



# WHY TENNIS?

USTA FOUNDATION SPECIAL REPORT: MORE THAN A SPORT – TENNIS, EDUCATION AND HEALTH, is the first nationwide study to compare the education and health profiles of youth tennis participants with participants in other contact and non-contact sports, as well as students who do not participate in sports.

**54,048**  
# OF 8TH - 10TH GRADERS  
SURVEYED

**4,278**  
# OF TENNIS PARTICIPANTS  
INCLUDED

## YOUTH WHO PLAY TENNIS...

Get Better Grades



Spend more time studying

Have college aspirations



More say they will graduate from college

Are better behaved



Fewer are suspended or expelled

Are more community-minded and well-rounded



More are engaged in extracurricular activities

**ARE HEALTHY AND LESS PRONE TO RISKY BEHAVIORS**



Less binge drinking, cigarette smoking and are less likely to be overweight or at-risk for being overweight.

**TENNIS PARTICIPATION POSITIVELY INFLUENCES THE LIVES OF U.S. YOUTH ACROSS ALL SOCIOECONOMIC LEVELS.**

The USTA Foundation's mission is to support local programs for under-resourced youth through the powerful combination of tennis and education.

For the full report, visit [USTAFOUNDATION.COM](http://USTAFOUNDATION.COM)

Sabo, D., Weitz, P. and Rettkan, L. (2013) More than a Sport: Tennis, Education and Health. White Plains, NY: USTA Foundation. Published January 2013, by USTA Foundation, 70 West Red Oak Lane, White Plains, NY 10604 © 2016, USTA Foundation. All Rights Reserved.