

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."



Blended lines create more play opportunities.

– 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)

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
- 1 Eighteen foot pop-up net

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:

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www.norcal.usta.com