



# WHY TENNIS?

**USTA Foundation 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**

## WHO PLAYS TENNIS

Get Better Grades

**48%**  
HAVE AN "A" AVERAGE

Spend more time studying

Have college aspirations

**81%**  
SAY THEY WILL ATTEND COLLEGE

More say they will graduate from college

Are better behaved

**73%**  
HAVE NEVER BEEN SENT TO THE PRINCIPAL'S OFFICE

Fewer are suspended or expelled

Are more community-minded and well-rounded






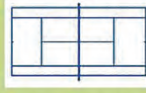
**82%**  
VOLUNTEER IN THEIR COMMUNITIES

More are engaged in extracurricular activities

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



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

STAGE	RED	ORANGE	GREEN
AGE	8 and under	9 - 10	11 and up
BALL	 <p>Red Moves slower and bounces lower than orange ball</p>	 <p>Orange Moves slower and bounces lower than green ball</p>	 <p>Green Slightly reduced bounce from yellow ball</p>
COURT SIZE	 <p>36' x 18'</p>	 <p>60' x 21' singles 60' x 27' doubles</p>	 <p>78' x 27' singles 78' x 36' doubles</p>
NET HEIGHT	2'9" center	3' center, 3'6" at net posts	3' center, 3'6" at net posts
RACQUET	Up to 23"	23" - 25"	25" - 27"

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

The USTA Foundation's mission is to support local programs for under-resourced youth through the powerful combination of tennis and education.

For the full report, visit [USTAFoundation.com](http://USTAFoundation.com)

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