



2021-22 Adapted Tennis Program

This is the second year for Northwest Louisiana Community Tennis Association and CPSB to partner and offer tennis to the Adaptive Youth. This past year, the Adapted Tennis Program for Caddo Parish had approximately 50 elementary, middle, and high school students participate this fall and spring. The program is held at the Southern Hills Recreation Center. Every Tuesday and Thursday for six weeks, students with disabilities were instructed by a tennis pro, Adapted Physical Education teachers, and volunteers. The various disabilities of the students range from cerebral palsy, autism, to mild/moderate mentally disabled. Students were introduced to beginning tennis skills through drills, hands on instruction, and modified lead up games. Modified equipment such as smaller tennis racquets, foam tennis balls, and smaller courts were utilized to help ensure success and provide positive reinforcement. The students enjoyed learning a new sport in an environment that allowed the students to gain knowledge and skill in a lifetime sport, tennis.

- “The Adaptive Physical Education Program was very successful because of the supportive partnership between Caddo Parish Schools, Caddo Parish School’s Adaptive PE. Teachers, Northwest Community Tennis Association, and the Shreveport Parks and Recreation Department.”
- “The program expectation for each student were met because of age-appropriate lesson plans, equipment, and prepared instructors.”

On the final day of the program, the Adapted tennis participated outside at Southern Hills Tennis Center. We went to the tennis courts, and they rallied with the instructors and ended the lesson with a “hit for prize” activity. Then had healthy cupcakes and chips for snacks lol. They had a great time and are looking forward to coming back next year!

