



Tennis

Tennis, both an indoor and outdoor activity, can help improve cardiovascular fitness, agility and balance, while also providing a supportive team atmosphere. With modification, tennis can be beneficial for Soldiers who have stable upper body, lower body and/or back injuries, behavioral health issues, Post-Traumatic Stress Disorder (PTSD) and/or have sustained Traumatic Brain Injuries (TBI). Each Soldier's Adaptive Reconditioning (AR) team will screen each Soldier for participation in tennis.

Resources provided by:

- Adaptive Reconditioning (AR) team
- Non-Commissioned Officer (NCO)
- Tennis Instructor
- United States Tennis Association (USTA) and other local organizations

USTA has community partners across the United States, including a Military Outreach Program, to help set up a tennis program on post or in the local community.

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html

Equipment/resources provided:

- Outdoor/indoor tennis court - A net can also be set up on a basketball court or other hard, flat surface, if a tennis court is not available.
- Tennis rackets
- Tennis balls (lower compression balls are available, which will make balls slower and easier to learn the game with)

Equipment/resources Soldier brings:

- Tennis racket (if owned)
- PT clothing
- Tennis/athletic shoes
- Sunglasses and sunscreen
- Water bottle
- Towel

Location(s):

- MWR indoor/outdoor tennis courts or basketball court inside
- Local tennis clubs or parks & recreation courts
- *Costs may be associated (court fees)