

WHY TENNIS?

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.

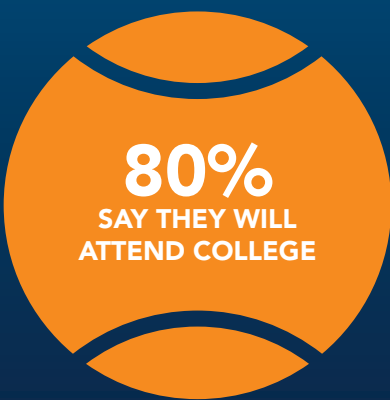
YOUTH WHO PLAY TENNIS...

Get better grades



Spend more time
studying

Have college aspirations



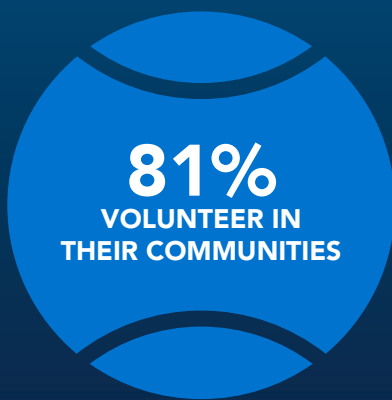
More will graduate
from college

Are better behaved



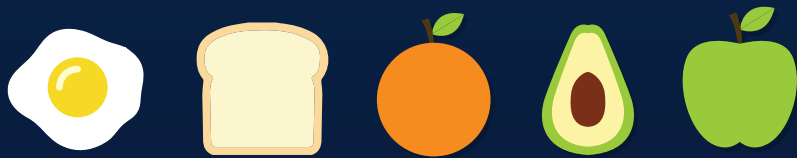
Fewer are expelled or sent
to the (principal's) office

Are community-minded
and well-rounded



More are engaged in
extracurricular activities

ARE **MORE PRONE** TO
HEALTHY BEHAVIORS



ARE **LESS PRONE** TO
RISKY BEHAVIORS



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.

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