

USTA Benefits

Students must be a USTA member through September 2011 in order to participate in USTA Summer JTT Leagues.

As a USTA Jr. member you automatically receive SMASH magazine as a benefit, but there are many more benefits you can enjoy. It's all here! Discounts on movie tickets, travel, tennis camps, entertainment, sports gear and much more. Not to mention you can play in as many USTA programs and tournaments as you want to enter.

What's Included?

For current USTA members the League fee is \$28. For new USTA members the League fee is \$47 (USTA membership is for one year). Players will receive a Nike Dri-FIT team t-shirt, balls for match play, awards, and an end of the season Player Party.

Please review the enclosed registration form. If you have any questions, please contact Barbara Sholar at (270) 881-0879 or bsholar@hop-electric.com.

Funding Opportunities

Scholarship funding may be available through USTA Kentucky's endowment, Raise a Racquet. The mission of the Raise a Racquet Foundation is "To improve lives through tennis and education."



**SOUTHERN
KENTUCKY**

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**SOUTHERN
KENTUCKY**

USTA SUMMER JR. TEAM TENNIS LEAGUE



Join the Fun!

Sept. 18 — Nov. 13



*"To Promote and Develop
the Growth of Tennis"*

Tennis is the Sport of a Lifetime

Levels Offered

- Beginner/Intermediate 3.0 & Below
- Advanced 3.5 & Above

What are USTA Fall Interscholastic Leagues?

USTA Fall Interscholastic Leagues bring boy's and girl's of all tennis abilities together in teams to play singles, doubles and mixed doubles against other teams. It's a fun environment for kids to learn that succeeding is really more about how they play the game—win or lose.

The New Team Sport

Kids learn much more than tennis because this is a team sport. All the benefits of team sports—team building, sportsmanship, and confidence building are part of USTA Fall Interscholastic Leagues.

When kids are associated with a school team or club, they feel more connected and involved with their school community. Students are not only able to compete for their school, they will make new friends by competing with their classmates.

How it Works

Teams are organized by schools in your area. USTA Fall Interscholastic Leagues follow the Jr. Team Tennis format. Teams are formed based on ability and we suggest 8-10 players per team. Boy's and girl's play on the same team.

This program is an outgrowth of USTA's "No-Cut" program so no tryouts are required and all students are encouraged to participate.

Dates & Times

Teams play once a week on a specified day. The location and time will be determined by the number of teams.

Scoring Format

8 game pro sets will be played. If the score reaches 8-games all, a tiebreak to 7 will be played.

Health, Fitness, and Fun!
Besides enjoying a new sport, kids are able to engage in a healthy, lifelong activity.

It's a great workout—tennis is a great total body workout and helps build motor skills and hand-eye coordination.

Tennis players scored higher in vigor, optimism and self-esteem while scoring lower in depression, anger, confusion, anxiety and tension than other athletes and non athletes.

Tennis outperforms most other sports in developing positive personality characteristics.

Competitive tennis burns more calories than aerobics or cycling.

