



WHY TENNIS?

USTA SERVES SPECIAL REPORT: MORE THAN A SPORT – TENNIS, EDUCATION AND HEALTH, is the first nationwide study to compare the education and health profiles of youth tennis participants with participants in other contact and non-contact sports, as well as students who do not participate in sports.

54,048
OF 8TH + 10TH GRADERS
SURVEYED

4,278
OF TENNIS PARTICIPANTS
INCLUDED

YOUTH WHO PLAY TENNIS...

Get Better
Grades



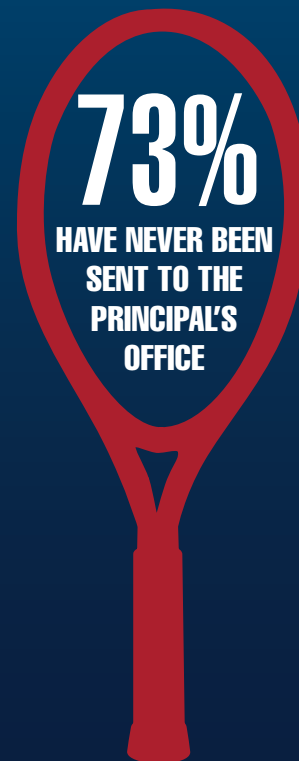
Spend more
time studying

Have college
aspirations



More say they will
graduate from college

Are better
behaved



Fewer are suspended
or expelled

Are more
community-minded
and well-rounded



More are engaged in
extracurricular activities

**ARE HEALTHY
AND *LESS PRONE*
TO RISKY
BEHAVIORS**



Less binge drinking, cigarette smoking and marijuana use and are less likely to be overweight or at-risk for being overweight

**TENNIS PARTICIPATION
POSITIVELY INFLUENCES THE
LIVES OF U.S. YOUTH ACROSS ALL
SOCIOECONOMIC LEVELS.**

USTA Serves' mission is to support programs for at-risk youth and people with disabilities through the integration of tennis and education.

Sabo, D., Veliz, P. and Rafelson, L. (2013) More than a Sport: Tennis, Education and Health. White Plains, NY: USTA Serves
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