



Tennis
The Sport for a Lifetime
Patch Packet



04-1119
Girl scouts of Central Maryland
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Tennis: The Sport for a Lifetime
Junior

Discover

1. Girls gain practical life skills
 - Gain greater understanding of what it means to be emotionally and physically healthy.
 - Are more aware of how family and cultural differences affect healthy living.
2. Girls seek challenges in the world
 - Increasingly recognize that positive risk-taking is important to personal growth and leadership.
 - Are better at exploring new skills and ideas.

Connect

1. Girls promote cooperation and team building
 - Are better able to initiate and maintain cooperation on their teams.
 - Increasingly recognize how cooperation contributes to a project's success.
2. Girls advance diversity in a multicultural world
 - Recognize the value of promoting diversity in the world.
3. Girls feel connected to their communities, locally and globally
 - Are better able to recognize the importance of knowing about, and actively participating in, community groups.
 - Begin to feel part of a larger community of girls/women.

Take Action

1. Girls are resourceful problem solvers
 - Are better able to create "action plans" for their projects.
 - Gain a greater ability to locate and use resources that will help accomplish their project goals.
2. Girls educate and inspire others to act
 - Learn various strategies to communicate and share Take Action Projects with others.
3. Girls feel empowered to make a difference in the world
 - Are more confident in their power to effect positive change.

Tennis: The Sport for a Lifetime

Cadette

Girls gain Discover

3. practical life skills
 - Are increasingly committed to practicing and promoting healthy behavior.
 - Are more knowledgeable about how family and cultural differences affect healthy living.
4. Girls seek challenges in the world
 - Are better able to distinguish positive and negative risk-taking.
 - Recognize the importance of challenging oneself for one's positive growth.

Connect

4. Girls promote cooperation and team building
 - Have a greater understanding of team building.
 - Are better able to address obstacles to effective group work and team building.
5. Girls advance diversity in a multicultural world
 - Learn strategies for promoting diversity and creating more inclusive environments.
6. Girls feel connected to their communities, locally and globally
 - Strengthen existing relationships and seek to create new connections with others in their communities.

Take Action

4. Girls are resourceful problem solvers
 - Are able to create and implement detailed action plans for their projects.
 - Increasingly seek out community support and resources to help achieve their goals.
5. Girls educate and inspire others to act
 - Show increased commitment to educate others on how to better their communities.
 - Are better able to identify and select various methods for informing others about their Take Action Projects.
6. Girls feel empowered to make a difference in the world
 - Feel more valued by others for their ability to apply leadership skills toward positive change.

Tennis: The Sport for a Lifetime

Senior

Discover

5. Girls gain practical life skills
 - Act as role models for younger girls in making healthy choices.
6. Girls seek challenges in the world
 - Demonstrate increased enthusiasm for learning new skills and ideas and expanding existing ones.
 - Show increased courage to challenge their own and others' beliefs and opinions.

Connect

7. Girls promote cooperation and team building
 - Strengthen their abilities to build effective teams to accomplish shared goals.
 - Are committed to mentoring others on effective strategies for cooperative work and team building.
8. Girls advance diversity in a multicultural world
 - Are actively engaged in promoting diversity and tolerance.
9. Girls feel connected to their communities, locally and globally
 - Feel that their connections with diverse members of their communities are important resources for personal and leadership development.

Take Action

7. Girls are resourceful problem solvers
 - Are better able to effectively plan and carry out action projects of with minimal adult guidance.
 - Are able to assess their progress and adjust strategies as necessary.
8. Girls educate and inspire others to act
 - Are better at inspiring and mobilizing others to become more engaged in community service and action.
9. Girls feel empowered to make a difference in the world
 - Feel they have greater access to community resources and more equal relationships with adults in their communities.

Tennis: The Sport for a Lifetime

Ambassador

Discover

7. Girls gain practical life skills
 - Are better able to address health issues in their lives, their local communities, and globally.
 - Are more interested in leading and/or participating in advocacy projects related to health issues, globally or locally.
8. Girls seek challenges in the world
 - Increasingly set challenging goals for the future.
 - Have increased confidence to discuss and address challenging issues and contradictions in their lives and their local and global communities.

Connect

10. Girls promote cooperation and team building
 - Are able to promote cooperation and effective team building in their communities.
 - Recognize the value of cooperation and team building for effective leadership and for their future careers.
11. Girls advance diversity in a multicultural world
 - Are actively engaged in promoting diversity and tolerance, locally and/or globally.
 - Are increasingly able to address various challenges to promoting inclusive attitudes and diversity, locally and/or globally.
12. Girls feel connected to their communities, locally and globally
 - Have extensive feelings of connection with their local and global communities.

Take Action

10. Girls are resourceful problem solvers
 - Are better able to independently plan, organize, and manage Take Action Projects.
 - Actively seek out partnerships to achieve greater community participation and impact for their Take Action Projects.
11. Girls educate and inspire others to act
 - Are better able to evaluate the effectiveness of their efforts to reach/educate diverse audiences and can adjust the communication strategies accordingly.

A Brief Overview of the Tennis Patch Packet.

This patch packet is designed to encourage Girl Scout Juniors, Cadettes, Seniors and Ambassadors to learn tennis or to develop their tennis skills. Tennis isn't just a competitive game it is an excellent way to stay fit and make new friends. Tennis helps your immune system, enhances your flexibility, gives you discipline, and is a sport you can play for your entire lifetime! Most of all, tennis is FUN! Girl Scouts will fulfill requirements in order to earn the patch. The number of requirements will depend on your Girl Scout level. Girl Scout Juniors are to complete 3 activities, including those marked with an asterisk. Girl Scout Cadettes, Seniors and Ambassadors are to complete 5 activities, including those marked with an asterisk.

1. * Learn the five basic strokes of tennis at a Tennis Camp, Free for All, or thru your Physical Education Department at your school.

- Forehand Ground Stroke
- Forehand Volley
- Backhand Ground Stroke
- Backhand Volley
- Serve

2. * Learn about the game of tennis: how to keep score, the basic rules and court etiquette.

3. Explore the history of tennis and answer the following questions:

- What is the name of the governing body of tennis in the United States?
- When was the "tie break" first introduced?
- What is tennis called in the following countries to differentiate it from "old" tennis?
USA _____ Tennis
UK _____ Tennis
Australia _____ Tennis

4. Learn about any of the following tennis professionals: Maryland's Pam Shriver, Serena Williams, Venus Williams, Martina Hingis, Lindsay Davenport, or Chris Evert.

- How did she get started in tennis?
- How many professional tournaments has she won?
- What other interests does she have?
- What makes her great?
- If you can, watch her play a match either in person, on video or on television.

5. Interview a high school or college tennis player

- What does the player like about tennis?
- What has the player learned from being active in the sport?
- How long has this person been playing tennis?
- Which tennis professional does the player admire the most, and why?
- Does the player prefer playing singles or doubles? Why?

6. Learn what injuries may occur in the sport of tennis

- Learn and demonstrate first aid for at least two of these injuries
- List or discuss safety tips or steps to prevent these injuries
- Does the weather or the type of court (i.e. clay or grass) contribute to any of these injuries?

7. Interview a tennis teaching professional or someone who works in tennis.

- How did this person get into the business?
- What are the key elements of this person's job?
- What qualifications are needed for this particular job, if any?
- What does this person like the most and the least about their job?

8. Attend or volunteer in the running of a tennis tournament.

- What is done to organize the event?
- How are the players organized to play and in what format?
- How are matches scheduled?
- What prizes are awarded to the players?

9. Volunteer as a Program Aide at a Baltimore Tennis Patrons Camp or Free for all.

Resources:

www.tennispatrons.org

www.usta.com

www.itftennis.com/olympics

www.tennis.com

www.lta.uk.com

www.legends.com

Girl Scouts of Central Maryland
Tennis: The Sport for a Lifetime
Survey Form

Dear Leader,

We are pleased that your group completed the Tennis: The Sport for a Lifetime patch packet. In order to purchase the patch, groups are requested to complete the survey below. Bring or mail this form to the council store. Attn: VRC, 4806 Seton Drive, Baltimore, MD 21215. 410-358-9711 ext. 202.

Date:_____ Girl Scout No_____ Service Unit No._____
Girl Scout Level (circle one) Junior Cadette Senior Ambassador
Leader's Name: _____ Telephone: _____
Address _____
Street City State Zip

SURVEY - We would like to know what you think about the packet's activities. How many girls are in your group? _____ Please ask the girls the following questions and record their responses below.

1. Below are five basic strokes used in playing tennis. How many girls can list at least three of them? Girls may raise their hands to demonstrate or say answer to the following:
____ forehand ground ____ forehand volley ____backhand ground ___ backhand volley ___serve

2. What do you like most about tennis?
Please summarize comments for this question.

3. "If you know how to keep score in tennis, please raise your hands." Please write down the number of girls who know how to keep score in tennis.
_____ know how to keep score

4. How many girls can name at least one basic rule in tennis? If time permits, have each girl to name at least one basic rule.
_____ named a basic rule in tennis

