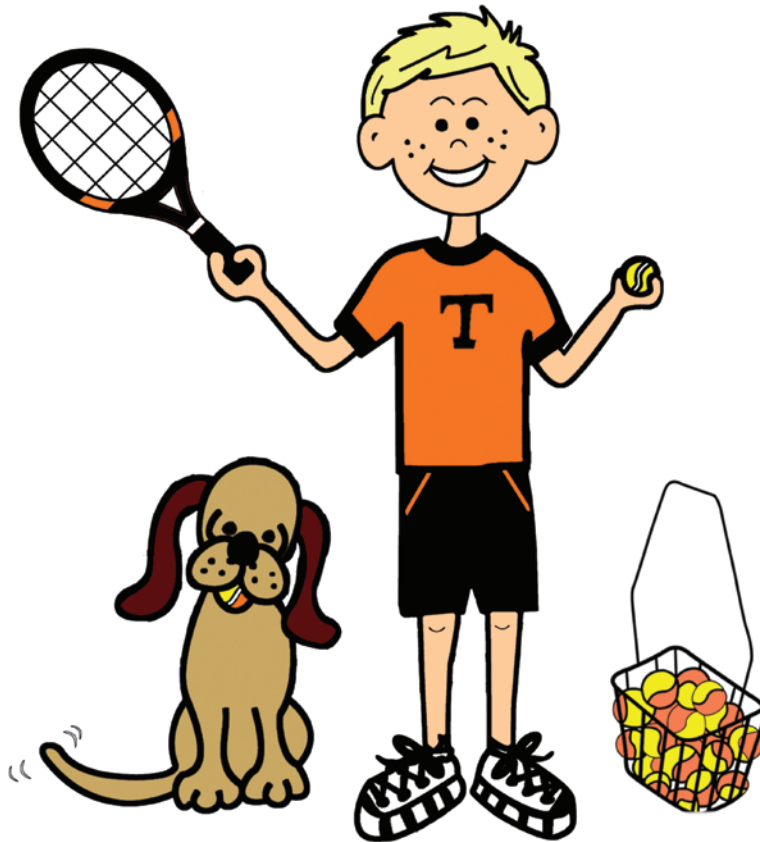


LET'S PLAY TENNIS!

A Guide for Parents and Kids

by Andy Ace



Written and Illustrated by Patricia Egart

Let's Play Tennis, A Guide for Parents and Kids
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Andy Ace takes parents and kids on a fun-filled journey from the sporting goods department, to the courts to learn the strokes and tips for practicing, and ends with an exciting match with Danny Deuce! Full-color illustrations are included with easy to follow descriptions to help players of all ages get out on the courts and learn to play tennis.

Tales of the Tennis Tigers Series

Let's Play Tennis! A Guide for Parents and Kids

Alley Learns Something New

Coming soon:

Andy and the Two Racquets

Andy and Fair Play

Dear Parents and Future Tennis Stars,

I wrote this book to help my mom and dad, my sister Alley, and her friends Chip and Lucy to get out on the courts and play tennis. In it, you will learn about the game of tennis, including things like:

- what equipment you will need
- how to make the court smaller for beginners
- how to hold the racquet
- how to warm up
- how to move your feet
- how to serve and hit all the strokes

I have included my favorite games and drills which parents and kids can do together. You will learn about tennis etiquette and sportsmanship.



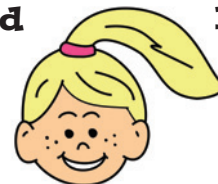
Dad



Mom



Chip



Alley



Lucy



Danny

You also will learn about match play as you follow me through an exciting match with Danny Deuce.

Note to Parents: Tennis is a great family sport! This guide is intended to help you learn to play tennis, too! You will be able to beat your kid at first. You will let them win sometimes, of course. At some point, they will start beating you for real. Good luck in dealing with that!

Note to Kids: Your goal is to beat your parents by the time you are twelve years old. Your parents will spend the rest of their lives trying to beat you. Don't ever let them win. They will know!

I am twelve years old, and I have been playing tennis since I was five. Did I mention that playing tennis is a blast? I play on a team with my friends, and I play almost every day.

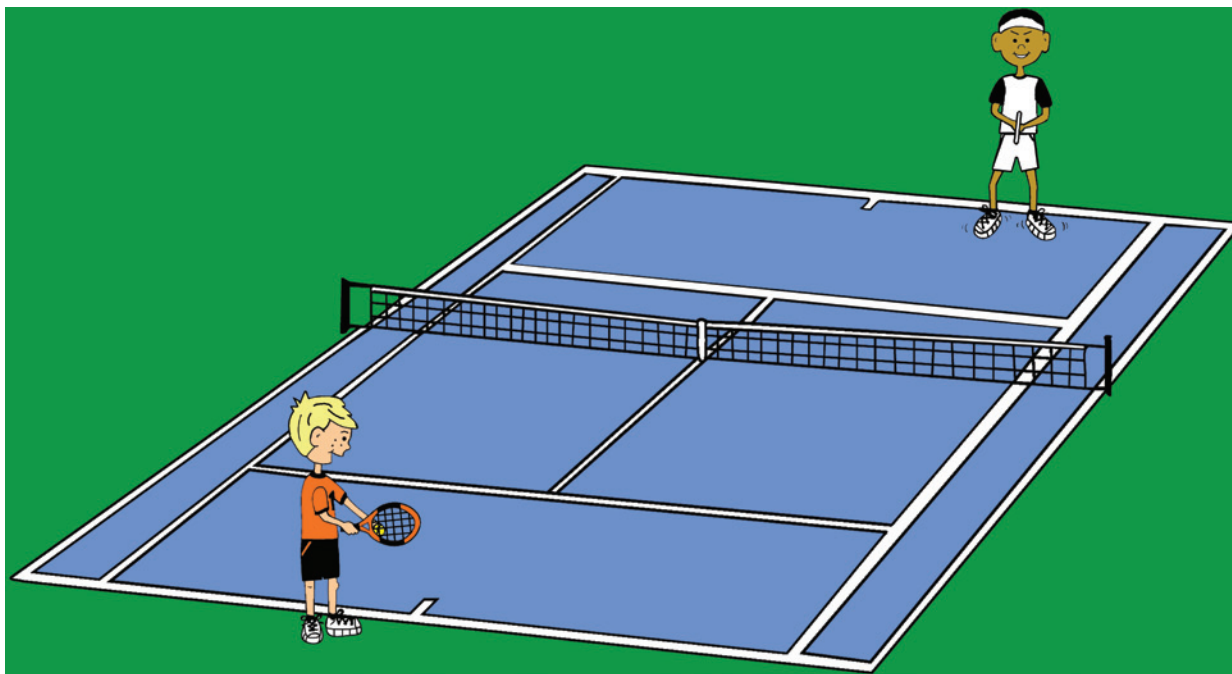
Now, let's get started!
Your friend,

Andy Ace



About the Game of Tennis

Tennis is a game played on a rectangular court with a net in the middle. The object of the game is to hit the ball over the net and into the opposite court within the boundaries. Players need to hit the ball back over the net after only one bounce or before the ball bounces.



Singles is a tennis match played between two players. **Doubles** is a match played by four players as two doubles teams. Boys and girls can play doubles together for **mixed doubles** matches. Most tennis is played on **hard** courts, but it is also played on courts made of **clay** or **grass**.

Tennis can be played by people of all ages. There are tournaments and leagues for ages eight to ninety. Tennis can be played by people in wheelchairs, too.

Tennis is a lifetime sport!



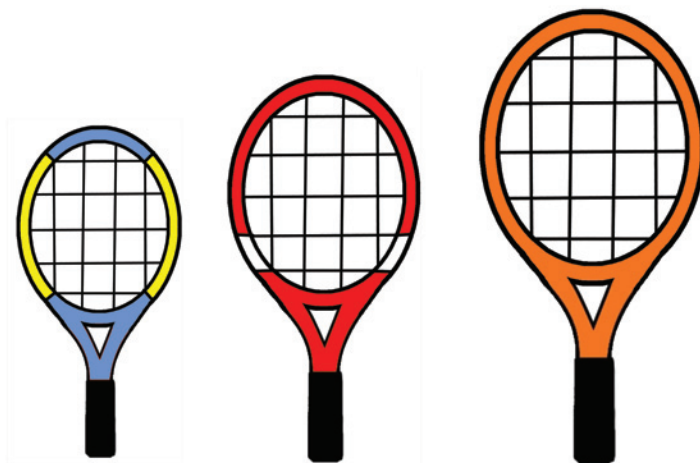
Stuff You Need

Let's start out at the tennis department of your favorite store. One of the great things about tennis is that you don't need a lot of expensive equipment. The basics are:

Racquet

It is important to buy a racquet that is the right length for your age. If you are tall for your age, you may want to buy a longer racquet. Here are general guidelines:

Ages 3 & 4	19"
Ages 5 & 6	21"
Ages 7 & 8	23"
Ages 9 & 10	25"
Ages 11 to Adult	26–27½"



**Ages 8 &
Under
Red &
Yellow
Felt Ball**



**Ages 10 &
Under
Orange
& Yellow
Felt Ball**



**Green &
Yellow
Felt Ball**



**Ages 11 +
or
Yellow
Felt Ball**

Balls

For ages three to eight, the oversized, red-and-yellow, low-compression felt balls work best. For ages nine and ten, the orange-and-yellow, low-compression felt balls work best. These balls bounce lower and move more slowly, so the player develops the proper strokes with more success.

PROOF

Ball Hopper

Don't head to the courts with just one can of balls. Buy a hopper and fill it up. You can spend more time hitting and serving without stopping to pick up balls.



My dog, Topspin, loves my hopper!



Tennis Shoe

Shoes

All athletic shoes used to be called tennis shoes, and everyone used tennis shoes for every sport. Now there are shoes made specifically for each sport to prevent injury, to improve performance, and to match the playing surface. It's important to wear tennis shoes to play tennis. You can see that tennis shoes have a rounded edge on the sole.

There's a ton of side-to-side movement in tennis, so a cross-trainer or running shoe could cause you to hurt your ankle or knee. Also, tennis shoes do not mark up tennis courts.



Running Shoe

Socks

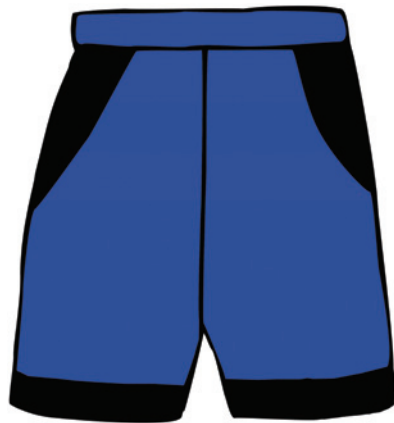
Wear sports socks with extra padding in the toe and heel.



PROOF

Clothing

Players should wear clothing that allows them to have a second tennis ball on them when they are serving.



Boys can wear shorts or pants with pockets.

This is important for matches and for practices. Many practice drills require players to have extra balls in their pockets. That way, players can perform drills without stopping to pick up balls.



Girls can wear shorts or pants with pockets or tennis skirts with built-in tennis underwear.

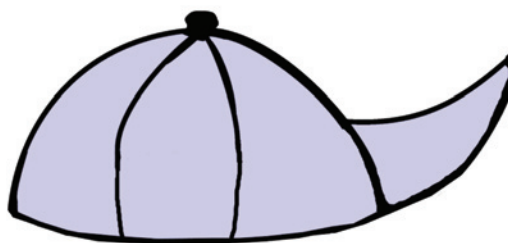
Water Bottle

Buy a large, insulated water bottle and write your name on it. Bring it with you every time you play tennis and take frequent drinks. Don't bring a dinky little water bottle out there. It won't be enough if it gets hot or if you have a long match. It's not fun to wait at a match or practice for a player who needs to leave the courts to keep refilling a water bottle.



Hat and Sunscreen

Wear a hat or a visor. Put sunscreen on before you play and put it on again while you play.



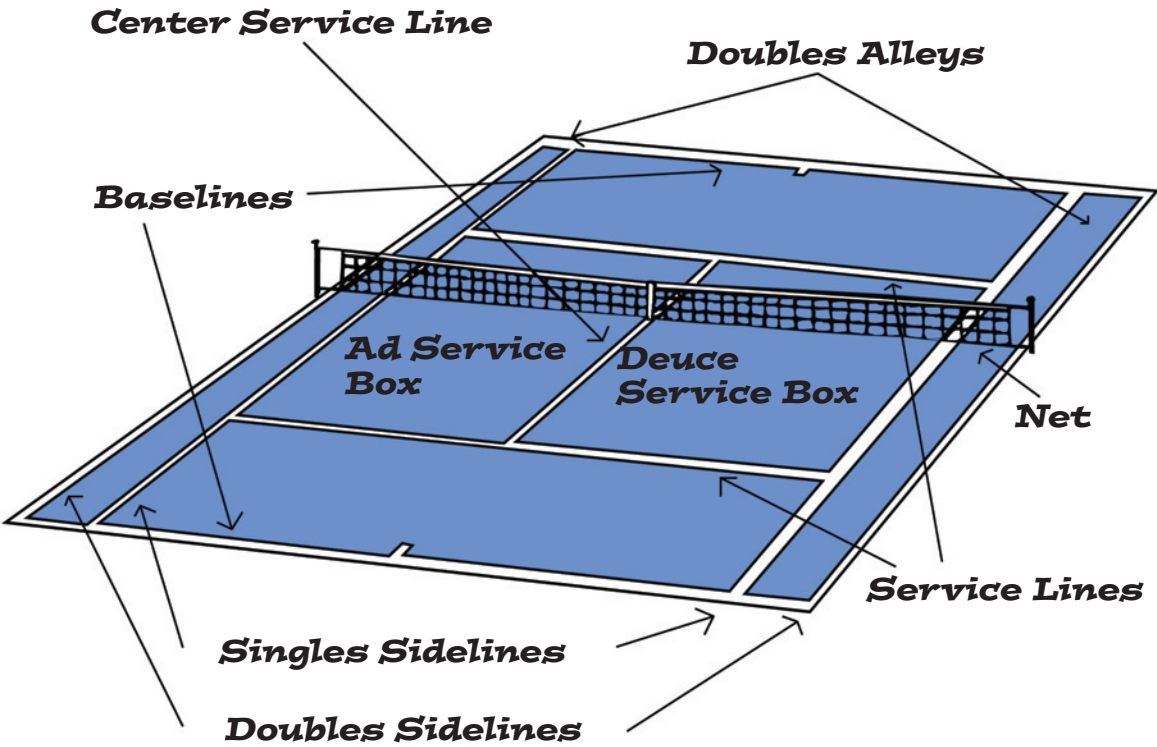
Healthy Food

Tennis players need to eat healthy food!

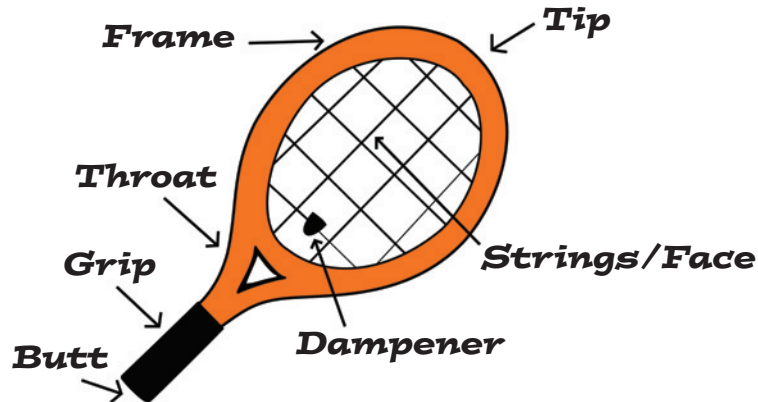


Refer to my handy reference guide on page 38 for complete information.

Parts of the Court



Parts of the Racquet

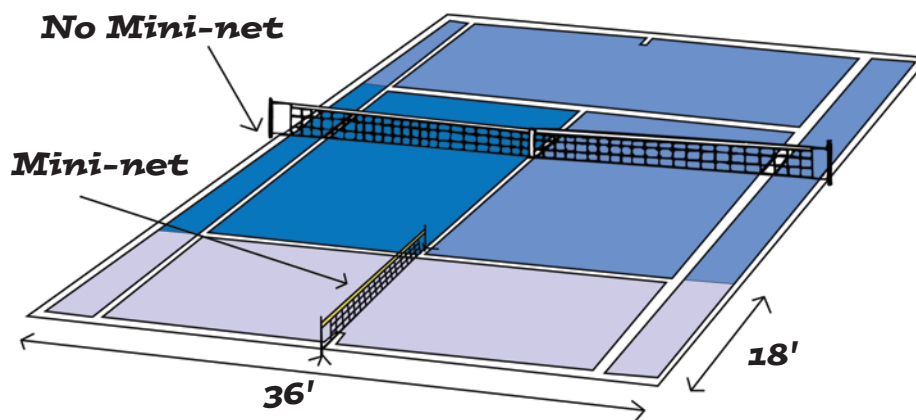


10 and Under Tennis Courts and Scoring

Players under the age of eleven should not start playing on a full size court. That would be like putting a T-ball team on a professional baseball field. 10 and Under Tennis modifies the court sizes and equipment to help kids ages ten and younger play tennis. The younger age groups use modified scoring that is easy to understand and shortens up the length of matches. Making the courts smaller helps players cover the court and develop great strokes!

Court Sizes for Ages 8 & Under

This age group plays on a 36-foot-deep by 18-foot-wide court. Set up mini-nets, using the doubles sidelines to form the baselines. If mini-nets are not available, use the service lines as the baseline boundaries, and use the center service lines and the doubles sidelines for the side boundaries.



Scoring for Ages 8 & Under

There are seven points in a game. The first player to score seven points by a margin of two wins the game. The first player to win two games wins the match. Players use the same scoring used for a Set Tiebreak (explained on page 35). Players may use an underhand serve or an overhand serve to start the points.



Use the red-and-yellow, low-compression balls and the right length racquet for the age of the child.

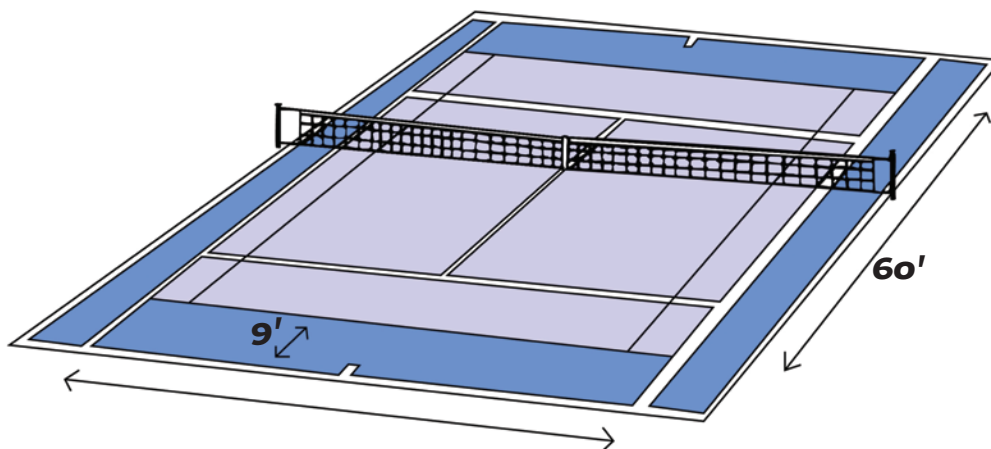




Smaller courts allow players to cover the court better and to develop great strokes!

Court Sizes for Ages 10 & Under

This age group plays on a 60-foot-deep by 27-foot-wide court. Use the singles sidelines for the doubles sidelines and use sidewalk chalk to mark the baselines 9 feet in from the regulation baselines. Mark singles sidelines 3 feet in from the regulation singles sidelines.



Scoring for Ages 10 & Under

This age group plays the best of two out of three short sets using regulation scoring (explained on page 32). The first to win four games wins a set. For the third set, play a Set Tiebreak as in the 8 & Under program. Players may use an underhand serve or an overhand serve to start the points.

Use the orange-and-yellow, low-compression balls and the right length racquet.



Warming Up the Right Way

You need to warm up properly before you play tennis. The best way to warm up is to take a slow jog around your tennis courts and then stretch your muscles by moving them. Here are a few of my favorite ways to stretch:

Crazy Run Jog across the court and back while circling your arms and trying to kick your butt with your heels.

Toe and Heel Walks Walk on your toes across the court and back. Then walk on your heels across and back.

Monster Walks Walk across the court, taking huge steps and bending your knees to get low to the court. Hold your arms out at your sides for balance.

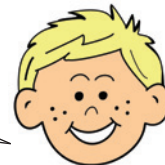


Robot Walks Hold your arms out in front and kick your legs up one at a time, trying to touch your hands with your toes.

Butt Kicks Walk across the court while trying to kick your butt with alternating heels.

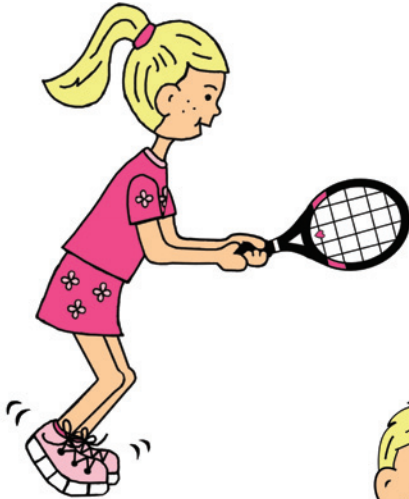
Arm Circles Circle your arms forwards and backwards.

Are you warmed up and ready to play tennis?

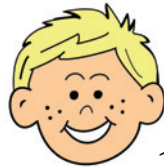


How to Move Your Feet

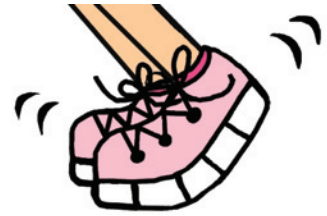
It is important to move your feet a lot when you play tennis so you can be ready to hit a great shot!



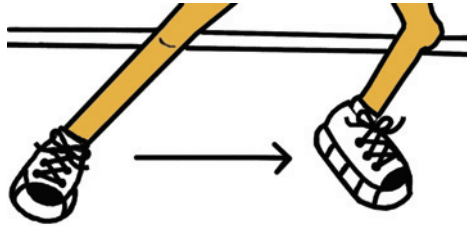
Ready Position In the ready position, face the net, hold your racquet in front, bend your knees, and keep your feet moving. Stay on the balls of your feet—don't settle back on your heels. Start in the ready position before you hit the ball, and go back to the ready position after you hit the ball.



Keep your feet moving!



Split Step “Split step” by bouncing on the balls of your feet as your opponent hits the ball, so you can move quickly in any direction.



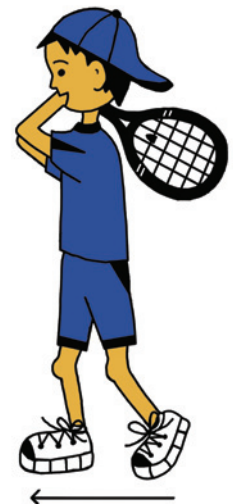
Shuffle “Shuffle” to move sideways so you can face your opponent and be ready to hit the next shot.

Set-up Steps When you are running to hit a ball, use long steps to get there quickly. As you get close to the ball and are about to hit it, use small “set-up steps” so you are balanced when you make contact.

Play “Ball-Race”
on page 26
to practice
set-up steps!



Hit Off Your Front Foot Beginners should transfer their weight to their front foot as they hit the ball to stay balanced.

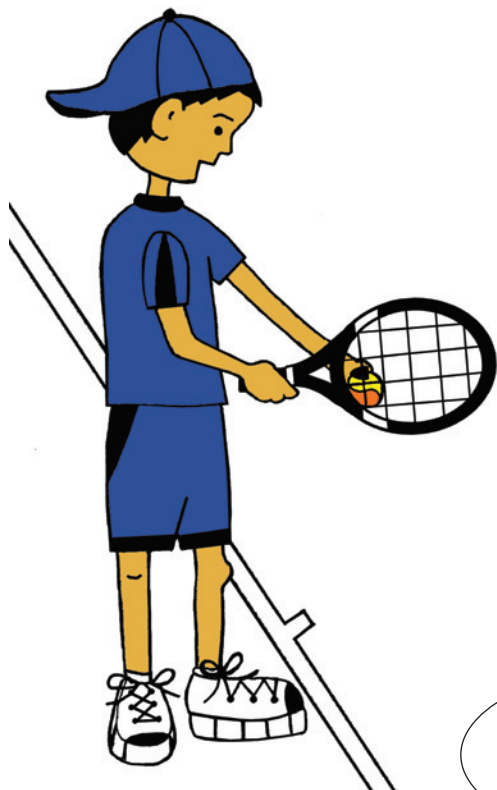


How to Hit the Overhand Serve

The serve starts every point.
Use the Continental Grip for the serve.



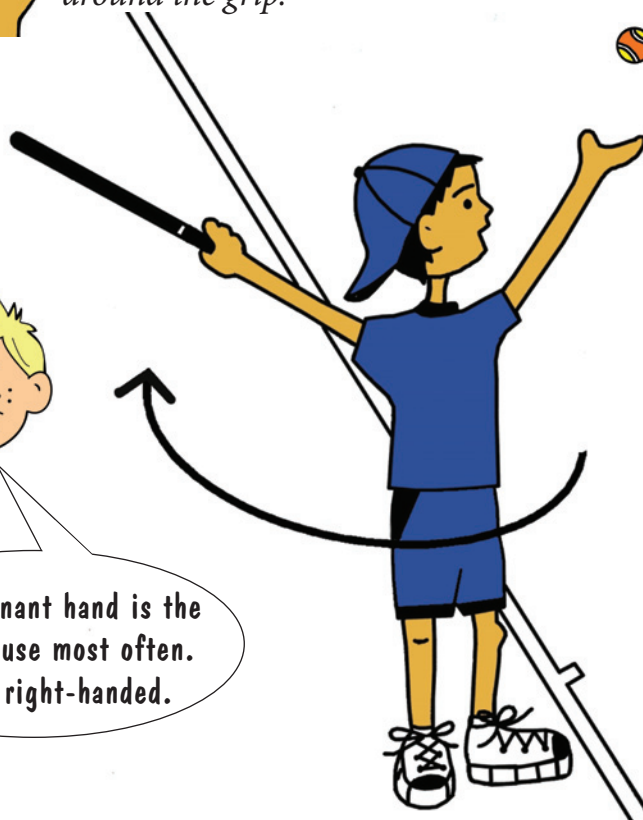
The Continental Grip To find this grip, place the V formed by the thumb and index finger of your dominant hand on the edge of the frame and slide it down to the grip. Then wrap your thumb and fingers around the grip.



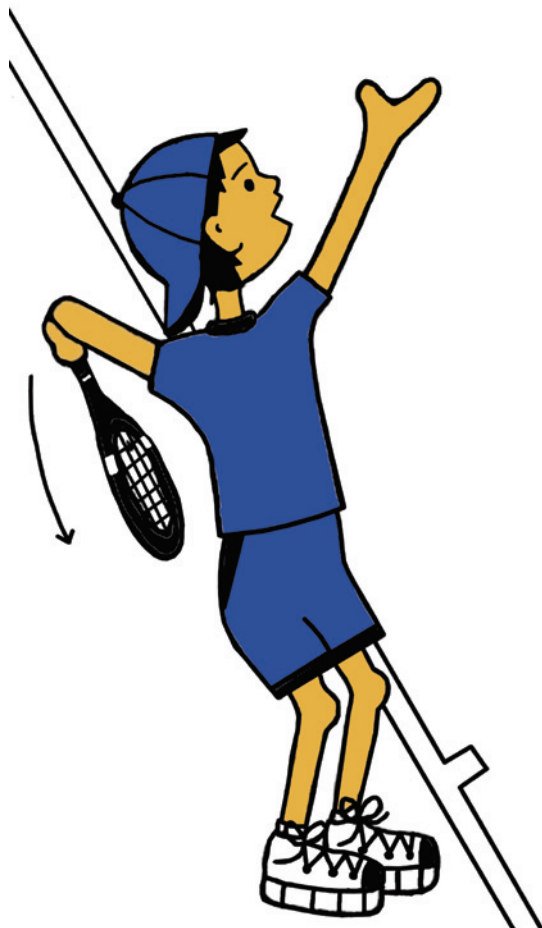
1. Set your feet. Your left toe should be next to the baseline, pointing to the right net post, and your right foot should be parallel to the baseline. Your weight should be on your front foot. Hold the ball next to the strings.



Your dominant hand is the hand you use most often.
Chip is right-handed.



2. Rock back to shift your weight to your back foot. As you rock back, your left arm should push the ball up for the toss. Your racquet arm should swing up so you make the letter Y with your body. The knuckles of your right hand should be up.



3. Drop your racquet behind your back. Leave the tossing arm up after the toss.

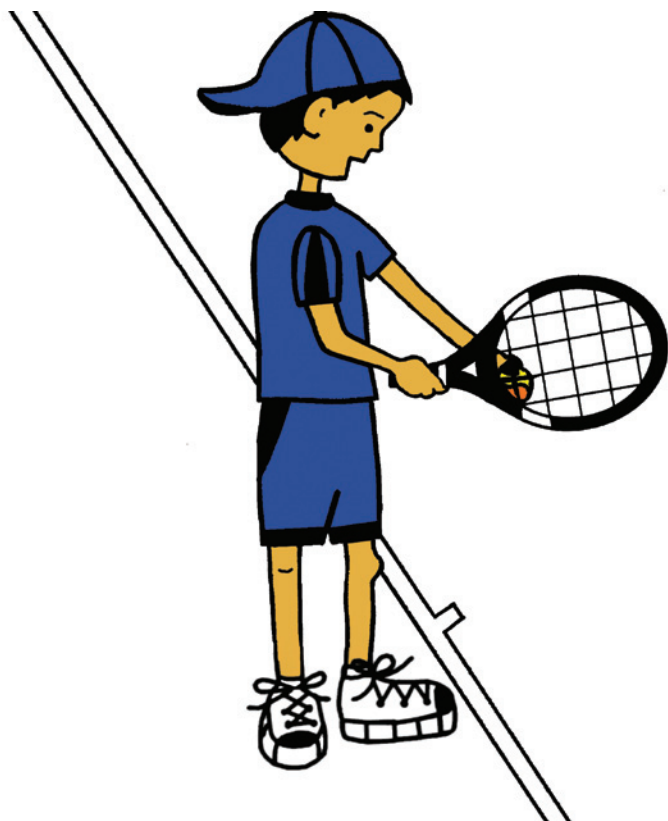


4. Swing up at the ball and meet it above and slightly in front of your head, with your hitting arm fully extended. Your left arm will naturally drop as you swing at the ball. Follow through across your body.

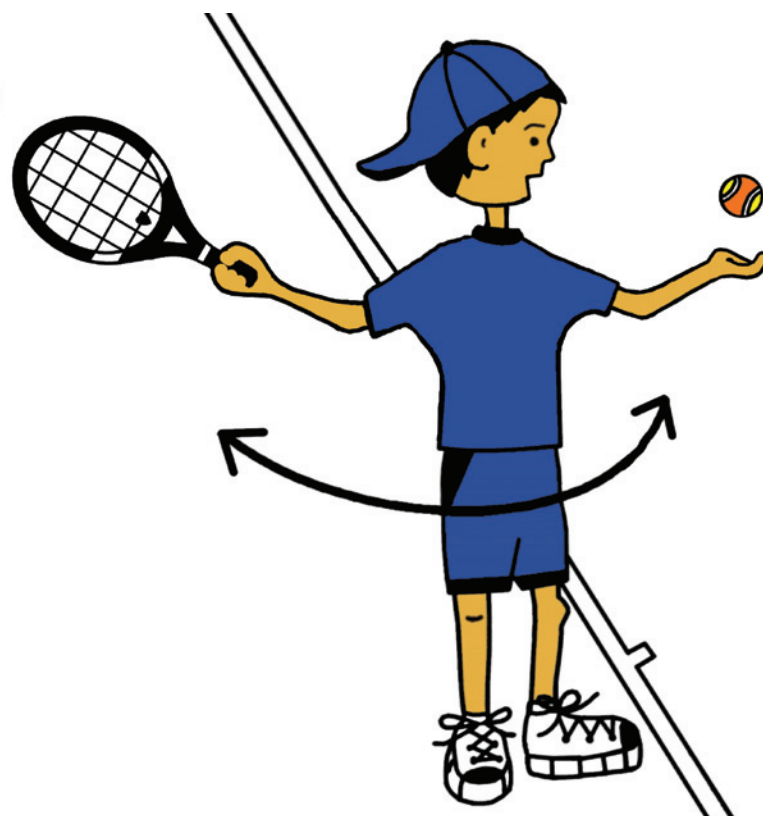
Note: Some players may prefer to start serving with the Eastern Forehand Grip explained on page 14. This is fine but encourage them to move to the Continental Grip as they advance.

How to Hit the Underhand Serve

Beginners may have more success at using the underhand serve to start points.



1. Set your feet. Your left toe should be next to the baseline, pointing to the right net post, and your right foot should be parallel to the baseline. Hold the ball next to the strings.



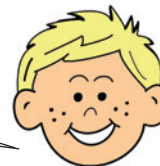
2. Move your ball arm and the racquet arm in opposite directions and toss the ball a short distance in the air.

DDOOF



3. Contact the ball in front of your body with the racquet face angled slightly up.

Take your hopper to the courts and practice your serve often.



4. Swing the racquet forward to follow through in front of your body.

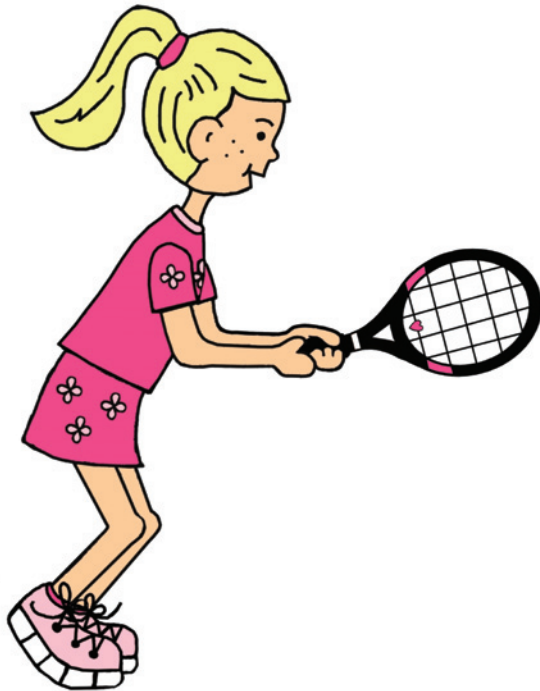
How to Hit a Forehand Groundstroke

A forehand is a one-handed stroke used to hit a ball after it has bounced on the court on your dominant side. Use the Eastern Forehand Grip.

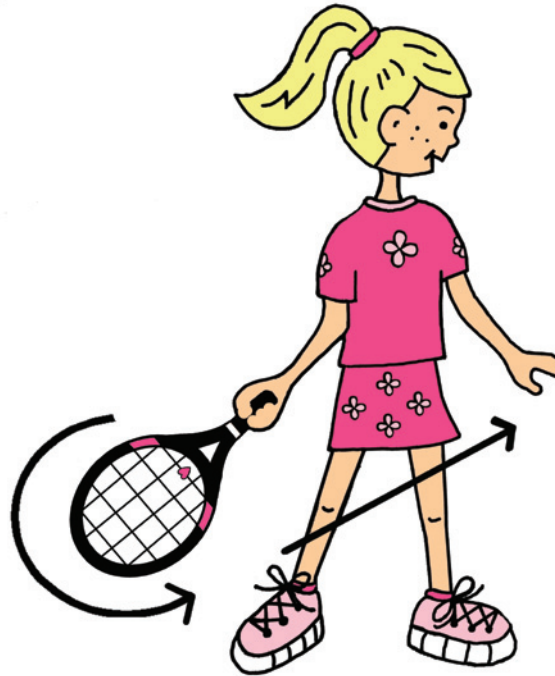


The Eastern Forehand Grip To find this grip, place the palm of your dominant hand on the strings, then slide it down to the grip. Then wrap your thumb and fingers around the grip.

Alley is right-handed just like Chip.



1. Start in the ready position with your racquet out in front.

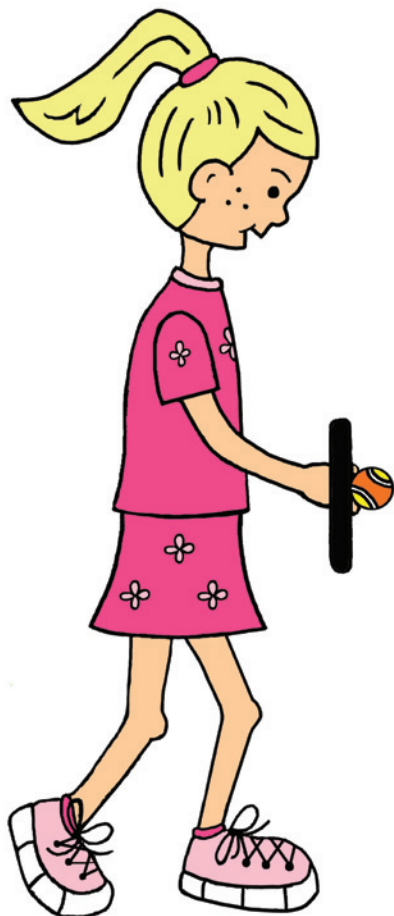


2. Turn sideways, taking your non-dominant hand off of the grip. Leave that hand out in front for balance. Bring your racquet back and drop the racquet in a circling motion to about knee height.

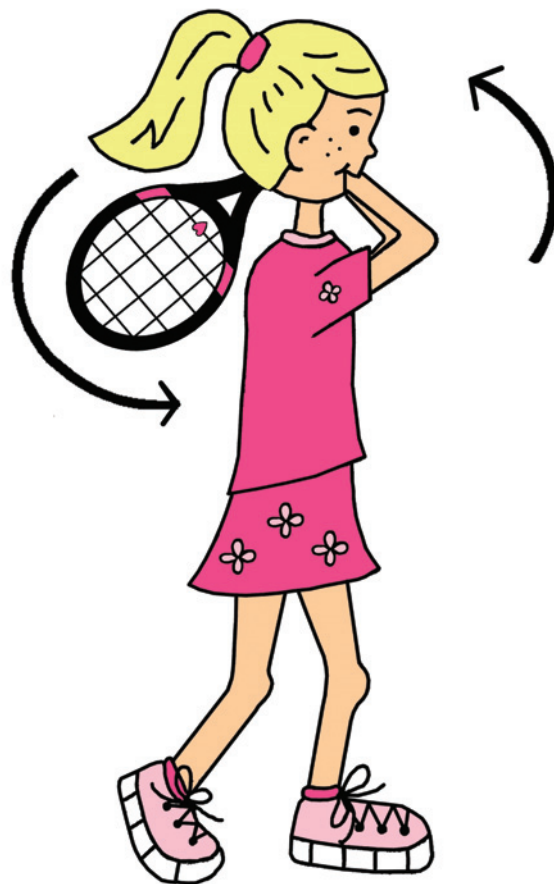
PROOF



Swing low to high!



3. Turn your hips and bring the racquet forward to meet the ball to the side and out in front of your body. Shift your weight to your front foot as you hit the ball.



4. Follow through upwards and across your body. Catch the racquet on the follow-through with your non-dominant hand. End with your racquet over your non-dominant shoulder.

PROOF

How to Hit a Two-Handed Backhand Groundstroke

A backhand is a stroke that you use to hit a ball after it has bounced on the court on your non-dominant side. Use the Two-Handed Backhand Grip.

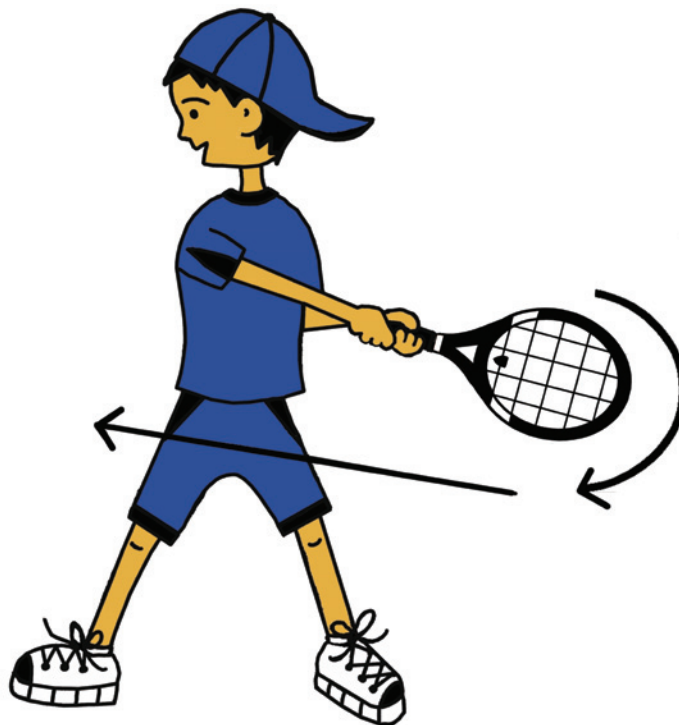


The Two-Handed Backhand Grip

While holding the racquet with the Continental Grip, place the palm of the other hand on the strings and slide your hand down. Place it right next to the other hand so your hands are touching.



1. Start in the ready position with your racquet out in front.



2. Turn and bring the racquet back with both hands, making a small circling motion and dropping the racquet to about knee height.

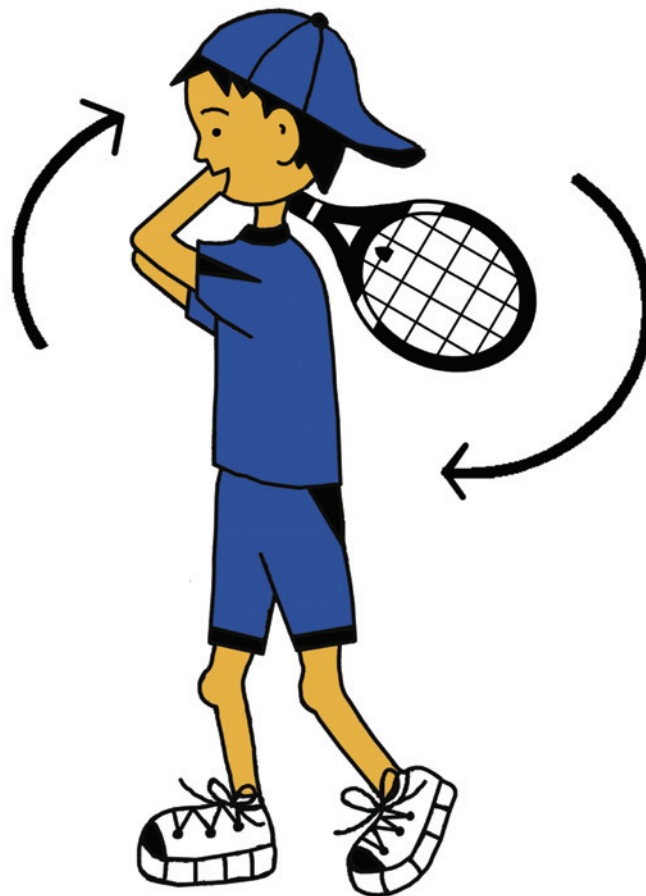
PROOF



Swing low to high! Follow through with both hands on the racquet.



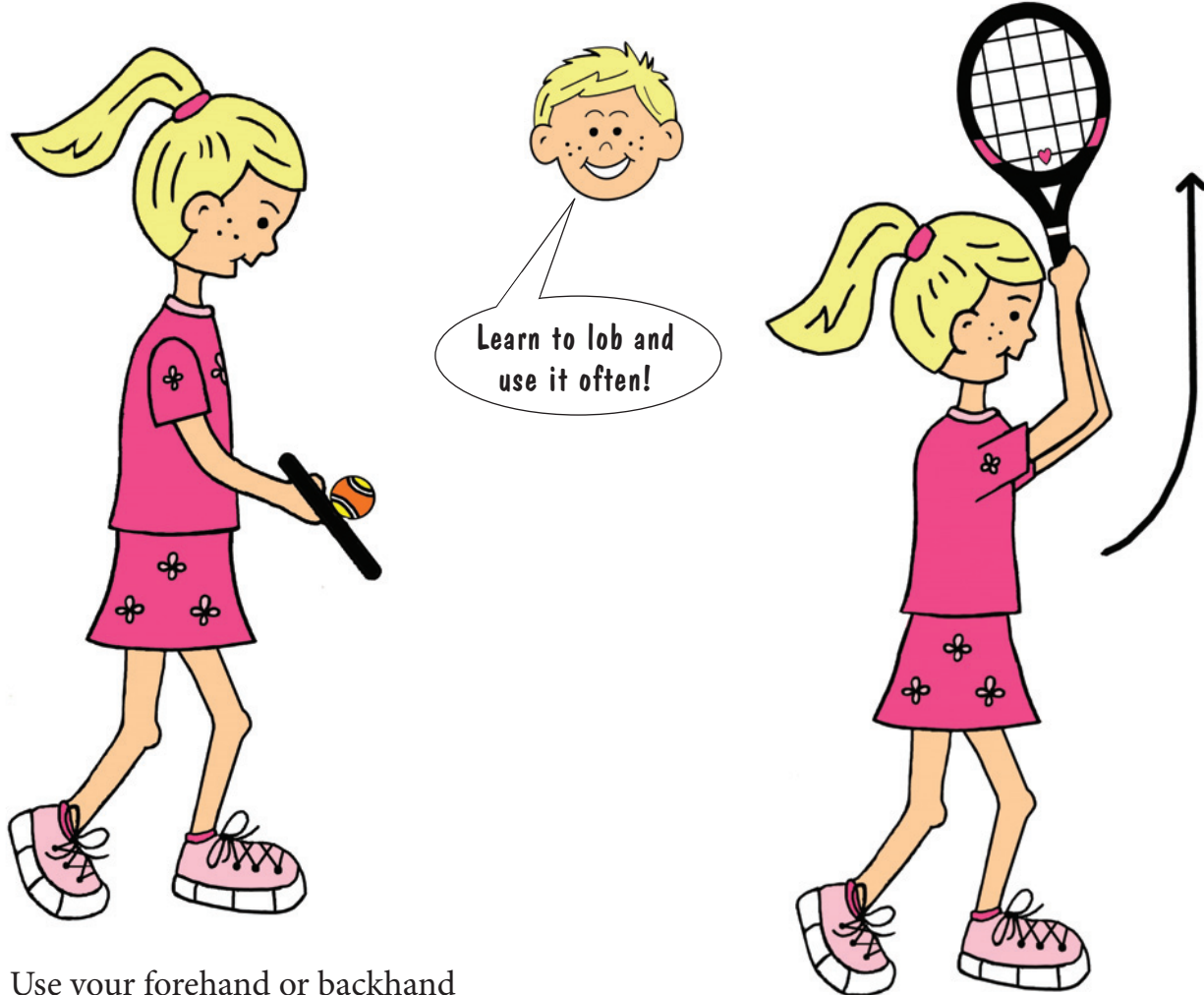
3. Turn your hips and bring the racquet forward to meet the ball to the side and out in front of your body. Shift your weight to your front foot as you hit the ball.



4. Follow through upwards and across your body, keeping both hands on the racquet to finish.

How to Lob

The lob is used to hit the ball over a player who is close to the net. It is also used to give yourself more time to recover after running to hit a wide shot. Use the Eastern Forehand or Two-Handed Backhand Grip for lobbing.

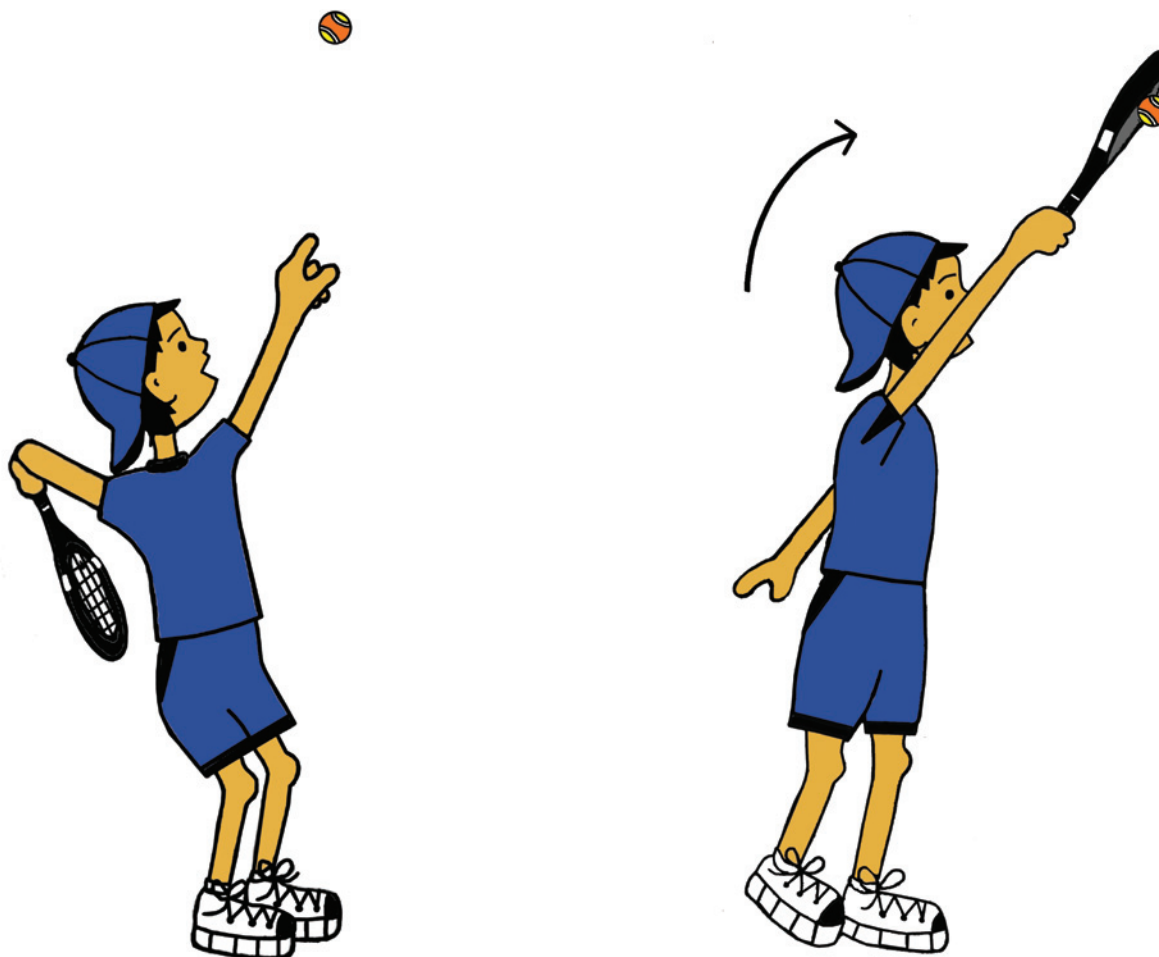


1. Use your forehand or backhand groundstroke to hit a lob. Angle the strings towards the sky when you hit the ball.

2. Follow through high after you make contact with the ball.

How to Hit an Overhead

The overhead is used to return a lob. Use the Continental Grip for overheads.

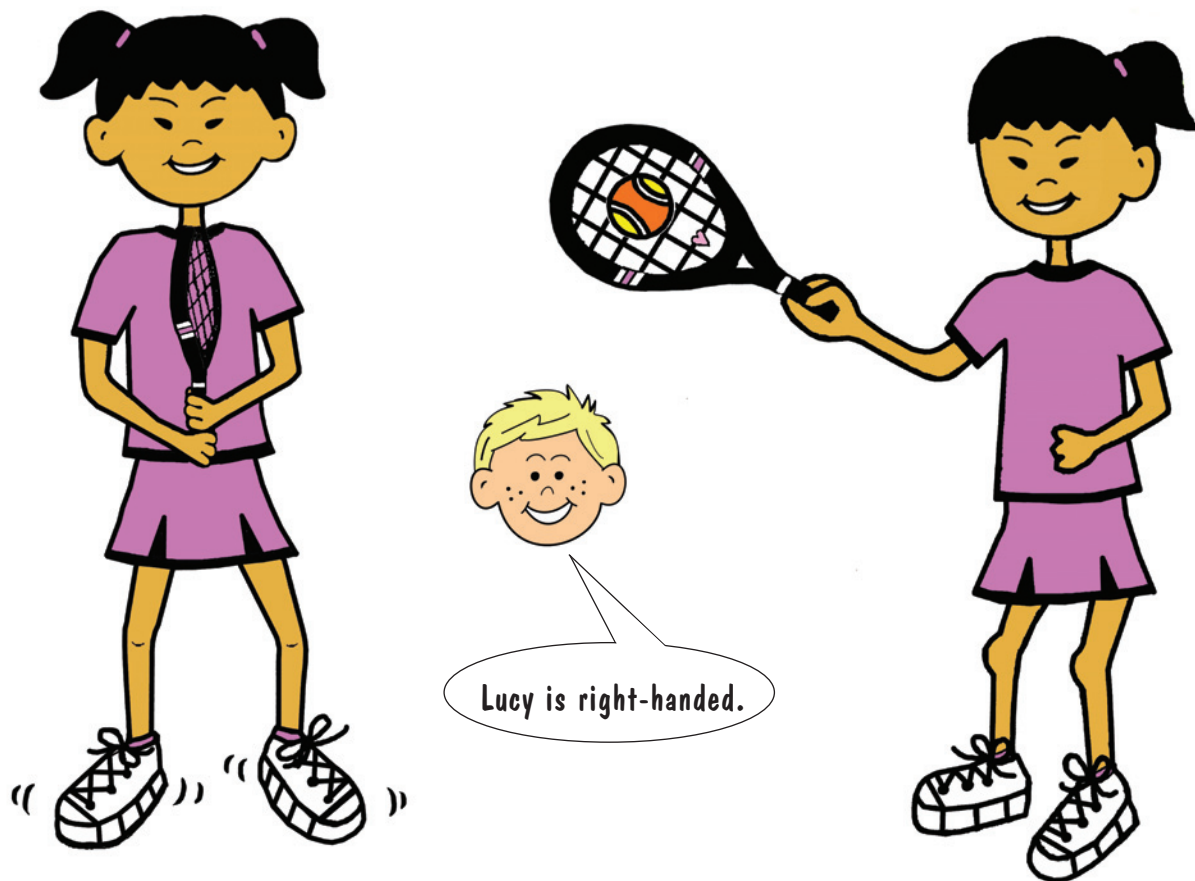


1. When you see a high ball coming, turn sideways to your right, drop your racquet behind your back, point up at the ball with your left arm and move your feet to get under the ball.

2. Swing your racquet up to meet the ball above your head and slightly out in front. Your left arm will naturally drop as you swing at the ball. Follow through across your body.

How to Hit a Forehand Volley

The forehand volley is a shot used to hit a ball out of the air before it bounces on your dominant side. Use the Continental Grip for volleys.

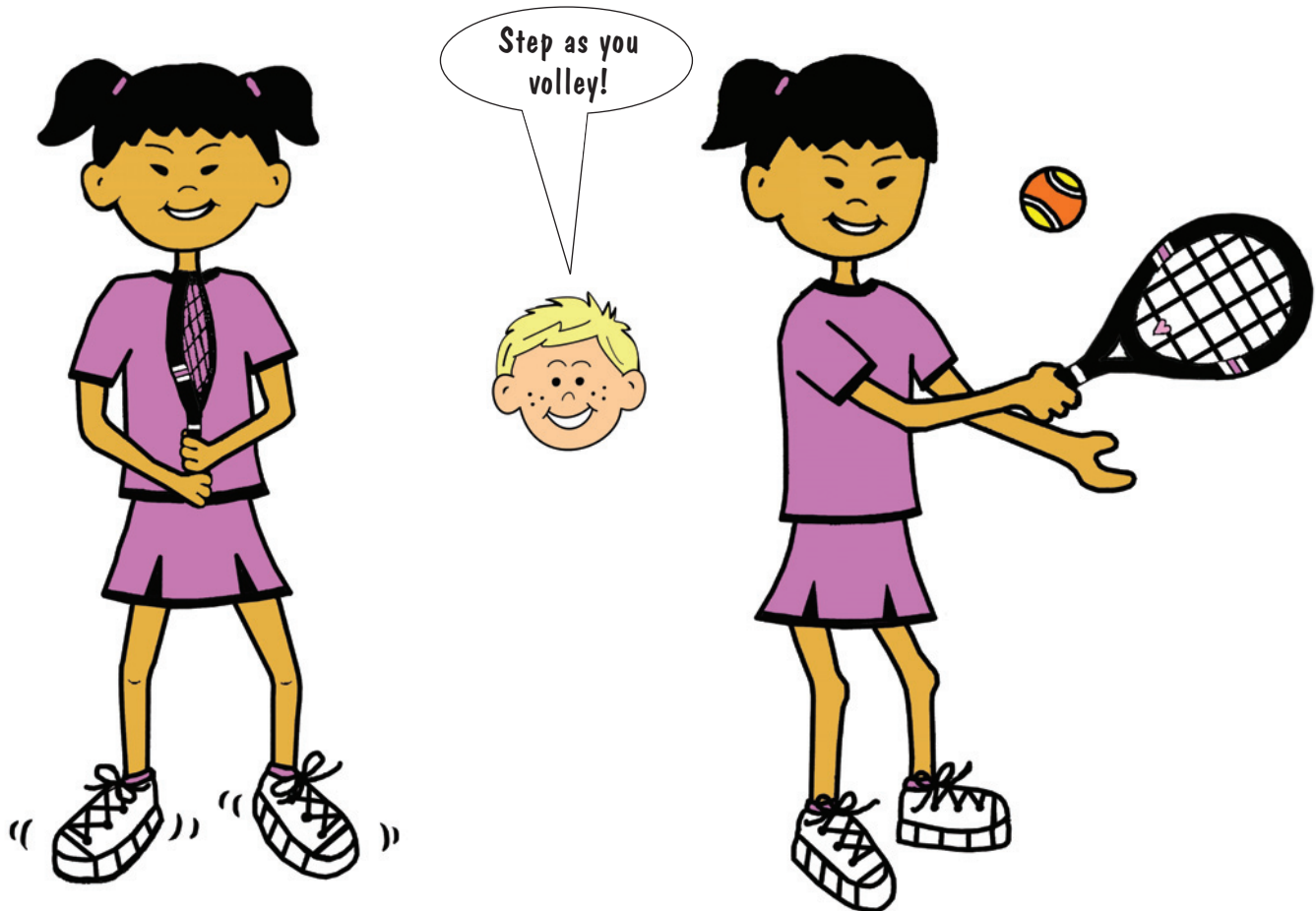


1. From the ready position at the net with your racquet high, use your right shoulder to pull the racquet back as if you were going to high-five the ball.

2. Use a short swing to meet the ball out in front of your body, stepping into the shot with your left foot.

How to Hit a Backhand Volley

The backhand volley is a shot used to hit a ball out of the air before it bounces on your non-dominant side. Use your backhand volley for balls hit right at your body.



1. From the ready position at net with your racquet high, turn to your left and pull the racquet back as if you were going to high-five the ball with the other side of the racquet.

2. Use a short swing to meet the ball out in front of your body, stepping into the shot with your right foot.

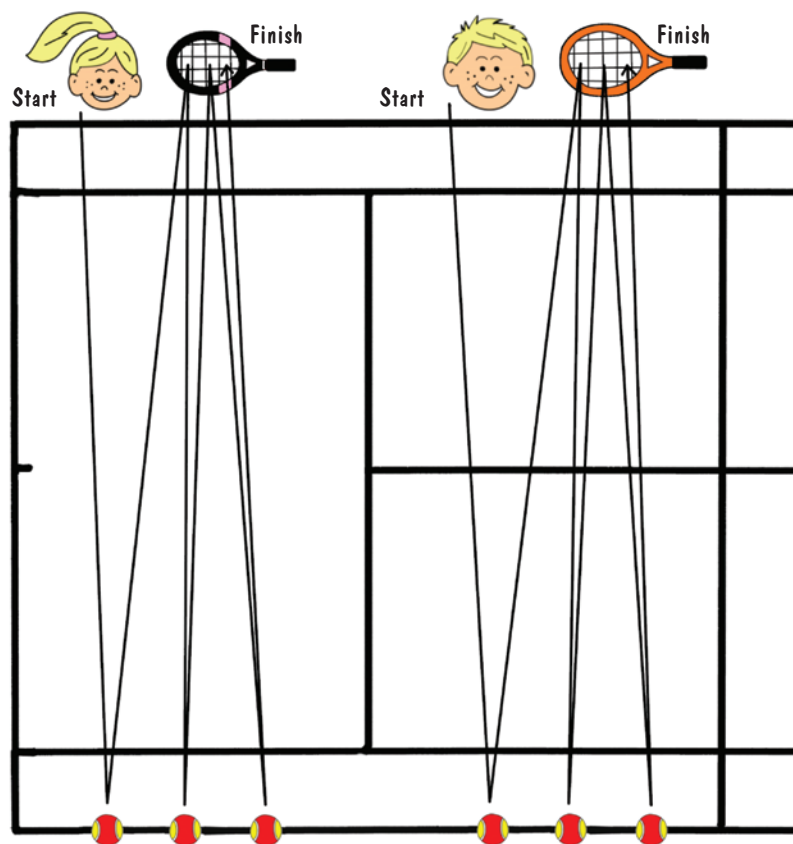
Andy's Favorite Games and Drills

Here are a few of my favorite games and drills. Parents and kids can use them to learn and practice tennis together. Remember, use the recommended balls and do the activities on a court that is the right size for the age of the child.

When learning the groundstrokes, parents should explain and demonstrate the stroke as in the diagrams. Show your child how the ball is hit from the side of the body. Have them copy you as you do the stroke a few times. Then “feed” some balls to them by gently tossing with an underhand motion or by hitting with your racquet. Feed from a few feet away at first. Then gradually move away as their shots succeed. Then start alternating feeds to their left side, to their right side, in front, and close to them, so they learn to move sideways and up and back. Remind them to swing low to high.

Ball Race

This is a fun footwork game. Each player sets their racquet on the ad court doubles sideline and places three balls on the deuce court doubles sideline. Players start by their racquets. On “Go,” both players run to retrieve one ball at a time and place them on their racquet. The first player with all three balls on their racquet wins.

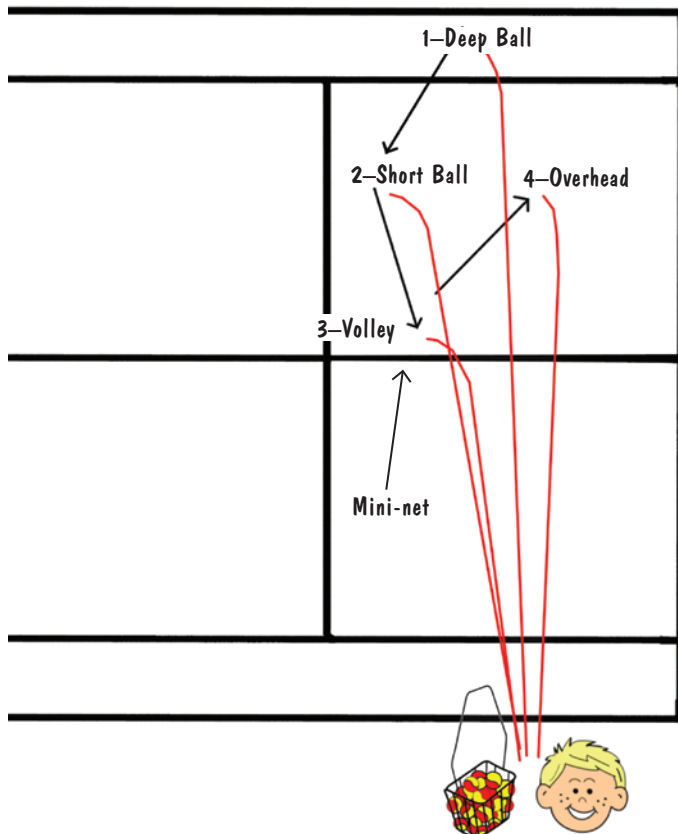


Jacks

Alley and I play this to practice rallying the ball. We try to get three hits in a row each with one ball, counting out loud every time we hit the ball over the net. If one of us misses, we both go back to zero. We both start a few feet from the net and use very short swings. Then, after we reach our goal of three in a row, we take one step back and repeat until we are both at the baselines. We use longer swings as we move back to the baselines.

Player Movement →

Ball Path ———→



Feed with an underhand toss.



Four Ball Game 1

- 1-Alley starts at the baseline, and I feed a deep ball to her forehand.
- 2-If she gets that in, I feed a short ball to her forehand.
- 3-If she gets that in, I feed her a high ball to volley.
- 4-If she gets that in, I feed her a lob for an overhead. If she makes that, she gets a “big point.” If she misses any shot, she gets a second chance. If she misses the second ball, she starts over at the baseline. When Chip and Lucy are there, they get a turn when Alley misses twice at one shot. Alley, Chip and Lucy try to be the first to five big points. Play the same game and feed balls to the backhand side.



First, feed balls to the player. As they improve, make them move to hit balls to make this drill more match-like.

Four Ball Game II

This is similar to the previous game. Alley will play out each point against Chip, Lucy or me. If she wins the first point from the baseline, she gets a short ball, then a volley, then an overhead. If she loses any point, she gets a second chance. If she loses that point, she starts over at the baseline. Alley needs to win all four points to get one big point. We play until Alley gets five points. Then the players switch ends of the court, or we play the same game and I feed balls to the player's backhand.

Scoring Game

This is a good game to practice serving and to learn how to keep score (explained on page 32). Alley plays a game against an imaginary opponent. She serves a ball to the deuce service box. If she gets it in with her first or second serve, she gets a point and calls it "15." Then she serves to the ad service box. She says the score before each first serve. She continues to serve until she has a game: "15, 30, 40, Game." If she does not get the serve in with two tries, her imaginary opponent wins the point. We play until Alley wins four games.

T-ball Tennis

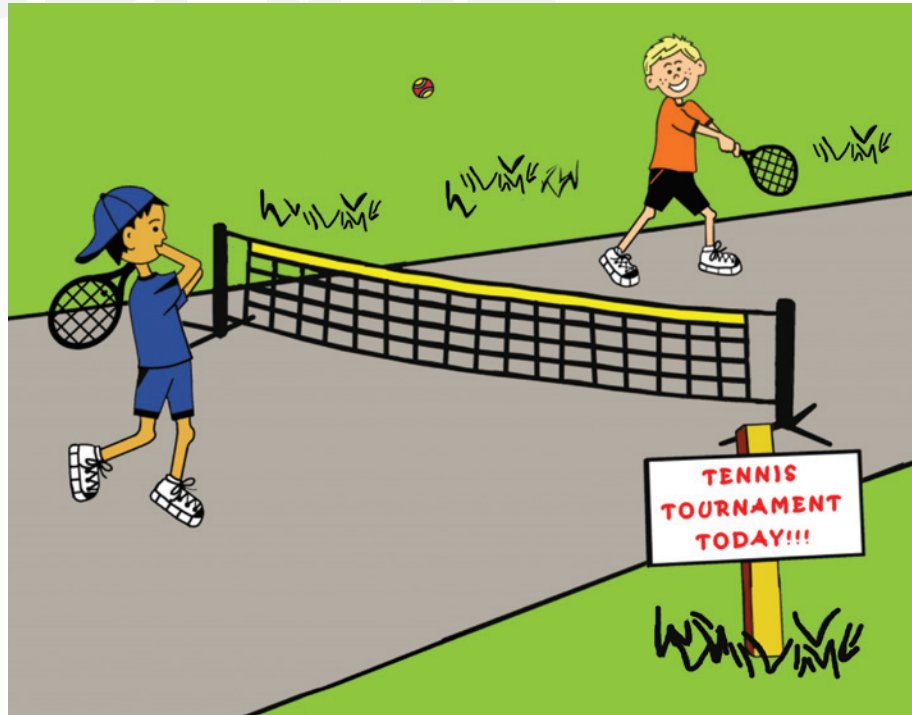
This is a modified version of a regular tennis game. I played this with Alley when she was learning to serve and couldn't always get the ball in with two tries. If she missed both serves, I fed the ball to her to start the point. This is just like T-ball, where players never strike out.



15, 30, 40, Game!

Driveway Tennis

When we can't make it to the courts, we play driveway tennis. We set up a court in our driveway using a mini-net or a rope tied to two chairs. We use the driveway width for sidelines and use masking tape or sidewalk chalk to mark two baselines about eighteen feet from the net. We play games to seven points, taking turns every two points to start the point with an underhand feed, or we play games to twenty-one points, switching servers every five points as in ping-pong.



Additional Tips for Mom and Dad

Remember the 5-1 Rule: For every corrective comment you make to your child, make five positive comments!

Keep play sessions short for young kids; thirty minutes maximum for ages eight and under; sixty minutes maximum for ages ten and under.

Change games and drills often. Change a game before it gets “old”.

Have fun!

When I see that Alley is getting tired, we pick up the balls and go and get a healthy treat!



PROOF

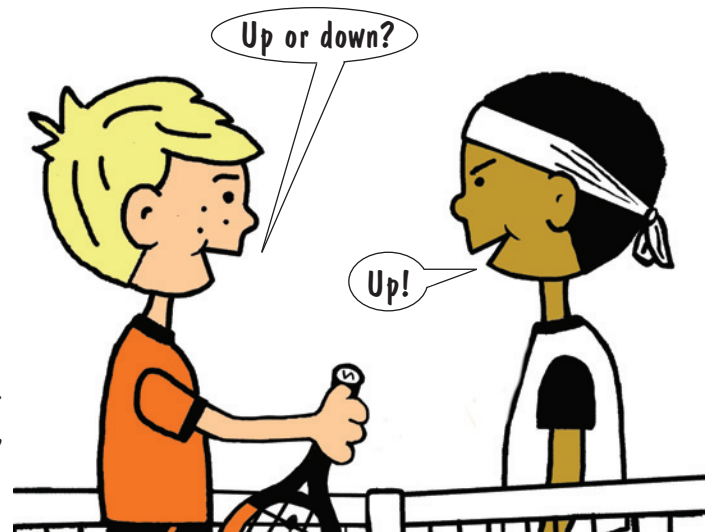
The Big Match

Danny Deuce and I are going to play a match. A match consists of the best of two out of three sets. A set consists of six games. The first player to win six games by a margin of two games wins the set. If we each win a set, we will play a match tiebreak.

Before the match, Danny and I met at the net for the spin.

The Spin

One player spins and the other player calls “Up” or “Down,” predicting how the emblem on the butt of the racquet will be positioned after the spin. The winner of the spin can choose to serve, to receive, or the side they want to start on, or they may give the choice to their opponent. The other player gets a choice of side if the winner of the spin chooses to serve or receive. If the winner of the spin chooses the side, the other player may choose to serve or to receive.



Danny won the spin and chose to serve.
I chose the side with my back to the wind.

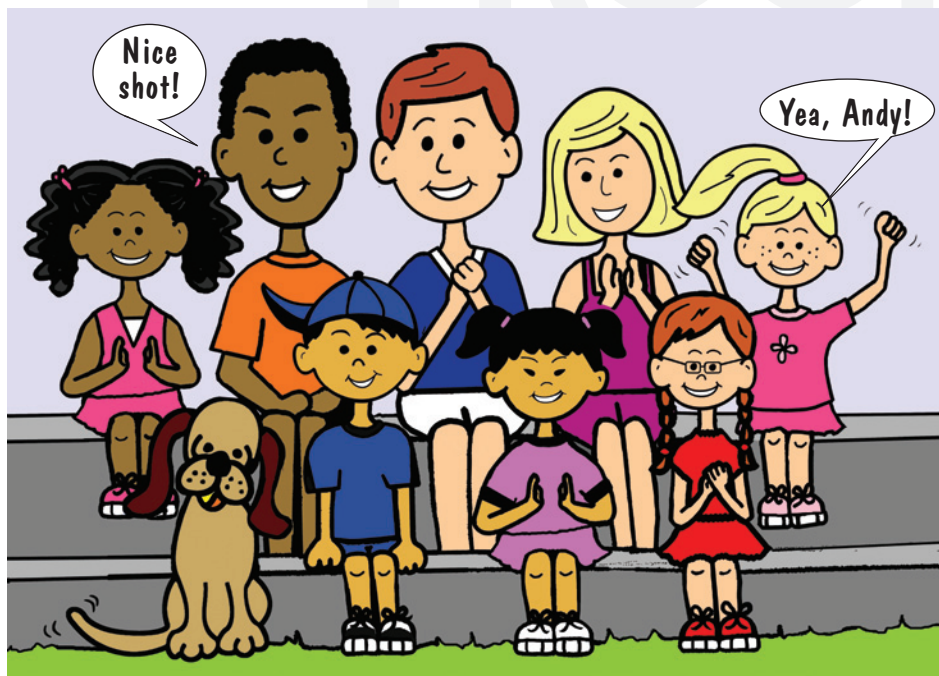
Next, Danny and I hit the ball back and forth over the net to warm up.

The Rally Warm-Up

“Rally” means to hit the ball back and forth. Both players should start at the service lines and rally from a short distance. Gradually move back to the baselines and rally from there. Then bring one player to the net to hit volleys and overheads. Switch and bring the other player to the net to volley and hit overheads. Finally, players take turns warming up their serves.

Don’t try to win the warm-up. Make sure you are hitting the ball to your opponent while warming up. Save your shots to the open court for your match.

Our family and friends were at the big match!



Danny said the score, Love-Love,"
then served to start the match.

About Cheering

A lot of people think you have to be quiet as a mouse during a tennis match. This is not true. We always cheer for our teammates at matches. The key is to know when to cheer. Cheer when someone makes a great shot. Don't cheer when someone misses.



What the Server Does The server must say the game score before serving each point. The server always says their own score first. The server should also say the set score before the first serve of each game.

The first point is always served from the deuce side to the cross-court service box. The server gets two chances to serve the ball in. If both serves are missed, it is a double fault and the point goes to the receiver. The second point is served from the ad side to the cross-court service box and continues to alternate to each side until the game ends. A point is won when one player does not get the ball over the net and into the opponent's court, or when it bounces twice.

Scoring

Each game starts at Love-Love. "Love" means "zero" in tennis.

The first point is called "15." The second point is called "30."

The third point is called "40." The fourth point is called "Game."

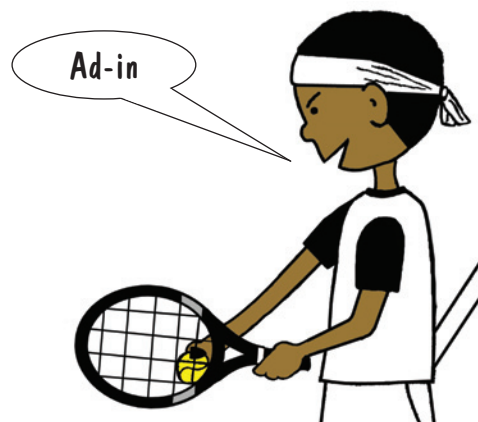
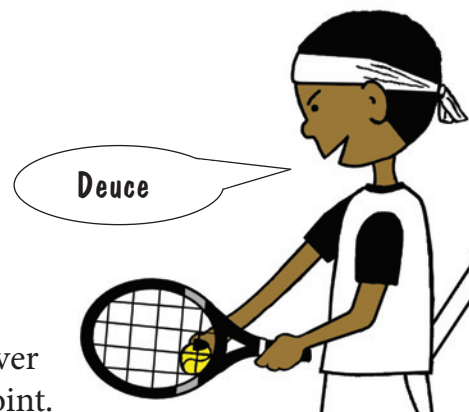
You must win a game by a margin of two points.

Danny won the first three points. I won the next three points, so our first game was tied with the score of 40-40. At 40-40, the score is called "Deuce."

Danny won the next point.

The point after deuce is called "Advantage:" "Ad-in" if the server won the previous point or "Ad-out" if the receiver won the point.

The point after an advantage will either be "Game" or will go back to "Deuce."



Danny won the point after "Ad-in," so he won the game.

After the first game, we changed ends of the court.

The Changeover

Switch ends of the court after every odd game.

So you switch after one game, three games, five games, and so on. Use your time on the changeover to take a drink of water and to think about your match.

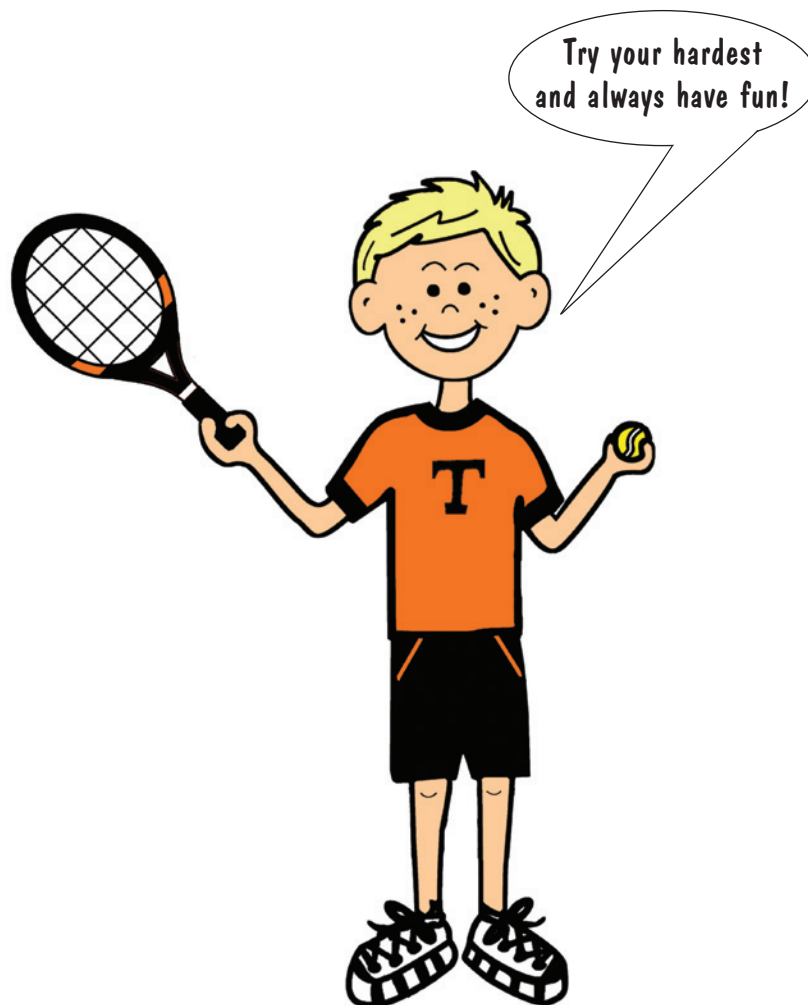
I had a feeling this was going to be a long and close match. Danny and I are both very consistent players who work hard to get every ball back.

Match Strategy

When you play a match, it is good to have a plan to help you win.

Here is a list of strategies. They are listed in order of importance.

- 1. Be consistent. Get the ball back over the net one more time than your opponent and you will win the point.*
- 2. Hit the ball to the open court. Make your opponent run to hit the ball and they may hit a weak shot back or not get to the ball.*
- 3. Use your strengths and hit the ball to the opponent's weakness. If your forehand is better than your backhand, use it more often. If your opponent's backhand is weaker than his forehand, hit the ball to his backhand side.*
- 4. Hit the ball hard. This is last because you can make mistakes when you try to hit the ball too hard!*



*Keep a positive attitude and never give up. There is no time limit in tennis.
Even if you are behind by a big margin you can always come back.
I always try to get to every ball and win as many points and games as I can.*

I started serving the next game. Right after I served, a player walked behind our court to get to the next court during our point. We had to start the point over again.

Be Considerate

Always wait until a point has ended to get to another court or to get your ball.

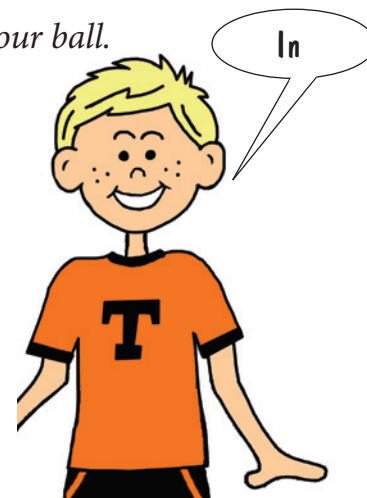
I started the point over and won three points in a row, so the score was 40–Love.

Danny hit a shot that landed very close to the baseline.

I wasn't sure if the ball was in or out, so I called Danny's ball in.

Line Calls

Players call the lines on their own side of the court. Make calls quickly, but make sure the ball bounces before you make a call. If you are not sure, call the ball in.



In

A ball is in if it lands inside the boundary line or on the line. You don't need to make an in call very often because you will play balls that are in. In some cases, your opponent will not be sure if a ball was in or out after the point has ended. Say "In" and hold your palm down for the hand signal.

Out

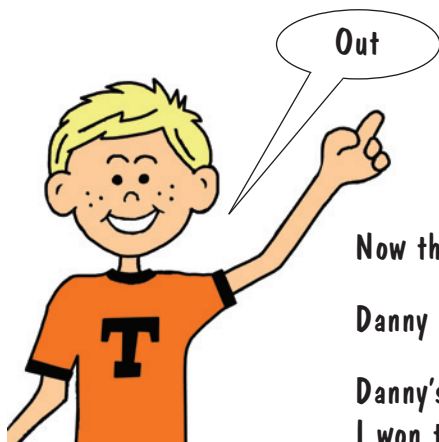
Out

If a ball bounces outside the boundary line and doesn't touch the line, say "Out" and use the hand signal with your index finger pointing up.

Now the score was 40–15.

Danny returned my serve, and it landed right behind the baseline.

Danny's ball was clearly out, so I said "Out" and I used the hand signal. I won the point and the game.



I won the first set with the score of six games to four games. I used the black scorecards and Danny used red.



In the second set, Danny and I were tied at six games, so we played a set tiebreak.

Scoring the Set Tiebreak

A set tiebreak is played until someone wins seven points by a margin of two.

The player whose turn it is to serve will start the tiebreak, serving one point to the deuce court.

The other player then serves the next two points, starting to the ad court.

Each player then serves alternately for two consecutive points, always starting to the ad court.

Players change ends of the court every six points and at the conclusion of the tiebreak.

The player who first wins seven points by at least a margin of two wins the tiebreak and the set.

The player who started the tiebreak as the server will start as the receiver for the next set.

Scoring the Match Tiebreak

A match tiebreak to ten points is often used in place of a full third set in match play. The procedure is the same as the set tiebreak, except the first player to win ten points by at least a margin of two wins the match.



Danny won the set tiebreak, so he won the second set with the score of seven games to six games.

Now we needed to play a match tiebreak to ten points to decide the match winner!

On the first point of the tiebreak, I hit a shot to the open court that I was sure Danny couldn't reach. He got to the ball and hit a great shot back and won the point. I clapped my hand on my strings to let him know I thought he made a great shot.

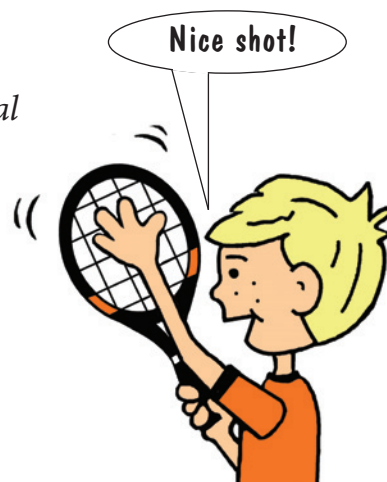
Hand to Racquet Sign Let your opponent know that you think it's really cool when they make a great shot. The universal sign is to raise your racquet up and clap your hand on the strings.

The score stayed close until it was tied at 8-8

Finally, Danny was serving and said the score "8-9".

I won the next point.

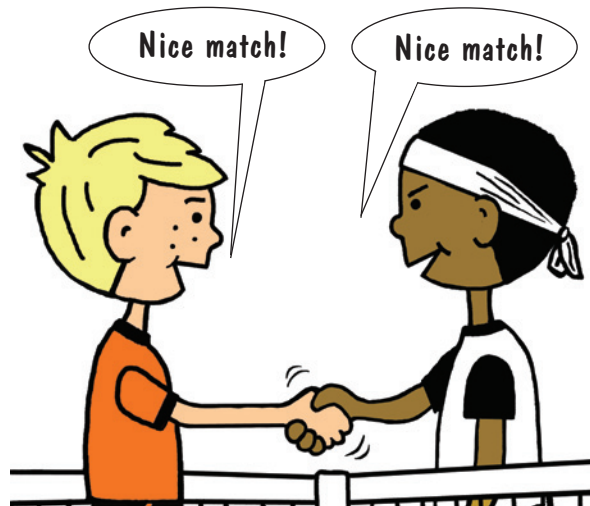
Danny and I shook hands after our close match!



Shake Hands after the Match

After the match, go directly to the net to shake hands with your opponent. Say "Nice match!" Shake your opponent's hand even if you are upset about the outcome.

The final score was
6-4, 6-7, 1-0



The the winner's score is always listed first. I won the first set with the score of six games to four games. I lost the second set with the score of six games to seven games. When a tiebreak is used in place of a full third set, the score is reported 1-0.

PROOF

Andy's Handy Reference Guide

Programs and Tournaments

Try to find a program in your community or at a club that offers coaching along with a team program such as Jr. Team Tennis or 10 and Under Tennis. My friends and I play on a team, the Tennis Tigers, and we have a lot of fun. If you cannot find a program, ask your parents to start one.

As soon as you are ready, enter tournaments and play in both singles and doubles events. Check with your community and clubs to see if they offer junior tournaments. Be sure to start at the beginner level.

Helpful Web Sites

www.usta.com This is the Web site of the United States Tennis Association (USTA). There are seventeen USTA sections in the United States. Click on your section and you will find many resources to help you find a tennis program near you, find someone to play with, tournaments, find a public or private facility, and much more.

www.itftennis.com This is the Web site of the International Tennis Federation (ITF), the world governing body of tennis.

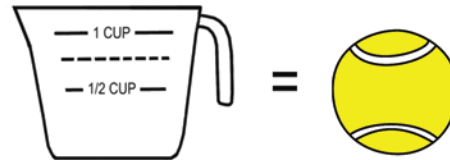
www.andyacetennis.com Visit Andy Ace Tennis to find more resources, download a free tennis journal and free tennis coloring pages.

www.10andundertennis.com Here you can find more information on 10 and Under Tennis and places to buy low-compression balls, racquets, and mini-nets.

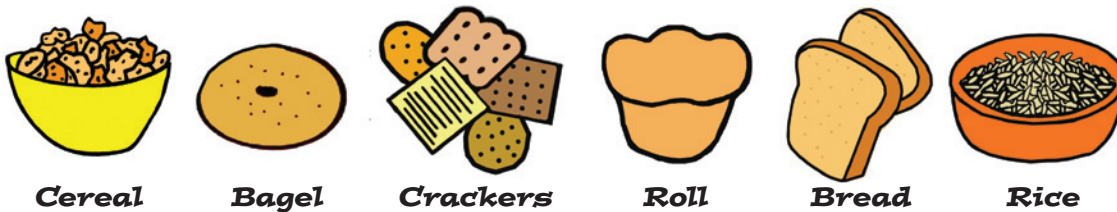
Andy's Food Guide

Tennis players need to eat good food if they are going to be good tennis players! You should eat five times a day, three meals and two healthy snacks.

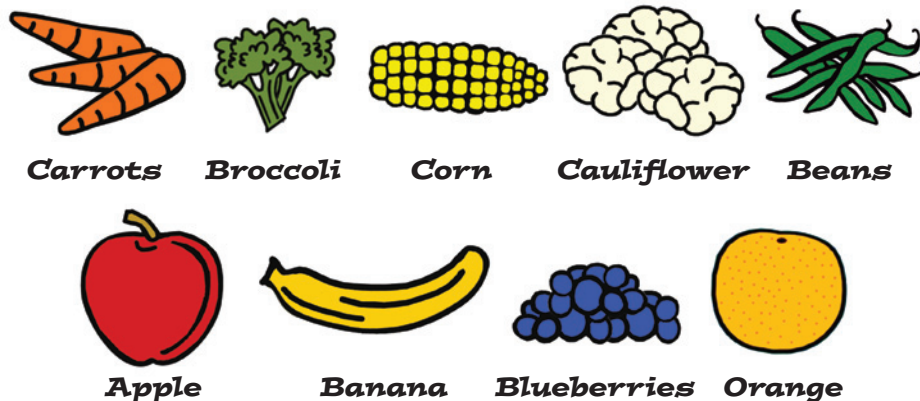
Serving sizes may vary due to your size, age and how active you are. A one cup serving is about the size of a tennis ball.



Here are healthy choices of yummy foods you should eat everyday:



Grain Group Eat six servings a day. One serving = 1/2 cup or one slice of bread or one roll. Choose at least three that are whole grain.



Fruits and Vegetables Eat five to nine servings a day. One serving = 1/2 cup. Try to see how many colors of the rainbow you can make on your plate with your fruit and vegetable choices.

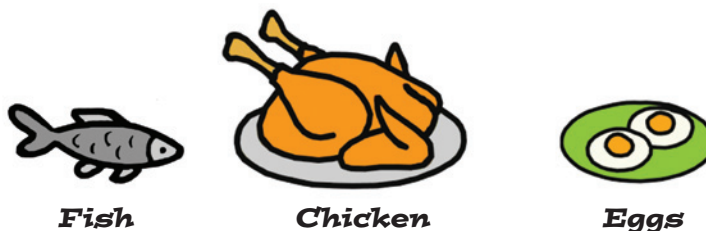


Cheese

Milk

Yogurt

Dairy Eat three servings a day. One serving of milk or yogurt = 1 cup. One serving of cheese is smaller, about the size of a pair of dice. Low-fat or fat-free versions are best.



Fish

Chicken

Eggs

Meat and Beans Eat two or three servings a day. One serving of meat = 1/4 cup. One serving of beans = 1/2 cup. Lean meats, chicken, eggs, nuts, dried beans and peas, and fish are best!

Make sure you eat before you play tennis. You may need to eat a snack while you are playing and you should have a snack soon after you are done playing. Choose snacks from the food groups, such as a piece of fruit, grain crackers, low-fat string cheese or carrots.

Remember to drink a lot of water!



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Things to Do!

Kid's Checklist

- ✓ Set a date with your parent to start playing tennis.
- ✓ Set up a court in your driveway and play driveway tennis.
- ✓ Invite a friend to play tennis with you.
- ✓ Hold a driveway tennis tournament for your friends and neighbors.
- ✓ Join a tennis team.
- ✓ Play in a tournament.
- ✓ Watch the pros play tennis on TV.
- ✓ Beat your mom or dad at tennis!
- ✓ Eat healthy food.

Parent's Checklist

- ✓ Buy racquets and balls for you and your child.
- ✓ Locate tennis courts near your house.
- ✓ Invite a friend to play tennis with you.
- ✓ Invite the families in your neighborhood to join you at the courts.
- ✓ Help your child find a team program and tournaments to participate in.
- ✓ Check out the tennis programs at your child's school.
- ✓ Take your child to see a local high school or college match.
- ✓ Join a tennis team.
- ✓ Keep a variety of healthy foods handy in your pantry and refrigerator for your child.

Now, let's play tennis!

