Why Tennis for Kids?

Kids learn through play. QuickStart is a kid-sized, play-to-learn format for kids as young as four. QuickStart is a FUN physical activity. (Lack of activity is the primary cause of childhood obesity.) The kid-sized QuickStart format lets kids be successful quickly. QuickStart develops motor skills (agility, balance, coordination, footwork and reaction time). QuickStart teaches racquet skills and how to play a lifelong sport. QuickStart promotes cooperation and collaboration between kids before competition. QuickStart can be played anywhere (gym, blacktop, driveway) – no courts needed. QuickStart can be taught by just about anyone – no tennis professionals required. Tennis is a lifetime physical activity and fosters the development of life skills. Tennis teaches kids integrity, determination, dedication, sportsmanship and teamwork. Tennis supports Positive Youth Development – character, competence, confidence, connection and caring/compassion for others. Playing tennis develops analytical and problem-solving skills and self-discipline. Tennis creates a passion and work ethic that transfer to other areas of kids’ lives. Research shows that high-school students who play tennis perform better academically, engage less in risky behavior and are better socialized across all socio-economic groups. Tennis is an intergenerational sport that connects families and communities.

Want to be a great adult? Be a QuickStart kid!

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