



**USTA SERVES SPECIAL REPORT SHOWS YOUTH WHO PLAY TENNIS
GET BETTER GRADES, PLAN TO ATTEND COLLEGE,
AND ARE MORE COMMUNITY-MINDED**

**Statistics show 48% Of Tennis Players Have an “A” Average and
81% Aspire to Attend College**

**Tennis Participation Positively Influences the Lives of U.S. Youth
Across All Socioeconomic Levels**

White Plains, N.Y., February 26, 2013 – USTA Serves, the national charitable foundation of the United States Tennis Association, today announced the results of the *USTA Serves Special Report, More Than a Sport: Tennis, Education and Health*. The study, conducted among high school students, is the first nationwide study to analyze the educational, behavioral and health benefits to adolescents who participate in tennis. Results from the study show that, when compared to non-athletes and participants in many other sports, young people who participate in tennis get better grades, devote more hours to studying, think more about their future, aspire to attend and graduate from college, and have lower suspension and expulsion rates.

Key findings from the report include:

- ***Tennis is a unique catalyst for educational advantage.***
Tennis players spent more time doing homework, and were more likely to report receiving “A” grades. A full 48% of students in the report have an “A” average and 81% say they will attend college.
- ***Tennis players had significantly lower rates of suspension from school and other disciplinary measures than participants in other sports and non-athletes.***
In fact, 73% have never been sent to the principal’s office.
- ***Educational advantages among tennis players occurred across all socioeconomic levels.***
- ***Adolescent tennis players are well-rounded.***
Participation rates within extracurricular activities and community involvement were higher among adolescent tennis players. Indeed, 82% volunteer in their communities.
- ***Tennis contributes to adolescent health.***
Tennis players reported lower rates of unhealthy behavior such as drinking and smoking, and are less likely to be overweight or become obese.
- ***Adolescent participation in tennis varies by race/ethnicity and gender, as well as across geographic regions.***
Among all adolescent tennis players in the U.S., whites constituted 77%, Hispanics 14%, and African-Americans 9%.

“While most people may not be surprised to learn that the majority of adolescent tennis players score better than most other athletes (and all non-athletes) on education and social behavior, what is less known is that those benefits also cross all socioeconomic levels in varying degrees,” said Deborah Slaner Larkin, Executive Director of USTA Serves. “Hopefully, this evidence-based research will encourage more educators, health policy makers and parents to promote tennis in physical education classes as well as in school and community-based sports programs so that students across the country will reap these important education and health benefits.”

"The evidence shows that tennis participation is clearly linked with educational achievement, health, and social involvement among U.S. adolescents," said Don Sabo, Ph.D., principal investigator. "USTA Serves is commended for its use of evidence-based research to evaluate the contributions that tennis makes in the lives of U.S. adolescents".

The results confirm USTA Serves' belief in tennis as a sport of opportunity and validate its mission to support programs that enhance the lives of children and families through the integration of tennis, health and education. To date, USTA Serves has awarded more than \$15 million in grants and scholarships to people and programs throughout the country in order to provide at-risk and underserved youth with greater opportunities to realize success.

The report used data from Monitoring the Future (MTF), a federally-funded survey, in order to compare the education and health profiles of tennis players with other high school athletes, as well as with high school students who do not participate in sports.

For the full executive summary and report, please visit www.ustaserves.com.

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USTA Serves, the National Charitable Foundation of the USTA, provides financial support for disadvantaged youth and people with disabilities through tennis and education programs designed to improve health, build character, teach life skills and motivate students to strive for academic excellence. For more information on USTA Serves, visit www.ustaserves.com.

The **USTA** is the national governing body for the sport of tennis in the United States and the leader in promoting and developing the growth of tennis at every level, from local communities to the highest level of the professional game. A not-for-profit organization with more than 770,000 members, it invests 100 percent of its proceeds in growing the game. It owns and operates the US Open, the highest-attended annual sporting event in the world, and launched the Emirates Airline US Open Series, linking nine summer tournaments to the US Open. In addition, it owns approximately 90 Pro Circuit events throughout the U.S. and selects the teams for the Davis Cup, Fed Cup, Olympic and Paralympic Games. The USTA's national charitable foundation, USTA Serves, provides grants and scholarships and helps underserved youth and people with disabilities. For more information on the USTA, log on to usta.com, "like" the official Facebook page, [facebook.com/usta](https://www.facebook.com/usta), or follow @usta on Twitter.

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