

# SCHOOL TENNIS WORKSHOPS



NORTHERN CALIFORNIA



FUN & EASY.

NO COURTS REQUIRED.

**FREE!**

Workshops are **FREE**  
with a USTA  
Organizational School  
Membership.  
(\$35 fee)

## 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!

*Camaraderie, cooperation and individual self-growth.*

# SCHOOL TENNIS WORKSHOPS



**Achieve your school's health and 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 – 3 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.
- All necessary equipment is provided
- The training is **FREE** (The only cost is a \$35 fee for a USTA Organizational School Membership).
- USTA provides a qualified school trainer to conduct the workshop.
- No courts required.
- No previous tennis experience necessary.
- Effectively offer PE with tennis sized right for age and ability.
- A minimum of 12 participants and 2 schools/sites are required.

*"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).

*"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)



Blended lines create more play opportunities.

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

**PRIOR** to the workshop you will receive:

- 1 USTA Backpack
- 1 USTA Physical Ed teacher's Curriculum Kit
- 1 Quick-reference pocket guide
- 1 Instructional DVD/CD ROM
- 1 Tennis Skillastics Kit (a \$225 value)
- 1 Set of Tennis and Fitness laminated activity signs
- 1 Kids Tennis Club (KTC) Playbook
- 1 Kids Tennis Club Pocket Playbook

**AFTER** the workshop you will receive a tennis equipment package, consisting of the following:

- 30 youth racquets
- 2 dozen foam balls
- 2 dozen red felt balls

**In addition to the packages mentioned above, USTA NorCal offers three Special Packages for just \$100! (\$400 value)**

**18 racquets, 3 dozen balls and one 18 ft. net.**

**PLUS** a USTA representative specific to your area will help you with resources and information to continue growing tennis at your school or site.

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

**Jon Fierabend**  
NorCal Youth Tennis Specialist  
(510) 263-0471  
fierabend@norcal.usta.com



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