

Tennis Anyone?

Patch Program for Junior, Cadette and Senior Girl Scouts



Tennis serves up a package of fitness and social benefits that make it "The sport for a lifetime!" The objective of this patch program is to introduce tennis to Girl Scouts who have never even picked up a racquet before and to enhance the skills and knowledge of girls who are experienced players. The program, tennis equipment, and resource materials are underwritten by the Girl Scout Council of Southeast Louisiana, grants received from the Southern Tennis Association, and the Oshman's Sports Foundation.

FEE: .50 cents per patch, payable with patch report.

EQUIPMENT: May be checked out from the Council office.

Tennis Anyone?

To earn the “Tennis Anyone?” patch, the girls must complete at least **EIGHT** of the following requirements, including the first five starred (*) activities:

1. *Learn the five basic strokes of tennis: forehand ground stroke, forehand volley, backhand ground stroke, backhand volley and the serve.
2. *Learn how to keep score. Review the code of conduct and apply it on the court. What are the rules of the game?
3. *What is the best food for fuel? Learn about how nutrition plays a key role in the performance of athletes.
4. *Prevent injuries. What is the proper way to warm up before you hit the court? Explore proper stretching exercises to be used before and after you play. Find out what are common injuries from playing tennis.
5. *Do a tennis-related service project. Suggestions: Connect with a tennis facility to coordinate a service project (help with a mailing; support a tournament with water stations, tickets, etc.); collect dead balls and recycle them.
6. Research the history of tennis. When was it started? How has it changed through the years? (clothing, equipment, types of surfaces, etc.)
7. What type of equipment is needed to play? What type of clothing and shoes should be worn? What type of racquet best suits your needs? What is the difference in tennis balls?
8. Research what tennis courts are available in your area. Are they open to the public? What are the fees involved, if any?
9. Practice Makes Perfect. Keep a journal of how many hours you play tennis. Set goals and chart your progress.

10. Attend a tennis competition or watch a tennis event on television. Find out what is involved in organizing such an event. How are the players organized to play? How are the courts scheduled? Are there prizes or money awarded and to whom?
11. Interview a tennis teaching professional or someone who works in the tennis field. How did they get into the business? What are their job responsibilities? What do they like most about their job? Ask them if you can observe them doing their job.
12. Interview a high school or college tennis player. When did they start playing tennis? How much do they practice? What have they gained personally by playing tennis? What advice would they give to a beginning tennis player?
13. Learn about a touring professional tennis player. How did they get started in tennis? What is their world ranking? What other interests do they have besides tennis? Watch them play a match on television.
14. Explore tennis opportunities in your area. (Such as tennis lessons, school programs, junior tennis tournaments, USA Team Tennis, etc.)

Program Links: *Junior Girl Scout Badge Book*, Court Sports Badge, page 70; *Interest Projects for Cadette and Seniors*, On the Court Interest Project, page 162-163.

Tennis Websites: www.neworleanstennis.com, www.louisianatennis.com
www.usta.com, www.juniortennis.com

The Council office has tennis racquets, Code of Conduct Cards, Summarized Rules of Tennis brochures, and Flexibility (Stretching) cards that may be checked out for two weeks at a time. Contact the receptionist at 504-733-8220 or 1-800-644-7571 to reserve the equipment.

Patch Order

To order the patches, complete the following form and attach photos taken.
We will use the photos to thank our funders and for Girl Scout Publications.

Date _____ Troop/Group # _____ Service Unit # _____

Troop/Group Contact Name: _____

Address _____ City _____
Zip _____

Day Phone # _____ Evening Phone # _____

E-mail Address _____

Describe the service performed for Activity #5 _____

____ I wish to pick up the patches from the Council office.

OR

____ I have enclosed \$1.50 in postage to have the patches mailed to me.

____ No. of patches earned X .50¢ = \$ _____
\$1.50 for mailing _____
TOTAL Enclosed \$ _____

Mail payment with any photos to:

**Girl Scout Council of Southeast Louisiana
Program Department
P. O. Box 10800
New Orleans, LA 70181-0800**