

Play **TENNIS**- the Lifetime Sport

Best kept secrets about playing high school tennis:

Tennis is a GREAT SPORT for multi-sport athletes.



- 1.) *Every* player plays in *every* match.
- 2.) Tennis players get more engaged **individual playing time** than any other sport. You personally will hit the ball dozens of times within a match, as opposed to periodic participation in most other sports.
- 3.) Etown Tennis allows players to be part of a **positive** and historically **successful** team program. (Section Champions, LL League All-Stars)
- 4.) Boys' tennis is a "*No-Cut*" program. No previous tennis experience needed. Come out with a positive attitude and you will be taught sound fundamentals that will help you develop your game and improve. Most of our recent top players have been taught within our program.

Need more proof? Studies have shown the following about **tennis**.

TENNIS PLAYERS:

1. ...have **improved balance**, from all the starts, stops and changes in direction.
2. ...have improved **cognitive development** because of new connections that form between nerves in the brain.
3. ...**burn more calories** than other aerobic workouts, including cycling.
4. ...have **improved cardiovascular health** due to the constant movement and pace-of-game.
5. ...**develop improved strategic thinking** as they consider ball angles, continuously analyze their opponents' tendencies, & determine ways to expose weaknesses and gain an advantage.
6. ...develop higher levels of **vigor, self-esteem, and optimism**
7. ...are **less likely to experience anger, depression, or anxiety**.
8. ...**will develop critical teamwork skills**: Doubles play requires teamwork, communication, and working together as a cohesive unit.
9. ...**develop mental toughness**: Players need to develop problem-solving abilities, adapting to varying elements (i.e., the sun, wind, etc.), and must learn the ability shake off adversity.
10. **Play tennis long enough and it may even save your life!*** 😊

*"Those who play at least three hours a week of moderately intense tennis will reduce their risk of death from any cause by 50 percent."- [Dr. Ralph Paffenbarger, Ph.D.](#) (pioneer in the field of epidemiologic research on physical activity and health)