



# TUCSON COMMUNITY TENNIS PROGRAM

[www.TCTPforKIDS.org](http://www.TCTPforKIDS.org)

2012

## A Teacher's Letter to TCTP

When I first told my fourth graders we would be going outside for tennis lessons, they were less than enthused. I heard comments like, "That's not even a real sport." "It's a girl's sport." and "No problem, it'll be easy."

On the day of our first lesson, these same fourth graders were acting cool and uninterested, but that soon changed! The first surprise was when they saw male volunteer coaches. That was a very good surprise for the boys that were thinking they were too cool for tennis.

Then we got to work. "Chopping Broccoli" proved to be harder than we thought! By this time, we were all having a whole lot of fun. We also learned that getting our feet and body to do what we wanted wasn't so easy. This

caused great fits of giggles.

The games we played helped even out the playing field. Students that were considered good athletes were having trouble getting the ball to go where they wanted. Students who were not considered athletic were seeing that taking their time and practicing helped them do the exercises. I saw their faces when they accomplished something they hadn't been able to do. I got to see them laugh with joy, and patiently help and encourage their classmates.

That, in itself, makes it worth it!

My students still talk about it and often ask if we will have tennis this year. My response is always, "I sure hope so!" No one questions that tennis is a cool sport for boys and girls. We learned that 'sports' does not mean that we have to



*Family Night at Mission View*

be out there knocking the sense out of each other to have a good time! It has truly been a very positive experience for everyone involved.

Julie Morales  
4<sup>TH</sup> Grade teacher  
Mission View Elementary School



*Luis & Miguel*

## TCTP Promotes Summer NJTL Program

A great 4-week National Junior Tennis & Learning summer program was held at Pueblo High School. The NJTL Program had over 40 participants from Pueblo's feeder schools. More than 10 of the players participated in the Saturday Bonanza at Reffkin Tennis Center throughout the summer and are eager to begin the Pueblo Saturday program this fall.

We had two terrific coaches: Miguel Tolano (graduate of Tucson High and #1 player) and Luis Luna

(senior at Pueblo High School and #2 player). They were creative, funny, conscientious, and excellent instructors. They were assisted by volunteers from Pueblo High School's boys' and girls' tennis teams and Sunnyside High School's girls' team. All of these instructors attended summer camps at the Ronnie Smith Tennis Academy in July.

There is no question that TCTP's programs are growing the game of tennis.

# Tucson Community Tennis Program: We Bring Kids and Tennis Together

## Bill Wright Works Wonders for TCTP

Coach Bill Wright has been a huge contributor to tennis in Tucson for the past 25 years, and he's not done yet. Coach Wright, or "Coachy," to many of his current fans is working with TCTP's players who have continued on with their tennis, and we couldn't be happier about his effervescent presence.

Bill began his coaching career at Colorado State University. From there he moved on to the University of Illinois followed by a sterling 12-year career at Cal Berkeley and 19 productive years at the University of Arizona. His many coaching accomplishments include: NCAA Coach of the Year (1978), Pac-10 Coach of the Year (1981), and Region 8 Coach of the Year (2002, 2004). In 2006, he was inducted

into the Intercollegiate Tennis Hall of Fame.

Coach Wright exhibits a passion for hard work, a superior sense of humor, and profound interest and respect for anyone who wants to learn and compete. He also supplies an assortment of meaningful sound effects during a lesson, which makes learning and playing tennis his way really fun. He's really a treasure to have at TCTP.

If you want to see Coach Wright in action with our top kids, stop by Himmel Park any Wednesday at 4pm or Saturday at 1pm. You'll leave having learned a thing or two about tennis, and we guarantee that you will be smiling.



Bill Wright



## Himmel Park Program Advances Tennis Skills

TCTP's Himmel Park program focuses on its most advanced kids to further develop their skills and get them ready for competitive High School Tennis. Currently there are about twenty young players ranging in age from 10 to 18. Coaches Serena Quarelli, John Davis, and Bill Wright give our players a tremendous boost in skills and confidence.

The Himmel program takes place at 4pm on Wednesdays and 1pm on Saturdays. It is not uncommon to have parents watching our two-hours sessions under the nice shadows of those tall trees or...walking around the park during that time in order to get fit too!

## TCTP Fights Against Childhood Obesity

TCTP doesn't need more reasons to teach tennis but here are some findings that have recently been highlighted by actions in Congress and the tennis community and what TCTP is trying to do about them.

During the past four decades obesity rates have continued to climb at an alarming rate among all people in the U.S, but *four times* the norm in children ages six to eleven. That number means 23 million children and teenagers (31.8 percent) ages two to 19 are obese or overweight. Medical experts consider this to be an epidemic.

With an eye towards obesity prevention, TCTP has been adopting and restructuring its lesson formats to keep and grow more participation for a lifetime rather than a fleeting recreational program at the school. By reaching younger ages we hope to teach children proper warm-up, motor, racquet and playing skills needed to build a solid foundation for the game. TCTP, along with close partners at Reffkin Tennis Center and the USTA, are trying to make

tennis a fun activity for kids, not just a set of skills to master for their own sake. We want kids coming back for more!

To paraphrase TCTP founder Bud Minkin, if we can keep one child from being overweight we have funded our program for a long time.

The more sobering and not as easily measured are the psychosocial consequences that can hinder academic and social functioning that will persist into adulthood.

The health costs are a staggering with \$14 billion per year directly related, and 9 percent of total medical costs overall obesity-related. Obese young people have an 80 percent chance of becoming obese adults. Children of obese or overweight parents are more likely than children of normal weight parents to become overweight or obese adults. It is easy to see the increased risk for health issues such as heart disease, type 2 diabetes, stroke, several types of cancer and osteoarthritis.

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## SAVE THE DATE: Saturday, February 16th

### Tucson Community Tennis Program Tournament - Adult/Junior Event

Go to your favorite calendar – smartphone, computer, iPad, DayTimer, desk or wall -- and reserve Saturday February 16 right now. It's TCTP's very first spectacular and fabular Adult/Junior Fundraiser Tennis Tournament at Reffkin Tennis Center. We'll have 3 compelling and competitive divisions: Advanced, Intermediate, and Beginner. The \$50 team entry fee will include lunch and a T-shirt.

The tournament will be held in conjunction with an exciting University of Arizona men's varsity tennis match, plus an exhibition of "Flash Tennis," a dynamic short-court game played with

foam balls at high speed. We'll also have silent auction items and great raffle prizes.

We are hoping to get participation from teams from all the clubs and city parks with a bit of competition in both fundraising and geographic bragging rights. You get the idea. Please share this info with your tennis friends!

We will have online entries and entry blanks at your clubs and parks. If you don't have a partner we will find a partner for you.

**For more information call or email  
Meghan Houk at (520) 791-4896 or  
ArizonaTennis@gmail.com.**



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## TCTP - We Bring Kids and Tennis Together!

**To our volunteers ... Thank you!**

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**Volunteers support TCTP's Programs**

TCTP is always in need of volunteers to assist our professionals at both weekday and weekend sessions. Without the help of volunteers, TCTP could not provide tennis instruction to over 1000 children every year. A volunteer need only commit to one two-hour session each week for six consecutive weeks. The pros provide ample guidance to new volunteers and TCTP holds occasional training sessions designed to help volunteers understand how TCTP approaches tennis instruction with young children. TCTP focuses on 3<sup>rd</sup> grade students but we also work with 4<sup>th</sup> and 5<sup>th</sup> grade levels. We usually serve four schools during any six-week session and volunteers have a lot of options so that it is usually easy to find a time and place that works. Weekday programs usually start between 10am and 1pm.

**People interested in volunteering should contact Marsha Rianda: phone 520-990-5682 or email [volunteers@tctpforkids.org](mailto:volunteers@tctpforkids.org). It's fun!**