

PRESS RELEASE

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Get in the Game - Tennis for Rockingham County Youth (age 6-12) is a volunteer-based organization that provides programs and events to promote and develop the growth of youth tennis in Rockingham County, NC. Our motto is "Get Fit, Make New Friends, Have Fun...Play more tennis." Shelby Rhyne, tennis advocate, volunteer coach and play supervisor is organizing a summer of over 35 youth tennis events and activities across the county. Tennis equipment and programming support are provided by the United States Tennis Association's North Carolina office (USTA) in Greensboro. <http://www.nctennis.com>

Research has found that early positive experiences in sports create a lifelong commitment to an active lifestyle. Tennis provides many social, health, and psychological benefits with minimal risk of injury. With equipment sized right for age and skill level, children play on shorter courts, with smaller racquets, and slower, lower bouncing balls. Tennis is fun and easy for kids of all ages - even if they've never picked up a racquet.

Eleven FREE **USTA Tennis Play Days** open to all children age 6-12 and are scheduled in July and August on courts in 4 locations across Rockingham County:

1. MADISON - Dillard Elementary courts sponsored by Madison –Mayodan Recreation Department
2. EDEN - Eden Family Y
3. EDEN - Bridge Street Recreation Center sponsored by Eden Parks & Recreation Department
4. REIDSVILLE - Jaycee Park courts sponsored by the Reidsville Family Y

Play Days are designed to introduce players age 6-12 to competition in a fun, low-pressure setting where the emphasis is on participation and effort, not wins and losses. These events typically last one to two hours, beginning with a group warm-p and skills clinics followed by the opportunity to play multiple matches in a non-elimination setting—all with the goal of enhancing skills and making friends in a fun, social atmosphere. No experience necessary and all equipment is provided. Please register for these free Tennis Play days online at www.youthtennis.com or contact Shelby Rhyne at ssrhyne@gmail.com (See flyer attached)

The end-of-summer event on Saturday August 9 is a 10&Under USTA Sanctioned one-day Tennis Tournament for children age 10 at the Eden Family YMCA. USTA membership is free to players 10 and under at <http://membership.usta.com/>. There will be a registration fee for this event.

There are 47 public tennis courts and over 6200 elementary school-age children in in Rockingham County. It's never been easier for children to learn the game of tennis.

For more information about ***Get in the Game, Tennis for Rockingham County Youth***, contact Shelby Rhyne at ssrhyne@gmail.com and see our Facebook event page at www.facebook.com/RCyouthtennis