Your kids have choices. Today, more than ever before, the volume and variety of activities available to kids is staggering. If you want to get them involved—and keep them involved, it must be something special. It’s got to be engaging, exciting, and—most important—fun.

That’s the idea behind QuickStart Tennis—a new play format for kids age 10-and-under that allows them to start playing almost immediately—even if they’ve never held a racquet before. No more standing around and waiting in lines. With QuickStart Tennis, once they’re on the court, they’re in the game—learning while playing.

This brochure explains some of the basics of the QuickStart Tennis format. You’ll see why QuickStart Tennis is being hailed as a revolutionary way to get kids into tennis—fast.

**WHAT IS QUICKSTART TENNIS?**

QuickStart Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It is divided into two different levels—ages 8 and under and ages 10 and under.

***For those children 8 and younger, the size of the court is 36’ x 18’. The set-up divides a standard size court into several smaller courts, using the standard size court’s doubles sidelines as baselines. This modification makes it possible to fit more players onto a single court. Racquets are up to 23” in size, so that every child can easily handle the equipment. The ball, either foam or very low compression, bounces lower and travels slower. The net height is 2’9”, making it easier for each child to rally.

***For those children 10 and younger, the size of the court is 60’ x 21’ (60’ x 27’ for doubles). The racquets are up to 25” in size. The low-compression ball used travels a little faster and farther than the foam ball, but still has a lower bounce and travels slower than a regulation ball.

**AGES 8 & UNDER**

<table>
<thead>
<tr>
<th>AGE</th>
<th>COURT SIZE</th>
<th>RACQUET</th>
<th>BALL</th>
<th>NET HEIGHT</th>
<th>SCORING</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 years and under</td>
<td>36’ x 18’</td>
<td>up to 23”</td>
<td>foam or very low compression</td>
<td>2’9”</td>
<td>best of 3 games 1st to 7 points wins game first to win 2 games wins match</td>
</tr>
</tbody>
</table>

**AGES 10 & UNDER**

<table>
<thead>
<tr>
<th>AGE</th>
<th>COURT SIZE</th>
<th>RACQUET</th>
<th>BALL</th>
<th>NET HEIGHT</th>
<th>SCORING</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 years and under</td>
<td>60’ x 21’ singles 60’ x 27’ doubles</td>
<td>up to 25”</td>
<td>low compression</td>
<td>3’</td>
<td>best of 2 sets of 1st to 4 games with 3rd set 1st to 7 points</td>
</tr>
</tbody>
</table>
WHY IT WORKS

The QuickStart Tennis format works by getting kids into the game immediately. Within the first hour of stepping onto the court, they are actually playing the game. Scaling the game down to their size helps make the learning process easier and a lot more fun.

The majority of youth sports have followed this progressive formula for years. Baseball begins with smaller bats and smaller fields. Basketball and soccer also employ shortened playing surfaces and appropriate-sized equipment. That helps ensure that your child's first experience in the sport will leave them overjoyed—not overwhelmed.

QuickStart Tennis enables kids to have more enjoyable experiences early on in the learning process—and having fun is always a factor in keeping kids involved.

GET INVOLVED!

QuickStart Tennis is fast, easy and fun—and it offers a great way for you to get involved in your child's activities. Best of all, the format is easily incorporated into any programming, from lessons to team competition, making it a perfect part of a wide variety of offerings at schools, parks and facilities large and small.

More than 1,000 tennis sites have begun implementing the QuickStart Tennis format into their 10-and-under programming and the USTA has made this format a integral part of their co-ed recreation Jr.Team Tennis league and it's tournaments. The USTA also offers training sessions for coaches and volunteers (including parents) to help keep the fun growing.

So when you're looking to get your child involved in tennis, look for a program that features the QuickStart Tennis play format—or start one yourself. To get more information on QuickStart Tennis, go to www.quickstarttennis.com.