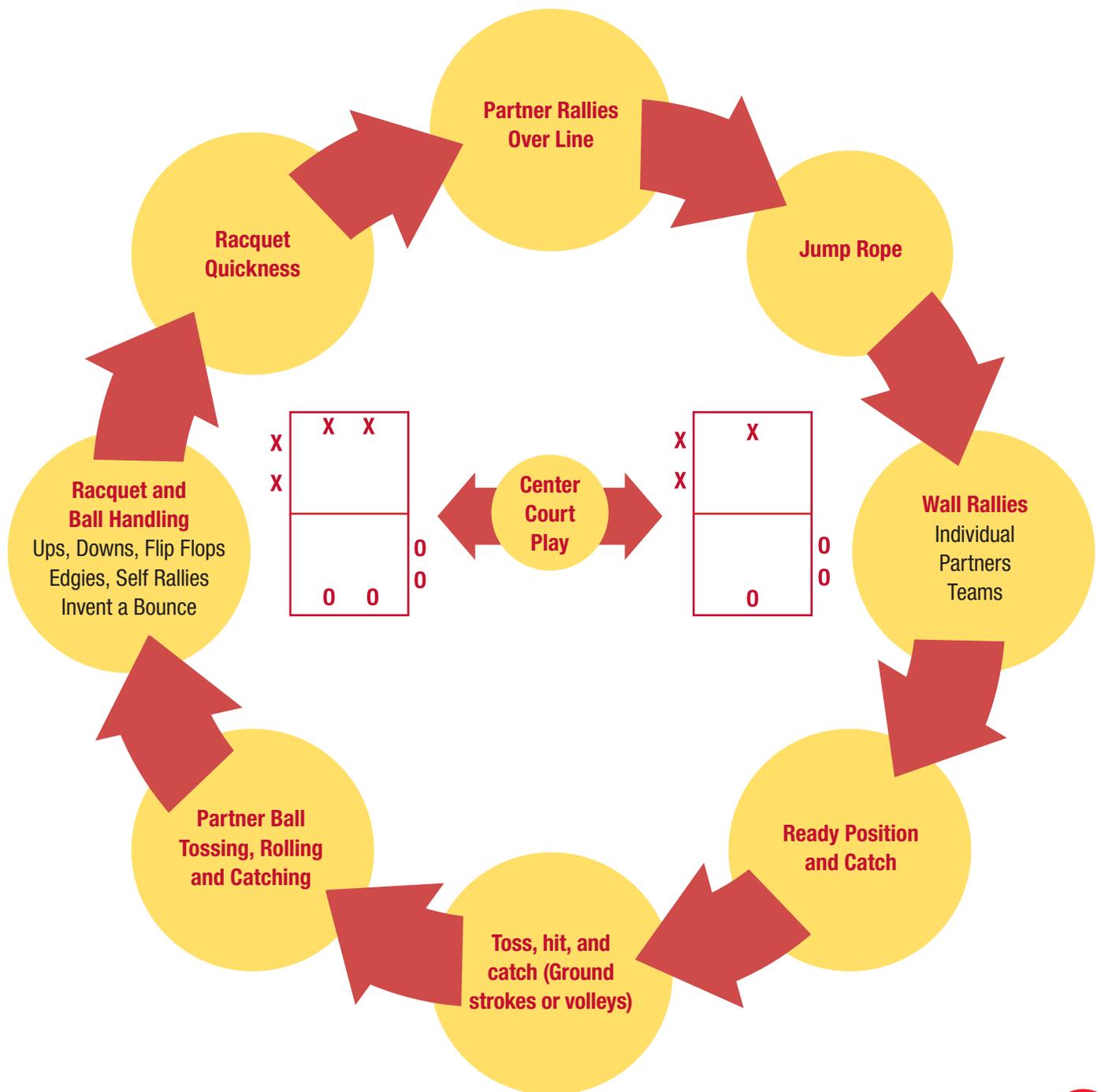
4. Ready Position and Catch: One player is the tosser and the other player is in ready position with a racquet. The beanbag (or foam ball) is tossed to either the forehand or backhand side of the player in ready position. Their goal is to catch it on the racquet strings and learn to move into position rather than reaching for the ball. Switch positions after five tosses.

5. Wall Rallies: Standing 10-15 feet away, players attempt to rally the ball consecutively against a wall. Rallies can be done individually or in pairs or teams with players alternating hits.

6. Jump Rope: Players can practice jumping rope individually or with partners. For an extra challenge, players can attempt jumping with two ropes at once (“double dutch”), do 360 degree turns, or juggle a ball in the air while their partners turn the ropes.

7. Partner Rallies over Line (or Net): Partners work together with a line or jump rope between them to serve as an imaginary net. They bump the ball back and forth using forehands and backhands. To start the rally, players should start close, match up the racquet faces, and take two steps back. Have players try and set the “world record” for longest rally.

8. **Racquet Quickness:** Partners are about 3 feet apart while balancing their racquets. On signal, they release their racquet and try to catch their partner's racquet before it falls to the ground. If both partners catch their racquet, they each step back one step and repeat the challenge. An additional challenge is to make a full turn after the release and before catching the racquet.
9. **Center Court Play:** Additional space can be reserved for players to play games of Team Singles, Team Doubles or other self-directed tennis games (e.g. Champ of the Court, Challenge Court, etc.).





FULFILLING YOUR PHYSICAL ACTIVITY REQUIREMENTS JUST GOT EASIER

ORGANIZE A KIDS' TENNIS CLUB AT SCHOOL – NO COURTS REQUIRED!

A Kids' Tennis Club is a program that allows kids to sample tennis in a fun, interactive way. The game has changed and with tennis equipment sized right, it's easier than ever for kids to play on their own with supervision.

We'll provide the resources for you to get started – no instruction or teaching experience necessary! You can organize a club during recess or after school – it's easy!

Kids get exercise, gain confidence and meet new friends. You fulfill your physical activity requirements and start to see how the skills learned through tennis can enhance your students' social and physical development.

Visit 10andUnderTennis.com/organizer to access the resources you need to get started and take the first step to enhance your students' social and physical development.



TEACHERS

GET MORE KIDS ACTIVE AND PLAYING TENNIS IN YOUR COMMUNITY!



Play Days are events designed to introduce kids to competition in a low-pressure setting where results are not documented. These events provide kids with the opportunity to continue to develop and enhance their skills. For both novices and experienced players, Play Days are a welcoming way for kids to experience the social and competitive aspects of tennis. Organized by skill level, kids have the chance to gain additional play experience through a rotation of opponents and short, continuous matches over a two- to three-hour period. Play Days promote a sense of achievement through a fun and spirited atmosphere.

- Participation open to all ages and levels – event can be open to the public or organized for your students only
- Organization of event can be team or individual format
- Flexibility to choose the right ball and court for your students
- Training opportunity for new volunteers and parents
- Transition from instruction to play



LIMITED SPECIAL OFFER! USTA JR. TEAM TENNIS PLAYERS



Renew your 5-year Junior membership now for \$80 and enjoy members-only exclusive benefits, and for a limited time a USTA Jr. Team Tennis sling bag*!

To take advantage of this offer:

- Call 1-800-990-8782 or
- Visit www.usta.com/membership

Use source code **JTT12** to take advantage of this offer.

*While supplies last. ARV: \$30. Offer non-transferable. The USTA reserves the right to substitute. Offer expires 12/31/2012. © 2010 USTA. All rights reserved.



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FIND A LOCAL NJTL TODAY

- ★ Quality after-school tennis play opportunities
- ★ Curricula that develops the whole child through tennis, education and life skills
- ★ Unique chances for tennis & college scholarships, camps, trips, awards and more

Learn more at www.usta.com/njtl



MAKING TENNIS
MAKE A DIFFERENCE.

FREE 1-YEAR NEW USTA 10 AND UNDER JUNIOR MEMBERSHIP

Until December 31, 2012, kids 10 and under, new to the United States Tennis Association, can receive a FREE 1-Year New Junior Membership – a \$20 value!

NOW IT'S EASIER THAN EVER FOR KIDS TO GET IN THE GAME.

Tennis has new rules. Kid-sized racquets and lower-bouncing balls. No courts necessary. Kids can play tennis anywhere, anytime, at any level.

And now, for a limited-time, kids 10 and under new to the USTA can join for FREE!

USTA Junior Membership benefits include:

- An annual subscription to *Bounce* newsletter
- Access to play USTA Junior Tournaments*
- Access to play USTA Jr. Team Tennis*

JOIN NOW

Go to www.tryusta.com/juniorfree

Or call 1-800-990-8782 and mention source code 10UJRFREE

Offer Expires: December 31, 2012

FOR NEW 10 AND UNDER MEMBERS ONLY. No purchase necessary. Offer open only to U.S. residents and applies only to new 10 and Under 1-Year Junior membership (regular price: \$20). Individual must be aged 10 or under at time of enrollment to qualify. Other qualifications apply. *Fees may apply for tournament and league participation. Terms of membership and benefits subject to change in the USTA's sole discretion. USTA Membership is not transferable. Offer expires 11:59 p.m. ET on 12/31/12. Visit www.tryusta.com/juniorfree or call 1-800-990-8782 for complete terms and conditions and enrollment instructions. Individuals (and their parent(s)/legal guardian(s)) must agree to adhere to the Constitution, Bylaws and Rules and Regulations of the USTA (available on www.usta.com). © 2012 United States Tennis Association Incorporated. All rights reserved.



UNITED STATES TENNIS ASSOCIATION

Join the USTA today!

Enjoy exclusive members-only benefits and much more with an Organization Membership!

To Join:

Visit us at www.usta.com

Call 1-800-990-8782

Mail completed form



BENEFITS INCLUDE:

Travel Discounts

Your organization's staff and pros can take advantage of specially priced tennis travel packages. Destinations include the four Grand Slam events, Davis Cup and Fed Cup events.

High Performance Coaching

Your organization will automatically receive the High Performance Coaching e-newsletter. This e-newsletter provides you with the latest coaching and sports science information, as well as information about advancements in coaching and certification programs.

USTA Tournaments

USTA Organization Members may conduct tournaments that are officially sanctioned by the USTA. In addition, Organization Members can use the USTA name and logo to promote these events (subject to USTA requirements and approval).

Top Tennis Publications

USTA Organization Members also receive an annual subscription to *TENNIS** magazine featuring instructional tips, articles on the top pros, information about equipment, gear and more.

US Open Poster

Receive an annual, commemorative US Open poster. It's a great way to show your support and enthusiasm for tennis.

Certificate of Membership

Receive an attractive certificate with your organization's name to show you're a proud USTA Member.

Special Ticket Offers

Enjoy preferred ticket access to pro tournaments throughout the country (including the US Open), participate in Member Appreciation Days and much more!

* For Adult, Family, Life, and Organization Memberships, \$10 of your annual membership dues is allocated to a 1-year subscription to *TENNIS* magazine. For Junior Memberships, \$10 of your annual membership dues is allocated to a 1-year subscription to either *Bounce* a targeted newsletter for kids 10 or under or *SMASH* digital magazine. The amount allocated annually is not deductible from membership dues. Terms of membership and benefits subject to change in the USTA's sole discretion. USTA Membership is not transferable. Please contact memberservices@usta.com with questions. Visit usta.com/terms for terms and conditions.

APPLICATION FOR MEMBERSHIP

JOIN TODAY! Go to www.usta.com/orgmember or call 1-800-990-8782 or return this form by mail

(please fill out in its entirety)

Name of Organization _____

Address _____

City _____ State _____ Zip Code _____

New Member† Current Member (renewal), USTA # _____

Number of Members (if applicable): Adults _____ Juniors _____

Contact Name _____

Title or Position _____ E-mail _____

Organization Phone _____ Organization Fax _____

I would like to receive information about tennis programs in my community, the US Open, ticket offers, sponsor offers and more.

Method of Payment:

- Check for \$ _____ (payable to USTA)
- American Express
- Visa
- MasterCard
- Discover

Credit Card # _____ Exp. Date _____

Authorized Signature _____

By joining, I agree to adhere to the Constitution, Bylaws and Rules & Regulations of the USTA.

†Applications for Organization Members are subject to review and approval by the Section Association within the geographic area assigned.

Best Value!

MEMBERSHIP CATEGORIES

Clubs

Any private or commercial club, resort, hotel, condominium, apartment complex or homeowners' association that controls and maintains tennis facilities.

Community Tennis Associations (CTA)

Any multi-purpose, incorporated, geographically defined, not-for-profit, volunteer tennis organization that supports or provides comprehensive tennis programs.

Schools

Any elementary or secondary school, college, university or other educational institution.

Park and Recreation Departments

Any municipal, county or other public entity that fosters tennis activities.

Program Delivery or Service Organizations & Other Entities**

Any other organization or private entity, including a limited or single focus tennis association that actively conducts, controls or supervises tennis activities or is interested in the promotion of tennis.

CATEGORY	1-YEAR	3-YEAR	5-YEAR
Club with 1-3 courts	<input type="checkbox"/> \$35	<input type="checkbox"/> \$100	<input type="checkbox"/> \$155
Club with 4-10 courts	<input type="checkbox"/> \$65	<input type="checkbox"/> \$185	<input type="checkbox"/> \$290
Club with 11+ courts	<input type="checkbox"/> \$110	<input type="checkbox"/> \$315	<input type="checkbox"/> \$495
Community Tennis Association (CTA)	<input type="checkbox"/> \$35	<input type="checkbox"/> \$100	<input type="checkbox"/> \$155
School	<input type="checkbox"/> \$35	<input type="checkbox"/> \$100	<input type="checkbox"/> \$155
Park & Rec	<input type="checkbox"/> \$35	<input type="checkbox"/> \$100	<input type="checkbox"/> \$155
Service Org/Other:** _____	<input type="checkbox"/> \$35	<input type="checkbox"/> \$100	<input type="checkbox"/> \$155

Courts	Hard	Clay	Grass	Total
Outdoor				
Indoor				

Complete below if your category is a "Club"

Type of Club: Commercially owned Privately owned – open to the public
 Privately owned – closed to the public

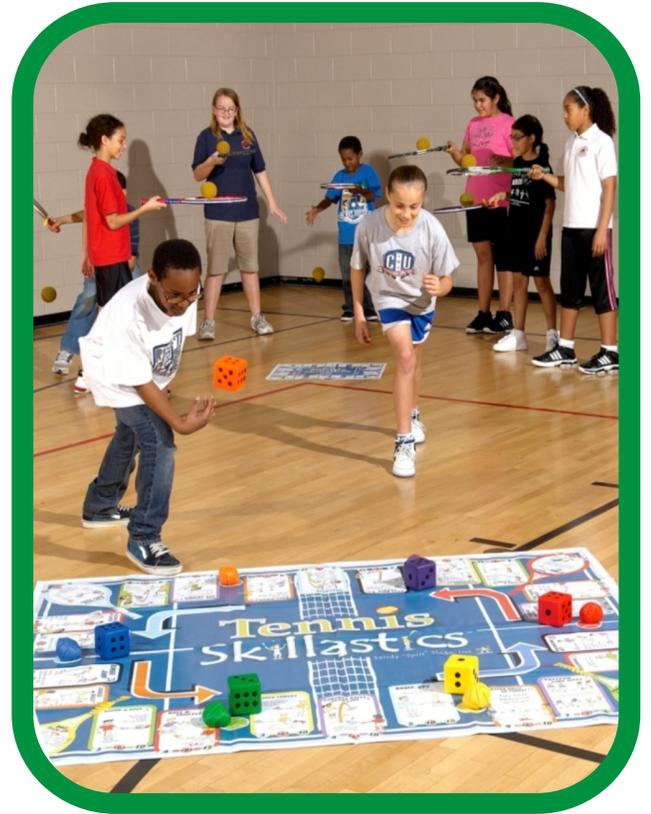
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 USTA, PO Box 643767, Pittsburgh, PA 15264-3767**

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Approved By



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-  **CREATES INTEREST IN A LIFETIME SPORT**
-  **EXCELLENT RESOURCE FOR KIDS TENNIS CLUBS**
-  **EASY TO SET UP AND TEACH**
-  **BUILDS SELF-CONFIDENCE & IMPROVES SOCIAL INTERACTION**
-  **CAN BE PLAYED INDOORS OR OUT - NETS NOT NEEDED**

Fitness Program	Quantity	Special Price	Total
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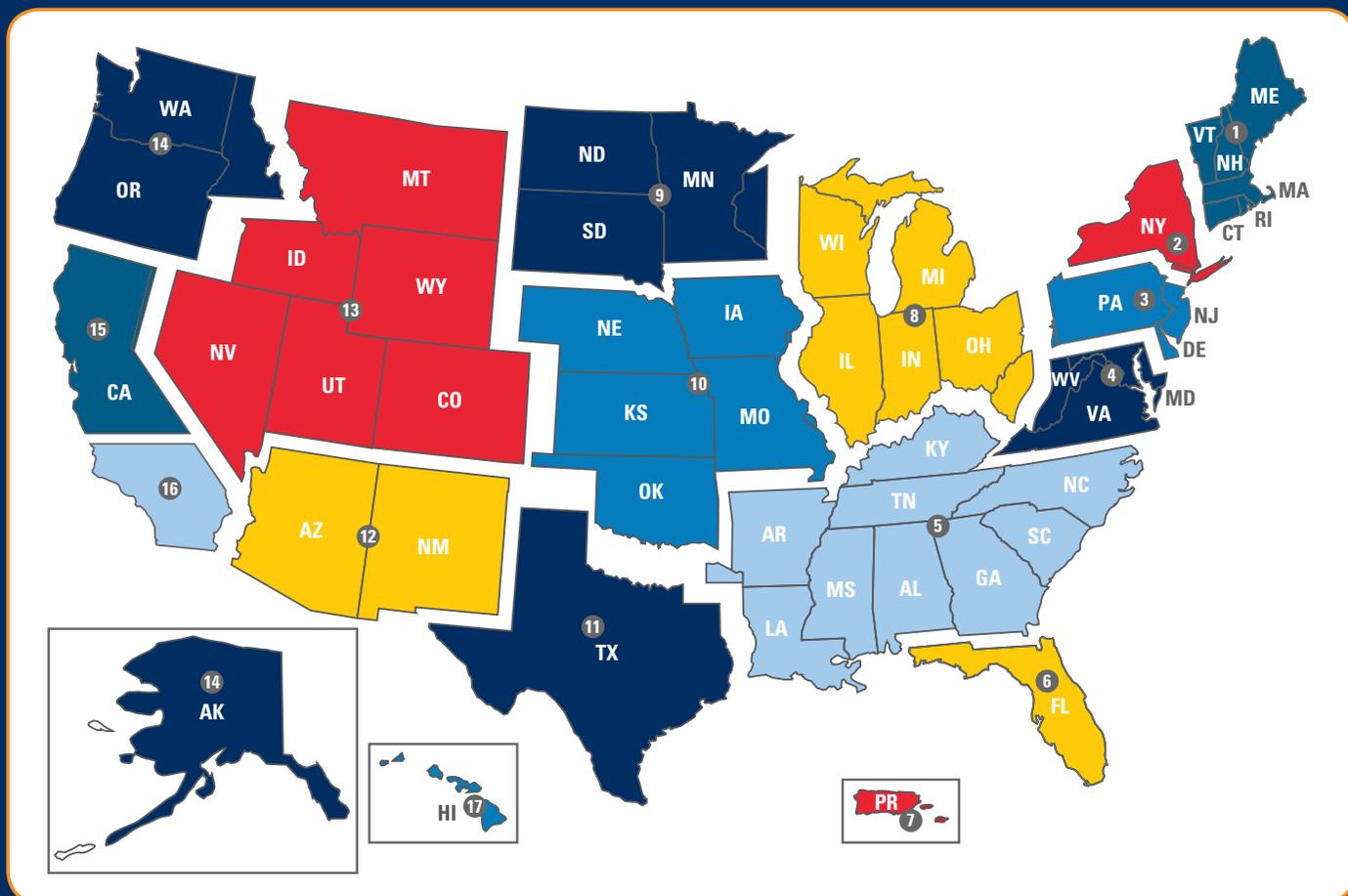
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