

# IN SCHOOL TENNIS AFTER



**FUN & EASY.**

**NO COURTS REQUIRED.**

## DID YOU KNOW?

### **YOUTH WHO PLAY TENNIS...**

- Get better grades
- Are more likely to go to and have college aspirations
- Are less likely to be overweight

You DON'T need tennis courts to effectively teach tennis. USTA has new size and age appropriate racquets, balls and nets that can be set up on ANY open space!

***Achieve your school's health & wellness goals through tennis***

# USTA's School Tennis Workshops are intended for school PE teachers, coaches, and organizers responsible for implementing fitness programs in school and after-school settings.

- We come to you – 2 hour workshops take place at your school at a time that's convenient for you.
- Workshops train PE teachers and coaches to develop a youth tennis program at your school.
- Free training. Equipment provided.
- USTA provides a qualified school trainer to conduct the workshop.
- No courts required.
- No tennis experience necessary.
- Effectively offer PE with tennis sized right for age and ability.

***"It gives kids the opportunity to play something that they normally would not be able to. This has been great for the school and the community!"***

– David Rivera  
After-school program coordinator and community activities  
(Rocketship Discovery Prep-San Jose)



***Camaraderie, cooperation and individual self-growth.***



**All host School Tennis Workshop sites will receive the following *FREE* resources:**

- **K-12 curriculum through SHAPE America**
- **30, 21" or 23" racquets**
- **36 red balls**
- **Two rolls of border tape**
- **Large rolling racquet bag**
- **Box of chalk**
- **One pop-up net**

**In addition to the package mentioned above, all schools present at the training will receive an equipment package similar to that listed.**

For additional racquets and balls, contact USTA NorCal.

**School Districts  
Participating in USTA NorCal  
School Tennis Programs**

San Francisco Unified  
Fairfield-Suisun Valley Unified  
Palo Alto Unified  
Napa Valley Unified  
San Juan Unified  
Elk Grove Unified  
Humboldt County  
Madera Unified  
Pacific Grove Unified  
Alameda Unified  
Chico Unified  
Walnut Creek Unified

For more information on USTA's  
School Tennis Workshops contact:

**Troy Rondeau**  
**Youth Tennis Specialist**  
**(510) 263-0471**  
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***"Teachers love it! Kids love it! It gives the kids a foundation for tennis and should be running in every school and after-school program in the Nation."***

– Frank Hall  
Schools Trainer and advocate for tennis in schools (Stockton area)

# THE BALL IS IN YOUR COURT!



Reaching over 14 million children in schools worldwide, GoNoodle is the leading kids' movement and mindfulness platform.

**GoNoodle**

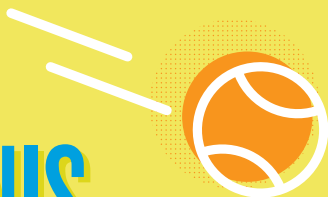
Now GoNoodle and the USTA are partnering to produce a series of videos featuring Blazer Fresh and USTA athletes. These videos and songs will get kids moving and inspired to hit the court while also providing opportunities for social, emotional, and academic learning.

**Check out "The Ball is in Your Court" on YouTube!**

Learn more about signing up for a free GoNoodle account at **GoNoodle.com** or download the app.



## JOIN THE FUTURE OF TENNIS



Net Generation is the USTA's commitment to helping community organizations, parents, and volunteers build youth tennis programs in your community. Net Generation will provide resources and guidance along the way to make sure you have all the tools to feel confident in helping kids stay active.

Net Generation encourages kids to challenge themselves. It helps shape the game to individual players, so they can learn at their own speed. Even more importantly, it uses tennis as a pathway to personal development off the court. And, for everyone involved, Net Generation creates a strong sense of community for life.



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TO LEARN MORE, VISIT [NETGENERATION.COM](http://NETGENERATION.COM)



# HONESTY INSPIRATION TEAMWORK SPORTSMANSHIP



## BENEFITS OF H.I.T.S. & RED BALL JUNIOR TEAM TENNIS

- Develop the child before the athlete
- Focus on playing, learning and having fun
- Builds friendships and engages kids in physical activity
- Combines learning tennis with education
- All participants receive a t-shirt, wristband, ball, certificate, players/prents manual, and more!



## What is H.I.T.S.?

H.I.T.S. is a low-cost tennis program for kids 10 and under that incorporates the fundamentals of a team sport with life skills enrichment. With support from the USTA NorCal, H.I.T.S. is a fun and easy program that includes training and resources to run a tennis program at your tennis courts, blacktop or indoor gym.

With this program the use of “right-sized” equipment allows young players to learn and play more effectively. During this 6-8 week program, kids will participate in fun activities while learning the fundamentals of tennis in a safe and supportive environment.

## What is Red Ball Junior Team Tennis?

H.I.T.S. Red Ball Junior Team Tennis provides a great transition for kids to move from the introductory aspect of H.I.T.S. into the team concept without a heavy emphasis on competitive play which appears later on in orange, green and yellow ball tennis. The core lessons remain a part of this program.

Just like H.I.T.S., Red Ball JTT can be run anywhere kids can play tennis, including through programs at clubs, park and rec facilities, community centers, and after-school programs. Kids will be put on teams so they can have the team tennis experience at a level their comfortable at as they continue to grow their skills

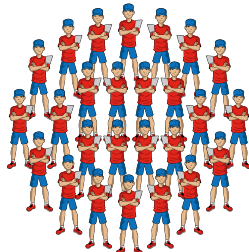




**4**  
**YEARS**



**25,000**  
**PARTICIPANTS**



**500**  
**COACHES**

## **Sample of programs that have participated in H.I.T.S. throughout Northern California**

- Fresno County of Education
- Modesto City Schools
- San Francisco Rec & Park, Tennis Learning Centers
- California Police Activities League
- California Teaching Fellows
- Old Adobe School District
- Rincon Valley School District
- Riverbank Unified School Dist.
- Boys & Girls Clubs of Northern California
- START Program, City of Sacramento
- Centers for Fathers & Families
- Stockton Step-Up
- YMCA of Northern California
- College Prep Charter School
- Catholic Charities
- MANY, MANY MORE...

Watch our **H.I.T.S. video** & find out more about this USTA A NorCal program, visit

**[www.norcalhits.com](http://www.norcalhits.com)**



***"The H.I.T.S tennis program has provided our students with something new and exciting to make our after school program that much more engaging. The students were immediately intrigued by all the new equipment, and that intrigue only continued to grow once they got to experience the other aspects of the program."***

– Frank Hall  
Schools Trainer and advocate for tennis in schools (Stockton area)

USTA Northern California Tennis Service Representatives (TSRs) live in the communities they serve. Their goal is to grow tennis at the local level through USTA programming and membership. Contact your TSR with any questions. For updates, visit:

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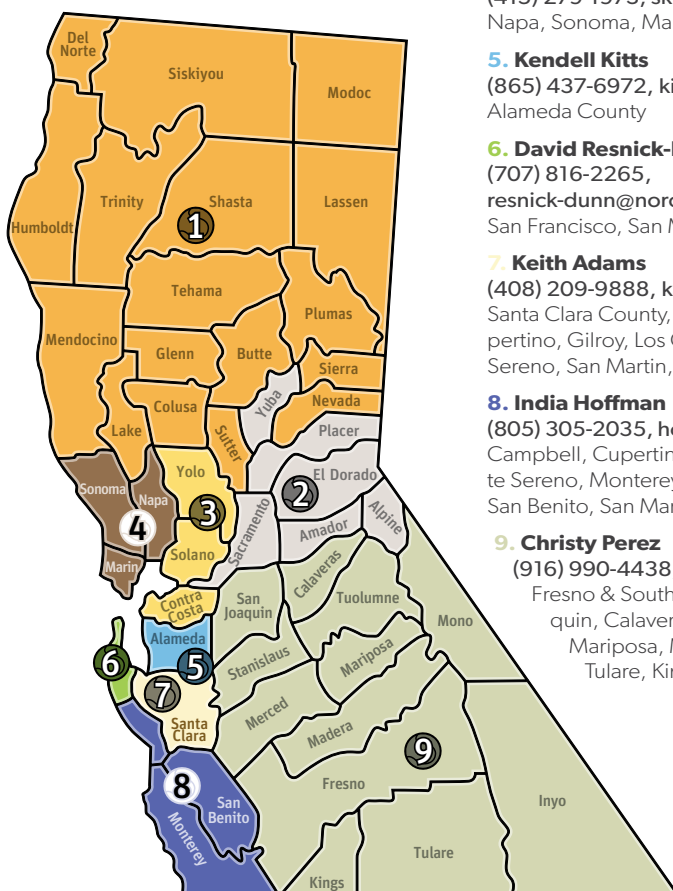
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