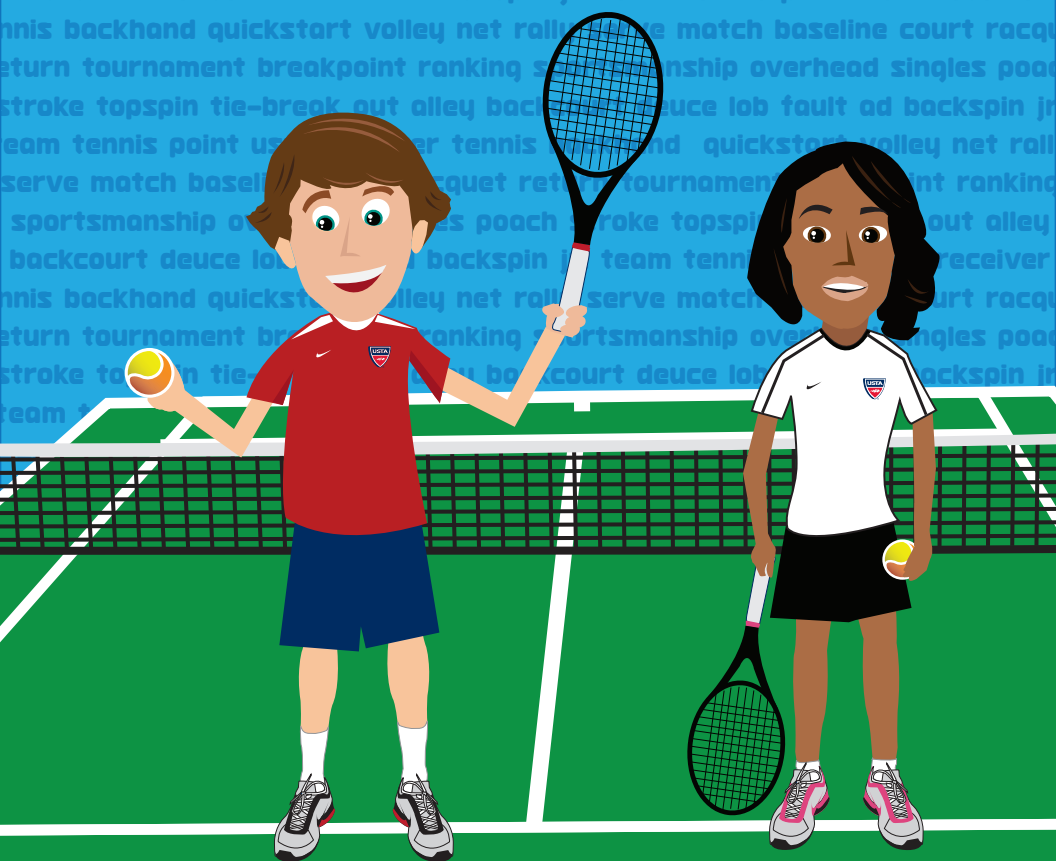


Tennis Activity Book



Illustrated by Daniel Stetson



SOUTHERN
MISSISSIPPI

**paste your
photo here**

Name:

Age:

Hometown:

Favorite Tennis Player:

Jr. Team Tennis Team Name:

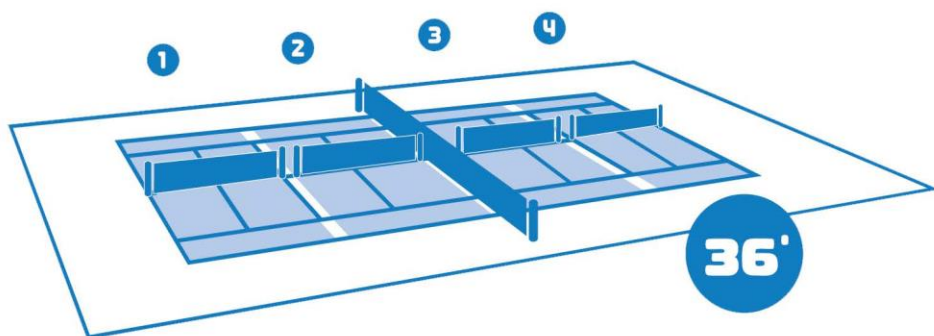
First Tournament:

When I grow up I want to be a...

10 & Under Tennis Format

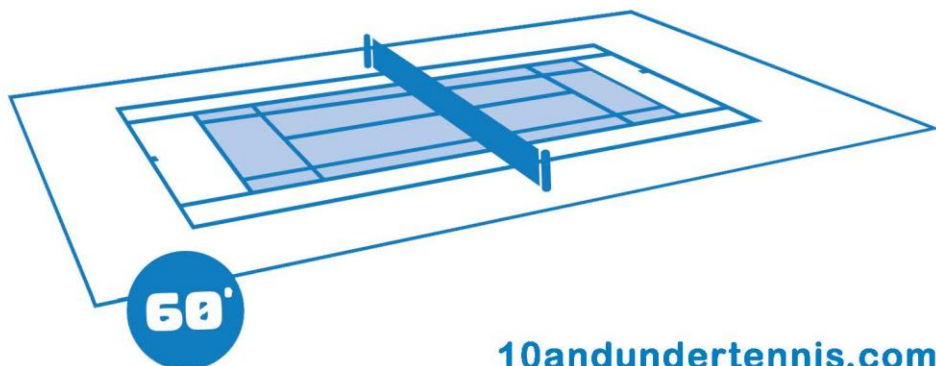
AGES 8 & UNDER

AGE	COURT SIZE	RACQUET	BALL	NET HEIGHT	SCORING
8 years and under	36' X 18'	up to 23"	Red Ball foam or felt low compression	2' 9"	2 out of 3, 7-point tiebreaks (official USTA rule for 8 and Under competition)



AGES 10 & UNDER

AGE	COURT SIZE	RACQUET	BALL	NET HEIGHT	SCORING
10 years and under	60' x 21' singles 60' x 27' doubles	up to 25"	Orange Ball felt low compression	3' center, 3'6" at net post	2 out of 3, 4-game sets using no-ad scoring; 3rd set is a 7-point tiebreak





Danny Dropshot and his friends had a fun day at the park, but now it's time to pick up all the balls! Can you help them find all 20 balls?

wordsearch


Q D F D S H B A S E L I N E H C D E
G X G X W B W C A B H S Q V S O S X
S D B F R H E V M H G C W B A U W C
P C N G W I N N E R F D E H Q R E V
O Q L H D N T H I U X V T T W H B G
R U O J F N Y J U U X V T T W H B G
T I O N V F H K Y Y W G Y Y D B H H
S C I B B D J I H T S B U U E B J Y
M K K G U S T A G R D S E T N A R T
A S J F U A F Y T F E Y O K T C I R
N T U R I E R F F B R U K L G K U S
S A Y E L E T O V N T I J O H H Y E
H R H D O R Y R Z M L O Y P N A T R
I T G F B T U E A L K P H H M N R V
P A T C R Y J H E A S M A S H D F E
H S F H F U H A W S H E E F H S G H
G D D J T E N N I S B D D E G X H J
F E S K V N V D X E V S T E T S O N


**TENNIS
FOREHAND
SERVE
BASELINE
QUICKSTART
BACKHAND**


**USTA
COURT
WINNER
SPORTSMANSHIP
SMASH
SET**


court conduct

While the main goal of tennis is to have fun, it is also important to show good sportsmanship and follow proper tennis manners. Here are some tips from Carrie Crosscourt to get you started:


 Don't walk across another court until players have finished playing a point.


 Before playing, put jackets, water bottles, and any other items you have with you out of everyone's way.

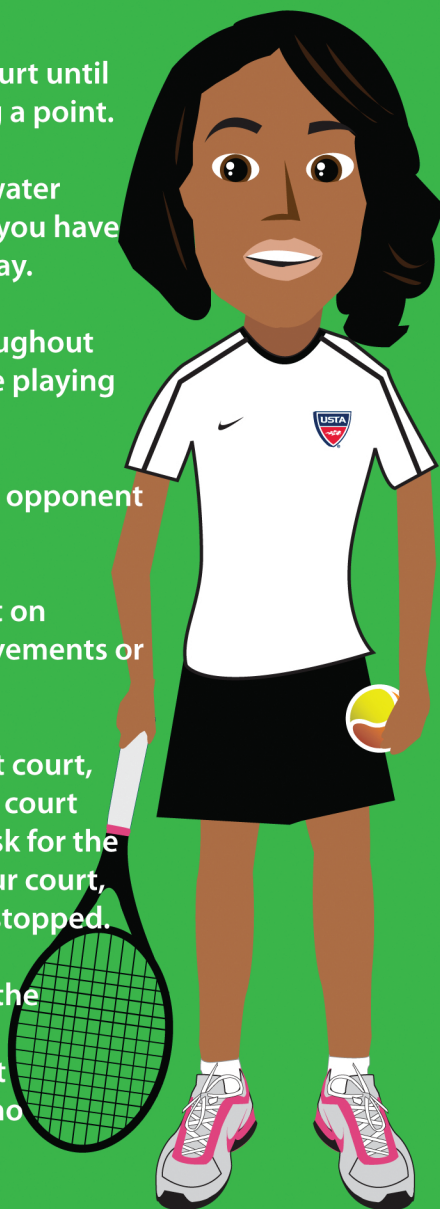
 Keep a positive outlook throughout the match. Remember, you're playing for the fun of it.

 Accept all calls made by your opponent without arguing.

 Don't distract your opponent on purpose by unnecessary movements or talking

 If your ball goes into the next court, wait until the players on that court finish the point before you ask for the ball. If a ball comes onto your court, return it as soon as play has stopped.

 After the last point, come to the net quickly and shake hands. Let your opponent know that you appreciated the match, no matter what the outcome.



match day

On the day of a big tennis match it's important to be prepared. Getting prepared for a match starts before you even walk out on the court. Start with a healthy snack and be sure to drink plenty of water. Don't forget to wear sunscreen and a hat if it is a sunny day!

Macey Matchpoint has a big match today but needs your help to get ready. Circle everything she'll need for her match!

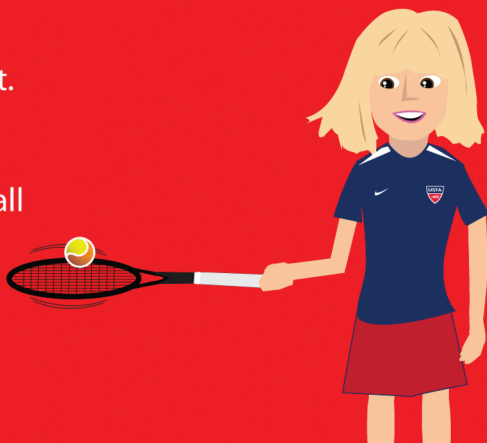


Balancing Act

Balance a ball on your racquet.

Roll it around the edge of the racquet without letting the ball fall off.

To make it harder, try walking around while you roll the ball on the racquet.



Skill Stats

	Novice	Pro	Champ
Circles in one try while standing still	10	20	30
Circles in one try while moving	5	10	25

Wall Rally

Ask your parents if it's okay to hit balls off a garage door or wall.

Use a racquet to hit a foam or low compression ball against the wall.

Hit the ball again when it bounces back to you.



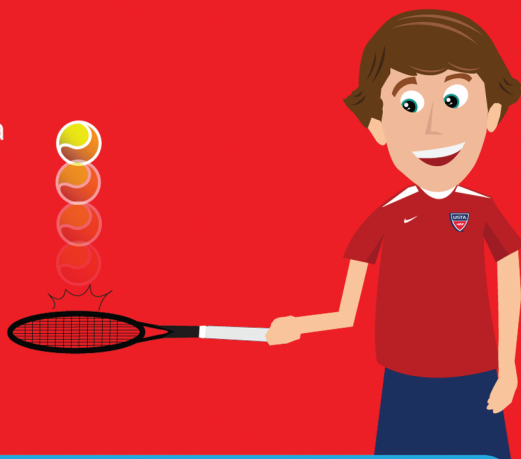
Skill Stats

	Novice	Pro	Champ
Forehand shots against the wall	10	20	30
Backhand shots against the wall	5	10	25

Ball Bounce

Use a racquet to bounce - or dribble - a ball DOWN onto a hard surface

Once you master that move, bounce the ball UP off the racquet.



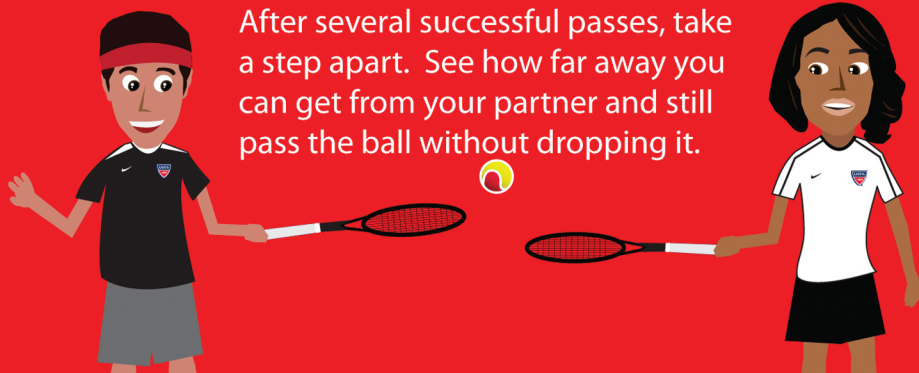
Skill Stats

	Novice	Pro	Champ
Bounces Down	5	10	25
Bounces Up	4	8	20

Ball Pass

Stand close to your partner and pass a ball or bean bag from one racquet to the the other. Don't let it fall!

After several successful passes, take a step apart. See how far away you can get from your partner and still pass the ball without dropping it.



Skill Stats

	Novice	Pro	Champ
Feet away	5	10	25

Glossary

Ace- a ball that is served in play so well that the opponent cannot touch it

Backhand- the stroke used to return balls hit to the left side of a right-handed player and to the right side of a left-handed player

Baseline- the back line of the tennis court; the server must stand behind this line

Doubles- a match with four players, two on each team

Drop shot- a ball hit softly enough to just go over the net; designed to catch a player off guard

Forehand- the stroke used to return balls hit to the right of a right-handed player and the left of a left-handed player

Game- the part of a set that is completed when one player or side either wins the designated amount of points for their age level's scoring format

Let- a point played over because of interference. Also, a serve that hits the top of the net but is otherwise good, in which case that serve is taken again.

Match- the overall contest, usually decided by the best two out of three sets

Out- a ball landing outside the boundary lines of the court or, on the serve, outside the boundary lines of the receiver's service court

QuickStart Tennis- a play format that uses modified scoring, equipment, and smaller court dimensions to make tennis more fun for all 10 & under kids

Rally- a series of hits that ends when one player fails to return the ball within the court boundary or fails to return a ball that falls within the play area

Receiver- the player who receives the serve

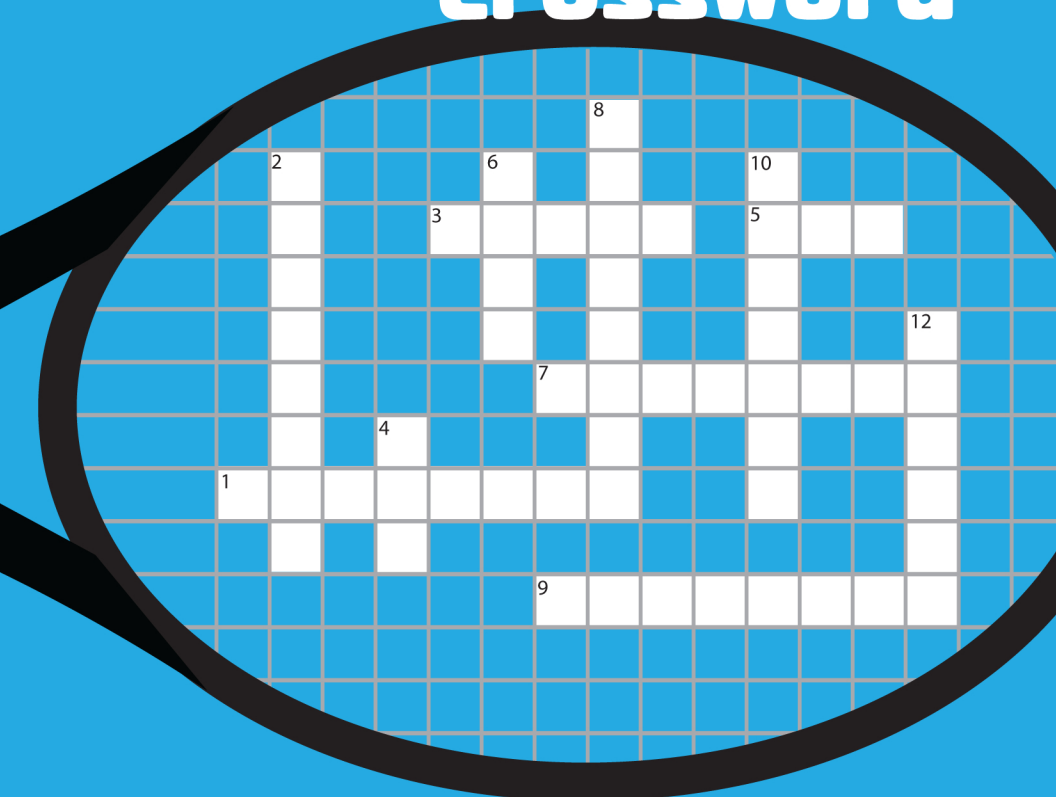
Server- the player who serves

Singles- a match between two players

Tournament- a formal type of competition

United States Tennis Association- the governing body for all tennis in the U.S.

crossword



Across:

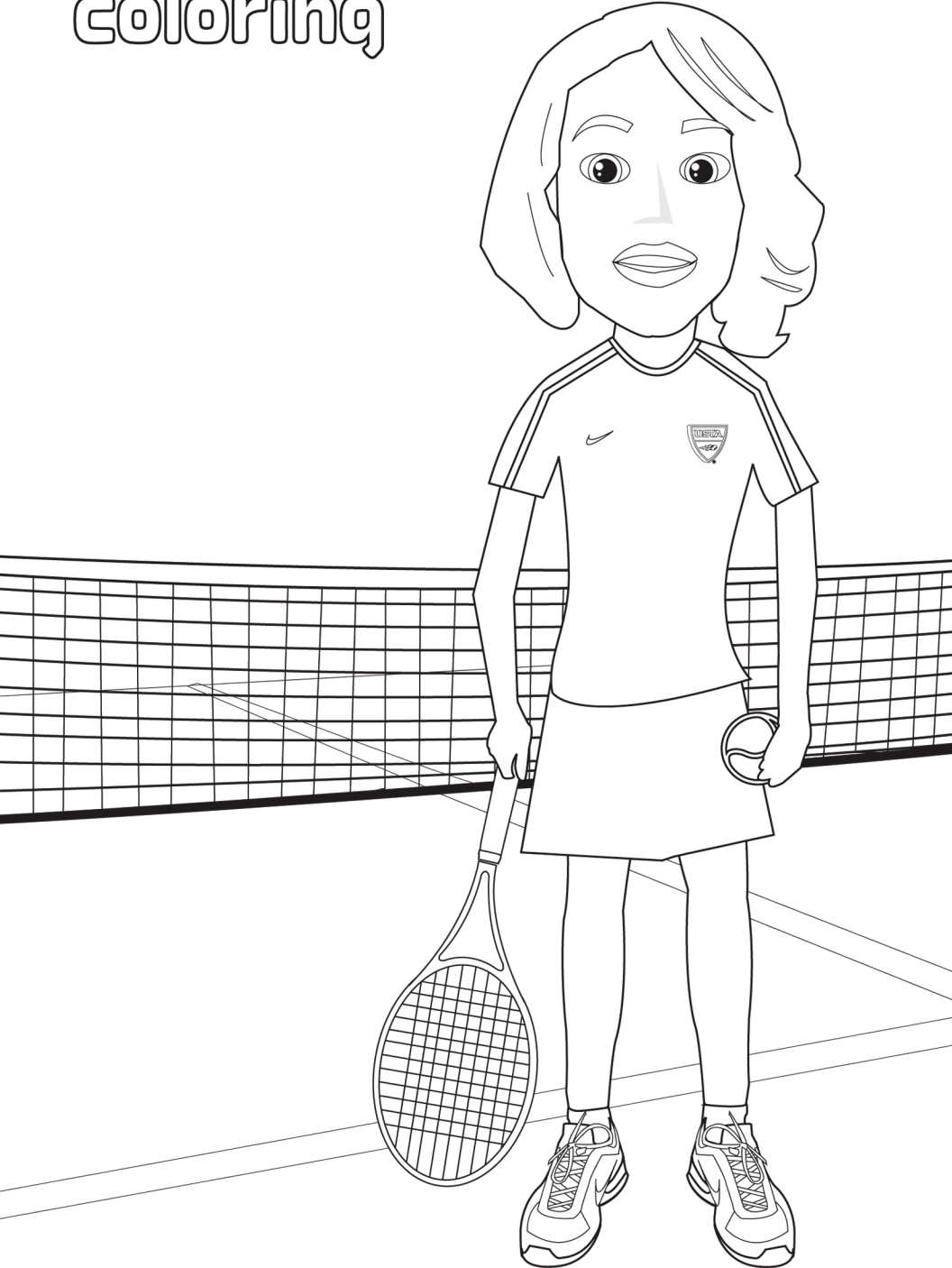
1. The stroke used to return balls hit to the right of a right-handed player and the left of a left-handed player
3. The overall contest, usually decided by the best two out of three sets
5. A ball landing outside the boundary lines of the court or, on the serve, outside the boundary lines of the receiver's service court
7. The court's back line that runs parallel to the net and perpendicular with the sidelines
9. The player who receives the serve

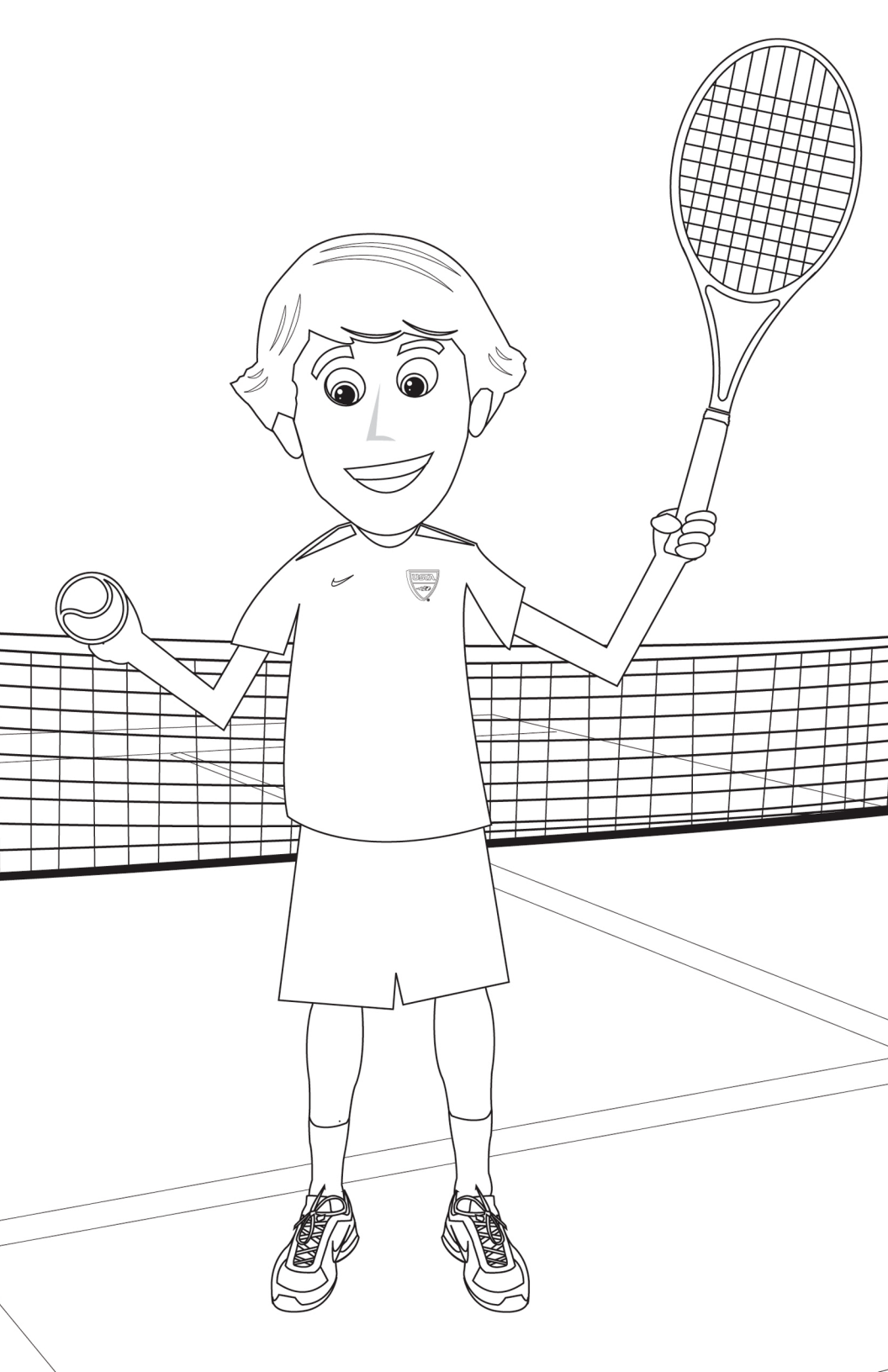
Down:

2. A softly hit ball with lots of backspin that lands near the net after crossing it
4. A point played over because of interference. Also, a serve that hits the top of the net but is otherwise good, in which case that serve is taken again.
6. The part of a set that is completed when one player or side either wins four points and is at least two points ahead of their opponent, or wins two points in a row after deuce
8. The stroke used to return balls hit to the left side of a right-handed player and to the right side of a left-handed player
10. A match with four players, two on each team
12. The player who serves

Find the answers online
at mstennis.com

coloring





USTA JR TEAM TENNIS

USTA Jr. Team Tennis is the largest youth tennis league in the country. It connects kids together on teams to play singles, doubles, and mixed doubles against other teams within a league. It promotes social skills and important values such as a spirit of cooperation and unity, as well as individual self-growth.

- USTA Jr. Team Tennis is all about building your game while building a team!
- USTA Jr. Team Tennis is all about showing your stuff and sharing the fun!
- There's An Age/Level of Play Division for you; 10 & Under
12, 14, 18 & under, Beginner, Intermediate, and Advanced.

For more information about USTA Jr. Team Tennis in your area, contact your Local League Coordinator.

Delta

Dawn Woo (662-347-4678) wdwoo@bellsouth.net

Golden Triangle

Vanita Mattix (662-574-2919) vmattix@yahoo.com

Gulf Coast

Charlotte Todaro (228-297-7755) chartdr7199@aol.com

Meridian Area

Scott Weed (601-513-1705) scottweed@gmail.com

Northeast MS

Amy Kennedy (662-841-6440) amy.kennedy@tupeloms.gov

Northwest MS

Maray Myers McIntyre (662-820-1909) desotojrtennis@yahoo.com

Oxford Area

William Foreman (601-720-4539) foreman.william@gmail.com

Pinebelt

Jack Ward (601-649-0302) jward@howard_ind.com

Southwest MS

Leanne Summers (601-757-2317) lasummers@cableone.com

Tri-County Area

Angie Deleon (601- 951-0897) deleon@sta.usta.com

10 & Under Grand Prix Circuit

The MS 10 & under Grand Prix Circuit is a series of entry level tournaments for beginner 10 & under and 8 & under players. These tournaments are geared towards players that are just beginning to learn how to serve, rally, and score providing novice and entry level players a fun introduction to competitive play. The goal of the tournaments is to provide a fun atmosphere for kids and their parents.



Play Days and Tennis Festivals

Kids can practice their tennis skills with a match-based Play Day or a games-based Tennis Festival. These one to two-hour events allow players to rotate through opponents or stations and get plenty of tennis fun!



USTA Jr. Team Tennis

USTA Jr. Team Tennis is a multi-week program of team practice and match play for boys and girls, ages 6-18. Teams are made up of players of similar age and skill. They compete against other teams from the same area. For more information go to www.mstennis.com



Tournament Fee Free

Mississippi players can play in their first Novice Junior Tournament and send the bill to USTA Mississippi! Present your tournament voucher to the tournament director when entering the tournament or at check-in.

For more information go to www.mstennis.com





SOUTHERN MISSISSIPPI

Mississippi Tennis Association

3311 North State Street

Jackson, MS 39216

601-981-4421

www.mstennis.com



USTA Mississippi