

## ADAPTIVE TENNIS PROGRAM – CADDO PARISH SCHOOLS – FALL 2019

The Caddo Parish Adapted Tennis Program is off to a great start! We have 15 elementary students from Pine Grove, Atkins, and Riverside participating on Tuesdays and twenty students from Captain Shreve High School on Thursdays. All the students have been very excited, engaged, and are enjoying learning beginner skills in tennis. They begin each lesson with warm up exercises (jogging the gym, slide steps, high knees, and kick ups). Instruction begins with reviewing skills learned from the previous lesson and introducing a new skill. Students have already shown improvements in holding a ball on the racquet, up/downs, and hitting the tennis ball. In the second lesson most of the students were able to hit a bounced ball over the net independently! They are happy and excited about learning the game of tennis and we are excited about teaching them the game we love!

