

TENNIS NEWS:

TENNIS PLAYERS LIVE LONG & PROSPER



The long search for the Fountain of Youth has ended. Recently released reports indicate that tennis players have discovered the magical fountain. News of the reports were noted in Brain Hainline’s State of the Game address. Hainline, the Chairman of the Board, and President of the USTA provided the details during his review of 2022 tennis participation and the status of our sport.

According to multiple sources and studies, tennis has been shown to have a significant positive impact on the health of participants. Included in the effects:

- Tennis players on average lived an additional 9.7 years than sedentary individuals.
- The 9.7 additional years for tennis players ranked highest among all sports included within the study, beating out soccer by 5 years, cycling by 6 years, swimming by 6.3 years, and jogging by 6.5 years.
- Participation in tennis reduces risk of all-cause mortality by 47 percent and cardiovascular-related death by 56 percent.

So, it appears to be true...a bad day on the tennis courts is better than a good day at work!

In other parts of his address, Hainline reported that in 2022 tennis participation increased for the third consecutive year in the U.S. Tennis grew by one million players last year with more than 23.6 million people playing the sport. This number, when added to the previous two years, represents an increase of 5.9 million, or 33 percent since the start of 2020!

USTA leagues, the country's largest adult tennis league for players of all skill levels, grew 11 percent in 2022, with 284,000 unique participants competing throughout the year.

According to Hainline, "The increase in tennis participation for the third year in a row is not only important for the health of being of those who have made the game a part of their lives."

The reports also show the the growth and health of the sport was not limited to just participation, as a variety of key effects and initiatives were focused on increasing access to the game and making the overall tennis experience better for all players.

Tennis is the sport of a lifetime...a long lifetime! Get out there and enjoy.



REGISTRATION IS NOW OPEN FOR SPRING USTA LEAGUES

Spring teams are forming now for several adult leagues in the Pacific Northwest.

Click [here](#) to visit the PNW League website! to find out what leagues will be starting in your region.

If you need help finding a team, please reach out to your Regional League Coordinator, they are always happy to help.

We look forward to seeing you out on the tennis courts this spring season!