



Play Tennis, Get Better School Grades!

by Peter Farrell –
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The United States Tennis Association has announced the results of a study conducted among high school students, which analyzes the educational, behavioural and health benefits to adolescents who participate in tennis. The study compared tennis players to non-athletes and participants in many other sports.

Key findings from the report include:

1. ***Tennis is a unique catalyst for educational advantage:*** tennis players spent more time doing homework, and were more likely to report receiving “A” grades.
2. ***Tennis players had significantly lower rates of suspension from school*** and other disciplinary measures than participants in other sports and non-athletes.
3. ***Adolescent tennis players are well-rounded:*** participation rates within extracurricular activities and community involvement were higher among adolescent tennis players. Indeed, 82% volunteer in their communities.
4. ***Tennis contributes to adolescent health:*** tennis players reported lower rates of unhealthy behavior such as drinking and smoking, and are less likely to be overweight or become obese.

More report details: www.ustaserves.com

For individual advice on any aspect of tennis, please contact your local Tennis Coach Ireland coach (see www.tenniscoachireland.ie).

