TENNIS

HISTORY:

The history of tennis dates back several thousand years. The game was first created by European monks to be played for entertainment purposes during religious ceremonies. The game soon became very popular, especially in France where it was adopted by the royal family.  In 1874, Major Walter Wingfield created the equipment and rules for the game. On the same year, the first tennis courts emerged in the United States. The game soon spread to different parts of the world like Russia, Canada, China and India. In 1881 the United States Lawn Tennis Association was founded and held its first championship at Newport, Rhode Island.

Racquet: To begin with, the ball was hit with the hand. Soon the leather glove came into existence. This was soon replaced with an adaptive handle for effective hitting and serving of the ball. This was the first racquet.

Ball: The first tennis ball was wooden. It gave way to a bouncier, leather ball filled with cellulose material.

Association of Tennis Professionals (ATP) WORLD SINGLES RANKINGS:
*(Fun fact! In Biology, ATP is known as adenosine triphosphate. Mr. Rose will tell you all about it!)*

1. Rafael Nadal (Spain)
2. Novak Djokovic (Serbia)
3. Stan Wawrinka (Switzerland)
4. Roger Federer (Switzerland)
9. Milos Raonic (Canada)
31. Vasek Pospisil (Canada)

Women’s Tennis Association (WTA) WORLD SINGLES RANKINGS:
*(Fun fact! Slang…WTA can stand for “Winner takes all” & “Wow! That’s amazing!)*

1. Serena Williams (USA)
2. Li, Na (China)
3. Agnieszka Radwanska (Poland)
4. Simona Halep (Romania)
19. Eugenie Bouchard (Canada)
77. Sharon Fichman (Canada)

BASIC RULES:

* Tennis can be played with two people (singles) or four people (Doubles).
* A "coin toss" or spin of the racquet determines who serves first.
* Play begins with a serve from behind the baseline into the Deuce court service box.
* One player serves for the entire game. On each point a player gets two chances to serve into the proper box. If the serve strikes the top of the net and continues into the proper service box, the player plays a Let (retakes the serve).
* Each point is played from alternating sides (first to Deuce side, next to Ad side, then to Deuce side again, etc.)
* The object of the game is to hit the ball over the net inside the appropriate court lines (inside sidelines for Singles, outside lines for Doubles).
* The ball may bounce no more than once on each side of the net. If the ball touches any part of the line, it is considered good. If, during play, the ball hits the top of the net and keeps on going into the opponent's court, the play continues.

 SCORING:
Regular Play: A Game consists of the first player to win 4 points but you must be ahead by a margin of 2. First to win 6 games wins the set. Officially, first to win 2 out of 3 sets wins the match for the Women’s game and 3 out of 5 for the Men’s game.

* Zero points won = "Love"
* 1 point won = "Fifteen"
* 2 Points won = "Thirty"
* 3 point won = "Forty"
* 4 points won = "Game"
* Tied at 40-40 or after = "Deuce" (always played to the Deuce side)
1 point won after "Deuce" = "Advantage" (A player with "Advantage" winning the next point wins the Game, if they lose score returns to "deuce". A player must win 2 points in a row to win the game.)

Tie-Breaker: If the players are tied 6-6 in games, a game called a "Tie-Breaker" is played. The player scheduled to serve starts by serving one point to the Deuce side. Each player after that serves two points, the first from the Ad side and the 2nd from the Deuce side. The first to 7 points wins the game (and the Set) but you must be ahead by a margin of 2 points. There are no "names" for the points in a Tie-Breaker.

HEALTH BENEFITS:

* Increasing aerobic capacities.
* Lowering resting heart rate and blood pressure.
* Improving metabolic function.
* Increasing bone density.
* Lowering body fat.
* Improving muscle tone, strength and flexibility.
* Increasing reaction times.
* A non-impact sport. (less chance of injury)
* Helpful to reduce stress.