TENNIS PARTICIPATION POSITIVELY INFLUENCES THE EDUCATION, HEALTH AND WELL-BEING OF THE LIVES OF U.S. YOUTH ACROSS ALL SOCIOECONOMIC LEVELS.

THE WOMEN’S SPORTS FOUNDATION has conducted groundbreaking research spanning over 10 years (2006-2016) to compare the profiles of youth participants to participants in other sports and to non-participants. New findings confirm and expand the known benefits of sports.

YOUTH WHO PLAY TENNIS...

More eat breakfast, green vegetables and fruit every day. Less binge drinking, cigarette smoking and are less likely to be overweight or at-risk for being overweight.

Get better grades
Have college aspirations
Are better behaved
Are community-minded and well-rounded

51% HAVE AN "A" AVERAGE
80% SAY THEY WILL ATTEND COLLEGE
76% HAVE NEVER BEEN SUSPENDED
81% VOLUNTEER IN THEIR COMMUNITIES

Spend more time studying
More will graduate from college
Fewer are expelled or sent to the (principal’s) office
More are engaged in extracurricular activities

ARE MORE PRONE TO HEALTHY BEHAVIORS

ARE LESS PRONE TO RISKY BEHAVIORS

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80%
76%
81%

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More are less prone to risky behaviors

For the full report, go to WOMENSSPORTSFUNDATION.ORG