



NC RECREATION AND PARK WELLNESS INITIATIVE

Promoting a Healthy Lifestyle through North Carolina's Recreation and Park Agencies

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Updated As of: 2/16/17

Junior Try Tennis Program

The Town of Burgaw Parks and Recreation Department recently ran a pilot Junior Try Tennis Program for USTA North Carolina. This program helps introduce young people to the sport of tennis, and encouraged use of the tennis courts in town. Learn how this program can have a lasting effect on the sport of tennis in your community.



Health Benefits of Tennis

Tennis is associated with a variety of health benefits including aerobic fitness, fine motor control, bone strength, and flexibility to name a few! [Check out this document](#) for more information on the health benefits of tennis!

Starting your Tennis Program

The Junior Try Tennis program was developed by USTA North Carolina as a way to grow the sport. The program is designed to go from couch to court in six weeks. Take the first step and visit the Try Tennis website at <https://trytennis.net/>.

After you become a host, you will receive marketing materials from USTA to help get the word out about your program. Your department will also be provided with a link for prospective participants to register online for a small, one-time fee. Once participants register, your department will be notified via email and can then communicate with the registrants.

Running your Program

Ready to start running your program? Six-weeks of lesson plans will be given to the host to follow. To help run your tennis lesson plan, we suggest recruiting a certified tennis professional or instructor, and at least two volunteers or staff members. Your community's certified tennis professional or instructor will be able to follow the lesson plan and adjust sessions as players' progress through the program.

Materials

Included in the \$40 program fee, participants get:

1. A new tennis racket.
2. A try tennis towel.
3. Six weeks with a tennis instructor.

As a host site you receive:

1. Guidelines and tennis balls for each session.
2. Rackets and tennis towels for junior participants.
3. Administrative support.
4. Marketing materials.

*As an incentive the host gets \$30 back from USTA per participant to help cover the tennis pro fees and any additional program supplies such as snacks/drinks.