



Thank you for taking the time and entertaining the idea of bringing Give Tennis a Shot to your school for a day.

Give Tennis a Shot (GTS) provides an opportunity for children in elementary schools across the province to participate in Cardio Tennis. Through the program, students learn about the importance of regular physical activity as a part of a healthy lifestyle. To help students develop an awareness of how their bodies respond to exercise, the program provides heart rate monitors to give students a visual measurement of their personal target heart rate. At the “heart” of Cardio Tennis is a fun cardiovascular workout. For many students this will be their first exposure to tennis. This fulfills the mandate of the OTA to gain new participants at the grassroots level. To enhance and broaden the potential impact of the program, Cardio Tennis will make training available to teachers who can participate in workshops to become certified instructors in their schools. Equipment will be made available for schools that are interested in participating.

This program will be promoted at tennis clubs around the province in the spring and summer months, providing a new avenue to raise awareness of the sport and increase participation.

Cardio Tennis is a great way to meet other tennis players in your community and can be enjoyed by participants of all ages and skill levels. Participants will also discover that Cardio Tennis is a fun method for achieving a fast and effective workout and will enhance their general knowledge of what it means to live a healthy lifestyle.

For more information, please contact Give Tennis a Shot regional representatives Joel Ayer and Nadina Imamovic.

Thanks for getting to know Cardio Tennis. We look forward to bringing Cardio Tennis to your community.

*Nadina Imamovic & Joel Ayer*  
Western Region Representatives

**Give Tennis a Shot**

Ontario Tennis Association

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