

Why play TENNIS?



- **Sport of a Lifetime** because people of all abilities, age, and skill can enjoy this wonderful sport. There are many programs, leagues, and events to serve everyone that wants to get involved in the game.
- **Sportsmanship** since tennis teaches you to compete fairly with opponents.
- **Teamwork** since successful doubles play depends on you and your partners ability to communicate and play as a cohesive unit.
- **Develop Social Skills** through interaction and communication before a match, while changing sides of the court and after play.
- **Accept Responsibility** because only you can prepare to compete by practicing skills and during match play making line calls.

COMMUNITY

- **Develop Discipline** since you learn to work on your skills in practice and control the pace of play in competition.
- **Work Ethic** because improvement through lessons or practice reinforces the value of hard work.
- **Learn to Solve Problems** since tennis is a sport based on angles, geometry, and physics.
- **Learn How to Recover** by adapting to the stress of a point and recovery period between points which is similar to the stress and recovery cycles of life.
- **Manage Mistakes** by learning to play within your abilities and realizing managing and minimizing mistakes in tennis or life is critical.
- **Performance Rituals** before serving or returning to control your rhythm of play and deal with pressure. These skills can transfer to taking exams, conducting a meeting or making an important sales presentation.
- **Win Graciously, Loose with Honor** Gloating after a win or making excuses after a loss does not work in tennis or life.
- **Have FUN** because healthy feelings of enjoyment, competitiveness, and physical challenge are inherent in the sport.

