



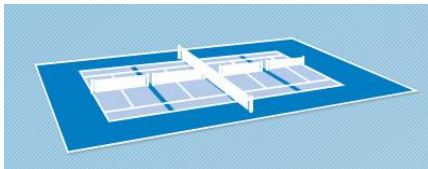
# What is Quickstart Tennis?

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Quickstart Tennis is a new format for 10 and under. The United States Tennis Association (USTA) have modified the playing environment through 6 variables: age, court size, net height, ball, racket length, and scoring. Now, juniors between the age of 5 and 10 years old learn and play the game almost immediately.

## The Two Different Court Sizes

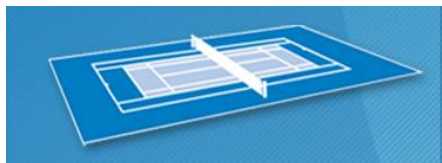
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### 8 And Under 36' Court

The court dimensions are 36' long and 18' wide. The 36' courts are set up across a regular 78' court. Players use the following equipment for a 36' court:

- 19", 21", 23" rackets
- Foam balls or larger low compression balls (red ball)



### 10 And Under 60' Court

The court dimensions are 60' long and 21' wide and are played within a regular 78' court. Players use the following equipment for a 60' court:

- 23", 25" rackets
- Low compression balls (orange ball)

## Why the Different Courts, Balls and Racket Sizes?

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Historically, juniors 10 and under have learned to play the game with balls that bounce too high, court area too large to cover, and used adult rackets (27" rackets). These factors have made the game difficult to learn for this age group. Through the modification of court size, slower and lower bouncing balls, appropriate rackets, kids learn the game faster.

With the ball bouncing at waist height correct technique can be taught and maintained. With the ball travelling slower and less court area to be covered on the court players can now get to wide balls, set up correctly and control the direction of the ball. Appropriate racket sizes allow kids to maneuver the racket through the air with greater ease while keeping technical structure.

