

# Why Tennis for Kids?



Kids Going Bananas for QuickStart! in Summer School

- 🎾 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!**