



Top Reasons to Offer a No-Cut Tennis Program

- It's the right thing to do—every child should have the opportunity to engage in healthy, lifelong activities in a safe and supportive environment with their peers.
- A no-cut policy sends the message that developing kids, even the less talented and/or late bloomers, is important to the coach and school.
- One week of tryouts is not enough for a coach to know who the best players will be in four years. Coaches are often pleasantly surprised by the contributions made by individuals considered to have less potential.
- Participating on a team helps create well rounded student athletes, develops leadership and teaches responsibility, discipline, teamwork and cooperation—skills every student should be entitled to develop.
- Children who are cut from sport programs are almost always the least skilled or those who have discipline problems. It is precisely these youngsters who are in need of an opportunity to grow through sport. “ Frank L. Smoll and Ronald E. Smith, *Sports and Your Child*, second edition; Warde Publishers, Inc. 2005
- Veteran no-cut coaches typically have higher winning percentages because they are able to capitalize on talent from a larger pool of players.
- Coaches conducting no-cut programs implement better coaching techniques, group management skills and set a great example for other school activities.
- No-cut programs open more opportunities for cooperation with parents, school and community that can result in much needed booster support as well as a built-in fan base for team matches.
- Giving students the opportunity to be on a team with friends and representing their high school can provide a positive and memorable experience that will benefit them long into adulthood.
- Tennis helps athletes develop strength, flexibility, balance and agility along with aerobic and anaerobic capacity. Research shows that tennis players score high in vigor, optimism, and self-esteem, and lower in depression, anger, confusion, anxiety and tension than other athletes and non-athletes.

A Coach's Testimonial

“We only had two courts and I had 21 kids turn out,” Escame recalled of the 1969 season. “After the first week, I wrote down 16 names, and said if your name was on that list, you made the team. This girl came up to me in the hall and she said, ‘Mr. Escame, my name isn't on the list.’ And she started crying, and I couldn't look at her. I said, ‘You're right on the cusp. If you go out and practice, you're sure to make the team next year.’ Then she said, ‘If I'm not on the team, how can I practice?’” I made up my mind after that season that I would keep everyone.”

--Steve Escame, a no-cut high school tennis coach of 34 years with over 500 tennis victories



UNITED STATES TENNIS ASSOCIATION

For more information on the USTA High School No-Cut Initiative, registration details or to contact the advisory team please visit:

www.usta.com/highschoolcoaches

No-Cut Coach Incentives offered by the USTA

- **No-Cut Coach recognition certificate and commendation letter**
- **Recognition letters and a press release template sent to the athletic director and principal for participating schools**
- **Official No-Cut Tennis Coach hat**
- **Official No-Cut Tennis Team banner (3' x 5')**
- **Subscription to Racquet Sports Industry magazine (1 year)**
- **Top Ten Drills and Games CD**
- **USTA Guide to Tennis on College Campuses**
- **Consideration for the No-Cut Coach Starfish Award, whereby two coaches are selected each year to receive national recognition at the USTA Tennis Teachers' Conference during the US Open.**
- **Access to USTA's No-Cut Advisory Team for assistance and ideas for managing teams with limited courts**
- **Frequent updates of games, activities and practice plans**



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