



## Tennis BC Schools Program

**The Tennis BC Schools Program** is an in-school tennis program for children in kindergarten through grade 7. The program began in the 1998/1999 school year, and due to its popularity, it is projected that forty thousand students will be enrolled in the program in school year 2008/2009. This innovative and fun-filled program utilizes mini racquets, as well as modified foam balls and mini nets in the school gymnasium. Using courts and equipment appropriate for their age and size allows children to easier learn the fundamentals of tennis. Learning and playing tennis with the right equipment makes a world of difference in children's progression and enjoyment of the sport.

### Program Specifics:

- Four lessons delivered during P.E. class time (customized 6-lesson programs also available)
- All equipment (except runners)
- Experienced Tennis Canada certified instructors
- Lessons offered in a safe and familiar environment of a school gymnasium
- All our instructors are required to pass a Criminal Record Check
- Participants can purchase a new Wilson junior racquet with cover for only \$19.00 (incl. Tax and shipping)

- Students receive a complimentary Tennis BC student membership.

• Tennis BC is the non-profit provincial governing body of Tennis in BC.

## Why Tennis?

- Tennis is one of the few sports that can be played for a lifetime.
- Tennis is fun—having fun is key to children pursuing an active and healthy lifestyle.
- Tennis is a team or individual activity—play with as many as 12 players per court in Ralleyball.
- Tennis is easy to learn—with proper guidance, children can be playing in no time.
- Tennis outperforms running, weight-lifting, golf, and many other sports in developing positive personality characteristics like sociability, mental focus, competitiveness, adventurousness, spontaneity, creativity, and assertiveness. (Dr. Jim Galvin, author of *The Exercise Habit*)
- Playing tennis burns more calories than hiking, playing softball, baseball, or volleyball, doing low impact aerobics, weightlifting, or riding a stationary bike. A recent study by the National Association for Sports & Physical Education showed that physically fit children performed better academically.
- Tennis is affordable and everywhere—it's readily accessible at public courts, parks and recreation departments, schools, and clubs. Unlike other sports such as hockey and soccer, which may require expensive equipment, all you need to start playing tennis is a racquet and a ball. You can purchase your Wilson racquet for \$19.00 including taxes.
- Thousands of universities and colleges in the United States offer scholarships to tennis players who compete for their varsity teams. Tennis scholarships for females are the most available of any sport. Full scholarships cover tuition, room, board (food), and books.
- Tennis players score higher in vigor, optimism, and self-esteem, and lower in depression, anger, confusion, anxiety, and tension than other athletes and non-athletes. (Dr. Joan Finn at Southern Connecticut University)



### Contact Information:

For more information please contact Ivana Jelec, at 604.737.3123, or via email at [ivana@tennisbc.org](mailto:ivana@tennisbc.org)

You can also visit our schools program website at [www.tennisbcschools.com](http://www.tennisbcschools.com)

Tennis BC  
204 - 210 West Broadway  
Vancouver, BC  
Tel: 604.737.3086  
Fax: 604.737.3124  
[www.tennisbc.org](http://www.tennisbc.org)



## Physical Activity Facts and Figures

(Source: [http://www.tsa.gov.bc.ca/sport/physical\\_activity/facts\\_and\\_figures.htm](http://www.tsa.gov.bc.ca/sport/physical_activity/facts_and_figures.htm))

- Child obesity in Canada has tripled; overweightness has doubled from the period 1981 to 1996. The prevalence of overweight increased from 15% to 35.4% for boys; 15% to 29.2% for girls while the prevalence of obesity increased from 5% to 16.6% for boys and 5% to 14.6% for girls.
- The average Canadian child is sedentary for three to five hours a day in front of a television
- Four in ten (40%) Canadian children already have at least one risk factor for heart disease due to an inactive lifestyle.
- Type II Diabetes, often referred to as an adult-onset disease, is being diagnosed much earlier than before in teenagers and people in their 20s.
- According to a Stats Canada, children who participate in organized activities outside of school such as sports, music, the arts or clubs tend to have a higher self-esteem, interact better with friends and perform somewhat better in school. Some 16% of youth who had rarely or never participated in sports reported low levels of self-esteem, four times higher than those who had always participated. Of the youth who had never or rarely participated in organized sports between 1994/95 and 1998/99, 23% reported that they smoked, almost three times the proportion of those who always participated (8%). Children aged between four and nine years are likely to be better at reading and math if they take part in sport.