



REGISTER YOUR SCHOOL

Get Started Today!

For more information on getting support for your school tennis program, write us at: ***SchoolsTennis@usta.com*** You can also join the USTA School Tennis Registry and receive special benefits and offers at NO COST. By registering online, you will receive:

1. A Certificate of Recognition for offering tennis in school
2. A set of animated station signs for introducing basic tennis skills in a fun format
3. The School Tennis Program Handbook includes:

- ***Fun tennis activities and games for schools—no courts required***
- ***Tips for converting playgrounds and gyms for tennis play***
- ***How to organize a student tennis club***
- ***And more...***

Sign up today at: ***ct.usta.com/schoolsregistry***



United States Tennis Association,
70 West Red Oak Lane, White Plains, NY 10604-3602



10ANDUNDERTENNIS.COM

10 AND UNDER TENNIS

THE RULES HAVE CHANGED!

GROW YOUR PROGRAM, GROW THE GAME



GET WITH THE PROGRAM!



A revolutionary change in the way kids 10 and under learn and play tennis, as well as compete, is happening across the country—and you need to be a part of it. Tennis is following the formula that the majority of youth sports have used for years—tailoring equipment and courts to a child's size and age so that they develop skills and have fun right from the start. Youth baseball, soccer, basketball, and other sports all offer modified gear, courts and fields that give kids confidence and enjoyment as they develop and mature. It is now time for tennis to follow suit—10 and Under Tennis incorporates the QuickStart Tennis play format so that kids can learn, rally, play and compete in a way that is more fun, keeping them coming back for more. And, unlike most other youth sports, tennis can be played at five or at eighty-five, truly making it the sport for a lifetime.

In support of 10 and Under Tennis, both the International Tennis Federation and the USTA passed new criteria, as a result, beginning in 2012, all USTA-sanctioned events for 10 and Under tournaments are required to be played using a combination of slower-moving and lower-bouncing balls, shorter and lighter racquets, and/or smaller courts.

These changes are significant to the growth of tennis as the changes will make it easier for more kids to get into the game and stay in the game. The smaller courts will give kids the opportunity to build confidence and learn skills and strategy while covering the entire court. The shorter, lighter racquets will allow kids to better control the racquet and discourage extreme grips. The balls will slow play down, bounce at a height appropriate to the kids' size and provide longer rallies, allowing kids to better develop their court skills. Tennis is already the fastest growing traditional sport in America, and with these improvements in youth tennis, the sport will continue to grow and be popular.

The USTA is committed to the growth of youth tennis across the country, and we are committing significant resources to help promote 10 and Under Tennis in your community.

In this pamphlet, you can learn more about the following opportunities to bring 10 and Under Tennis to your elementary school physical education or after school program:

- 🎾 ***Lines and equipment funding assistance***
- 🎾 ***10 and Under Tennis on-court training***
- 🎾 ***Resource support***

Find out how you can get your school ready for 10 and Under Tennis. Together we can all grow the sport of tennis—whether it's finding the next American star or instilling passion for a sport of a lifetime!

Find out more at ***10andUnderTennis.com*** and ***USTA.com/rulechange***

If you have questions about whether you qualify for lines and equipment assistance, programming, training, etc. email ***schoolstennis@usta.com***



10ANDUNDERTENNIS.COM

NEW RULES FOR 10 AND UNDER

IT'S A WHOLE NEW BALL GAME FOR KIDS

TOURNAMENTS

On September 7, 2010, the USTA passed new criteria governing competition for 10 and Under tennis tournaments. The new criteria require that all 2012 USTA 10 and Under tournaments be played using a combination of the following:

- ☛ **Lighter, slower-moving and lower-bouncing balls**
- ☛ **Smaller and lighter racquets**
- ☛ **Smaller courts**



For 10 and Under Tennis, this decision will positively shape the landscape of tennis in the U.S. as it follows the same formula that other youth sports have been using for decades. Equipment, courts and fields sized for kids have been an integral part of the development of young baseball, soccer and basketball athletes. For tennis, gear tailored for a kid's size and age and a smaller court will allow children to rally and play the game earlier, increasing the likelihood that kids will have fun, return to the sport and continue to improve.



"Learning how to play tennis the right way, with the right strokes and the proper technique, is beneficial for kids both now and into the future."

—Patrick McEnroe,
General Manager,
USTA Player Development

The change in the criteria by both the USTA and the International Tennis Federation, who passed similar criteria, was reached after assessing the benefits for beginners as well as recurring and high-performing youth players. Studies have found that competition, when conducted in a welcoming environment that allows for multiple play opportunities, enhances a child's enjoyment of the game. For aspiring collegiate and professional players, 10 and Under Tennis fosters proper technique and enhances strategy—two key components to success in competitive play.

In addition to the USTA, the decision is supported by the Tennis Industry Association and teaching pros across the country. Moreover, in May 2010, the Intercollegiate Tennis Association approved a measure to allow NCAA competition to take place on courts with blended lines (i.e., courts lined to accommodate both 10 and Under Tennis and 78-foot tennis).

"Competition is at the very heart of our sport," said Patrick McEnroe, General Manager, USTA Player Development. "And learning how to play tennis the right way, with the right strokes and the proper technique, is beneficial for kids both now and into the future, whether they pursue the game recreationally or at the very highest levels."

Learn more about the 10 and Under Tennis changes and play specifications by going to usta.com/rulechange.

EQUIPMENT



Red Foam



Red Felt



Orange Felt



19"



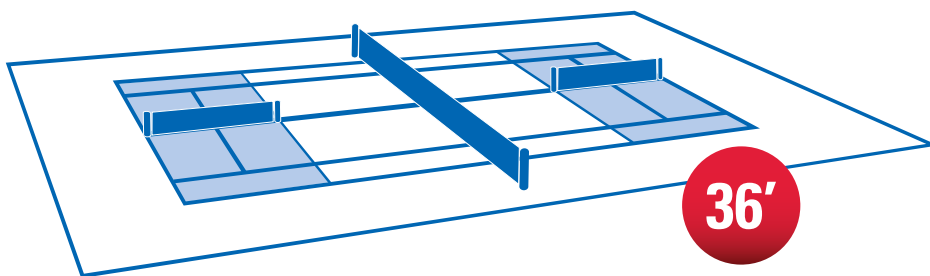
21"



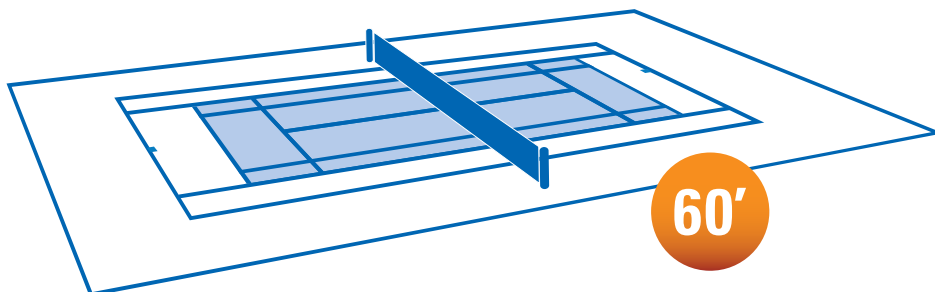
23"



25"



36'



60'



LINES AND EQUIPMENT ASSISTANCE

The USTA is committed to growing 10 and Under Tennis in your community and is providing financial assistance for painting blended lines on courts and securing equipment. Depending on your needs, you could be eligible for 50%-100% of the necessary funding of 36-foot and 60-foot lines to support your 10 and Under Tennis program, and additional funding may be available for equipment.

Lines

Painting blended lines on your courts to accommodate kids is a quick and simple project, and the next step toward growing kids tennis in your community. These lines do not interfere with those of the standard 78-foot court, and they are easily distinguishable from the white 78-foot lines. USTA Sectional and National Championship Tournaments for both Juniors and Collegiate events may be played on courts with blended lines.* The blended lines are thinner than the 78-foot lines, are either a darker or lighter shade than the actual playing surface, and end 3 inches from the white 78-foot court lines. We do recommend that the 10 and Under Tennis lines be done by a tennis court contractor. More information and contacts can be found at sportsbuilders.org.

While the 36-foot courts require light-weight, portable nets, the net specification for the 60-foot court is identical to the net of a 78-foot; therefore, there are no set up requirements for 60-foot tennis!

To learn more about 10 and Under Tennis lines and court set-up, see the "Quick and Easy Court Set Up" video at 10andUnderTennis.com/Resources/Videos. To find out if you qualify for blended lines funding, please fill out a Facility Assistance form at cta.usta.com/pfa.

Equipment

Getting the proper equipment to provide 10 and Under Tennis can be a significant investment, but the opportunity to get more kids on the court and more players coming back can benefit your program tremendously. The USTA is offering financial support to eligible facilities so that you have the equipment to offer 10 and Under Tennis.

For information on where to buy 10 and Under Tennis equipment and how to qualify for equipment discounts and grants, go to 10andUnderTennis.com/equipment.

For more information about lines, equipment and facilities assistance for youth tennis, go to 10andUnderTennis.com.



*Currently, ITF Junior Circuit Tournaments, ITF Pro Circuit Tournaments and some USTA National Adult events may not be played on courts with blended lines, but it is expected that it will be permitted soon.



School Tennis Training for Physical Education Teachers

The USTA offers training for physical educators, classroom teachers, program providers and volunteers who are responsible for offering tennis in school settings. No courts are required and no previous tennis experience is necessary. For more information, write to us at schoolstennis@usta.com.

Training for Teachers

School Tennis Trainings are offered nationwide through a network of USTA section and local offices. These interactive workshops are three (3) hours in length and focus on the following:

- ***Managing large numbers of students in limited spaces***
- ***Teaching basic tennis skills with student-friendly equipment***
- ***Organizing tennis games and activities for P.E. classes, recess and after-school programs***

The School Tennis Trainings are based on the USTA's Physical Educators Guide for Teaching Tennis in Schools. This multi-media tennis curriculum has eight easy-to-follow lesson plans created for teachers, by teachers, that can be used in any school environment. The curriculum kit also includes a teacher's manual, pocket guide, DVD and CD-ROM.

Written in conjunction with renowned physical education expert Dr. Robert Pangrazi, the lessons are:

- ***Based on National Association for Sport and Physical Education standards***
- ***Designed to fit unique time and scheduling needs***
- ***Flexible enough to accommodate small and large groups***
- ***Fun and challenging for all kids, and adaptable for students with special needs***
- ***Targeted toward grades 3–6, and can be adapted to higher and lower grade levels***
- ***Able to be taught on any flat surface—no courts required!***





Get trained on 10 and Under Tennis through On-Court Training Workshops

The USTA offers QuickStart Tennis Workshops that are hands-on workshops to train instructors on the new methods of coaching and guiding players 10 and under. Taught by a certified PTR and/or USPTA professional, who has received special training from the USTA, the QuickStart Tennis Workshop is geared toward teaching 10 and Under Tennis utilizing the QuickStart Tennis play format. The workshop runs 3.5 hours in length and includes the following:

- ☛ **Extensive coverage of the QuickStart Tennis play format including age-appropriate play situations and games for 5-6-, 7-8- and 9-10-year-olds**
- ☛ **QuickStart Tennis play format practice plans**
- ☛ **Participant manual**
- ☛ **Tips on organizing and/or coaching a USTA Jr. Team Tennis match**
- ☛ **Knowledge to implement the QuickStart Tennis play format in your programming**
- ☛ **Access to the latest in modified equipment, additional coaching resources and sample balls**

Is your school ready for 10 and Under Tennis?

Below is a checklist to make sure you are prepared to offer a whole new ball game to kids aged 10 and under.

Lined courts (blended or temporary)

- ☐ 36'
- ☐ 60'

10 and Under Tennis equipment:

- ☐ Balls
- ☐ Racquets
- ☐ Nets

Trained Teachers

- ☐ School Tennis In-service
- ☐ QuickStart On-Court Workshop
- ☐ Recreational Coach Workshop

The USTA also provides a Recreational Coach Workshop that consists of comprehensive training for coaches teaching all ages including 10 and under.

Stay ahead of the game and get trained on 10 and Under Tennis. Get the techniques to get kids—and keep them—on the court.

"I loved the new and fun ways of engaging the kids and teaching them the techniques, rather than the old-fashioned way of drills."

—Jane, Elm Grove, WI



"There's great new ideas on how to get kids playing tennis and having FUN."

—Phyllis, Santa Monica, CA

Learn more at 10andUnderTennis.com/training

