



# WHY TENNIS?

USTA SERVES 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 marijuana use 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.

USTA Serves' mission is to support programs for at-risk youth and people with disabilities through the integration of tennis and education.

For the full report go to [WWW.USTASERVES.COM](http://WWW.USTASERVES.COM)

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