



Presenting Sponsor



**Week 8 Mar. 23-27**

### **QuickStart Tennis**

The QuickStart Tennis play format, one of the most significant moves ever to introduce tennis to youth, provides a way to bring kids 10 and under into the game by utilizing equipment, court dimensions, and scoring that is tailored to their age and size. There will be two age breakouts for this format: 10 and under, 8 and under.

"The QuickStart Tennis play format is tennis scaled to the size of the child, utilizing age appropriate equipment, including smaller racquets, lower bouncing balls, and smaller courts," said Kurt Kamperman, Chief Executive, Community Tennis, USTA. "By enabling kids to start playing right away, we are allowing them to learn as they play."

"This format will make a significant impact on the skill development of tennis players in the United States," said Paul Roetert, Managing Director, Player Development, USTA. "By bringing more kids into the game at a young age, and by providing them with a format that helps them to utilize proper stroke technique and overall skill development, we will increase the pool of high level players throughout the country."

For those children 8 and under, the size of the court will be 36' x 18'. The set-up utilizes doubles sidelines as the baselines, and from the baseline to the service line as the new sidelines. Racquets will be up to 23" in size, making them easier to control than larger-sized racquets. The balls, either a foam ball or a very low compression ball, will also match the abilities of the child, bouncing lower and traveling less distance. This will enable the child to have proper swing technique, with the ball bouncing into their "comfort zones." The net height will be 2' 9", making it easier for the child to continue the rally. Finally, scoring is brought down to a much simpler and manageable level – best of three games, with the first player to win seven points winning the game – and a shorter time.

For those children 10 and under, the size of the court will be 60' x 21' (60' x 27' for doubles). The racquet will be up to 25" in size, still manageable, but increasing with their body-size and age. The ball, a low-compression ball, travels a little faster and farther than the ball utilized by the 8 and under group. It will still have a lower bounce than the standard tennis ball. Scoring becomes best of three sets, with 4 games winning a set, and the third set being first to 7 points (if necessary).

The USTA has also organized and implemented training sessions, both to coaches and volunteers including parents, to help early adoption of the format, which will take place throughout the year. In addition, the USTA has begun incorporating the play format into its coed recreational tennis league, USTA Jr. Team Tennis, and its tournament offerings. In succeeding years, it will continue to be implemented into programming with the goal of reaching all aspects of 10 and under youth tennis, including tournament, lesson based, recreational and team play.

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