

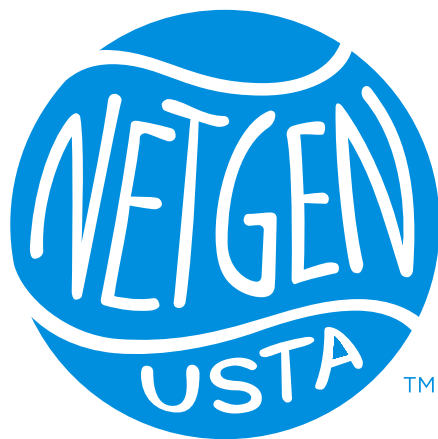
# VIRTUAL WILDCARD



**2020 US OPEN**  
**AUGUST 31 - SEPTEMBER 13**

# YOUR CREDENTIAL

READY FOR THE US OPEN? GET STARTED WITH YOUR VERY OWN CREDENTIAL!

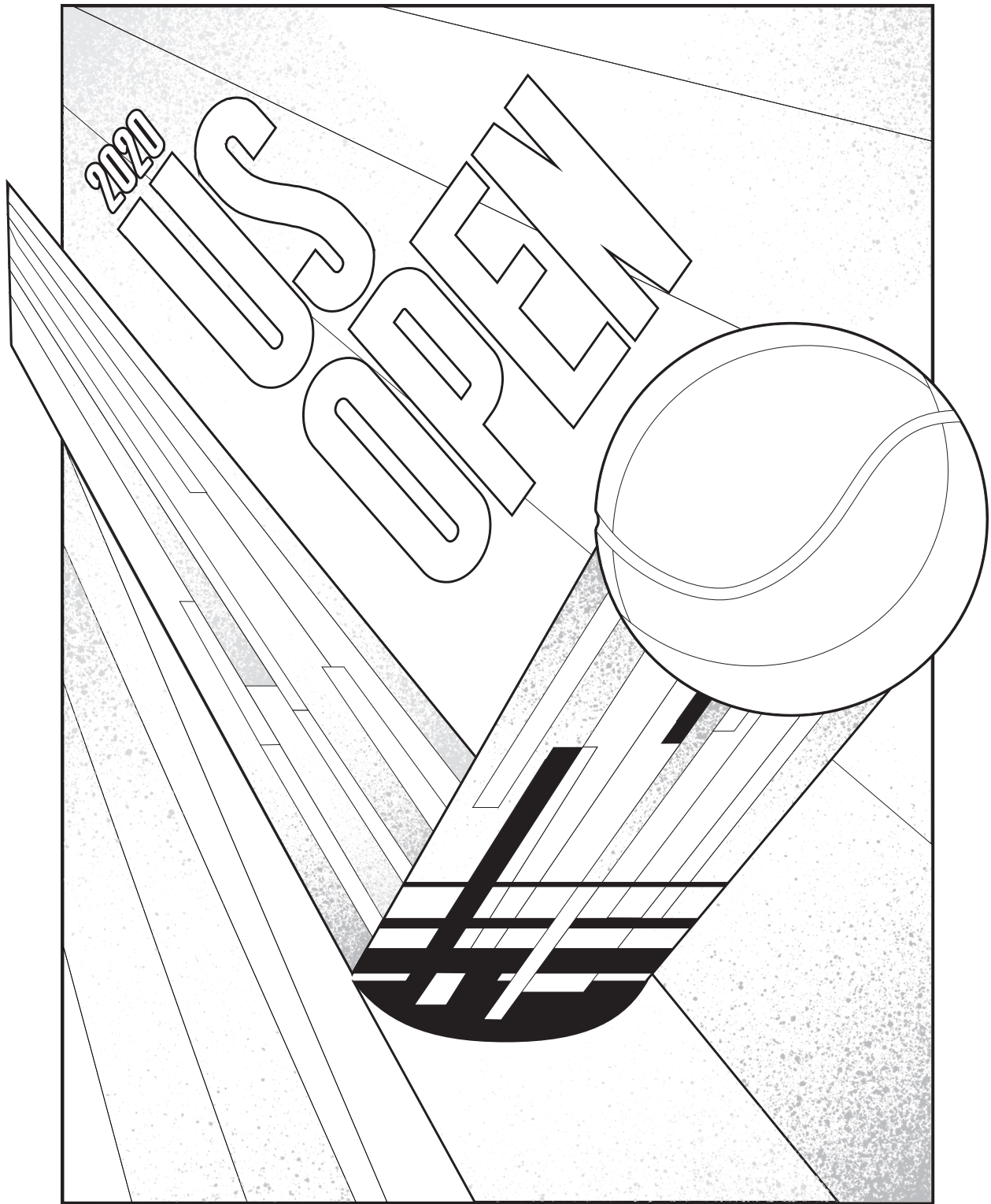


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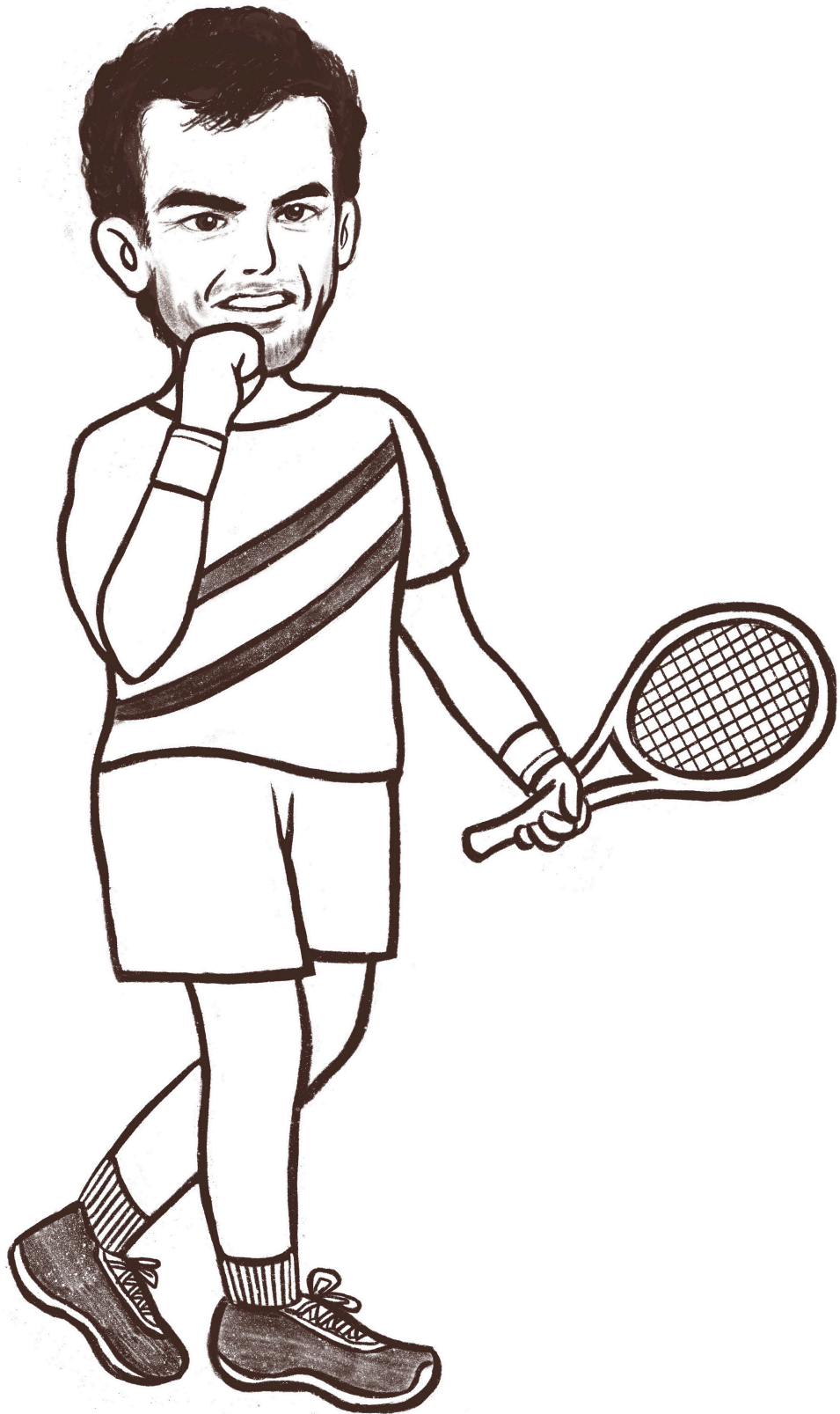
**YOUR NAME**

# 2020 US OPEN THEME ART

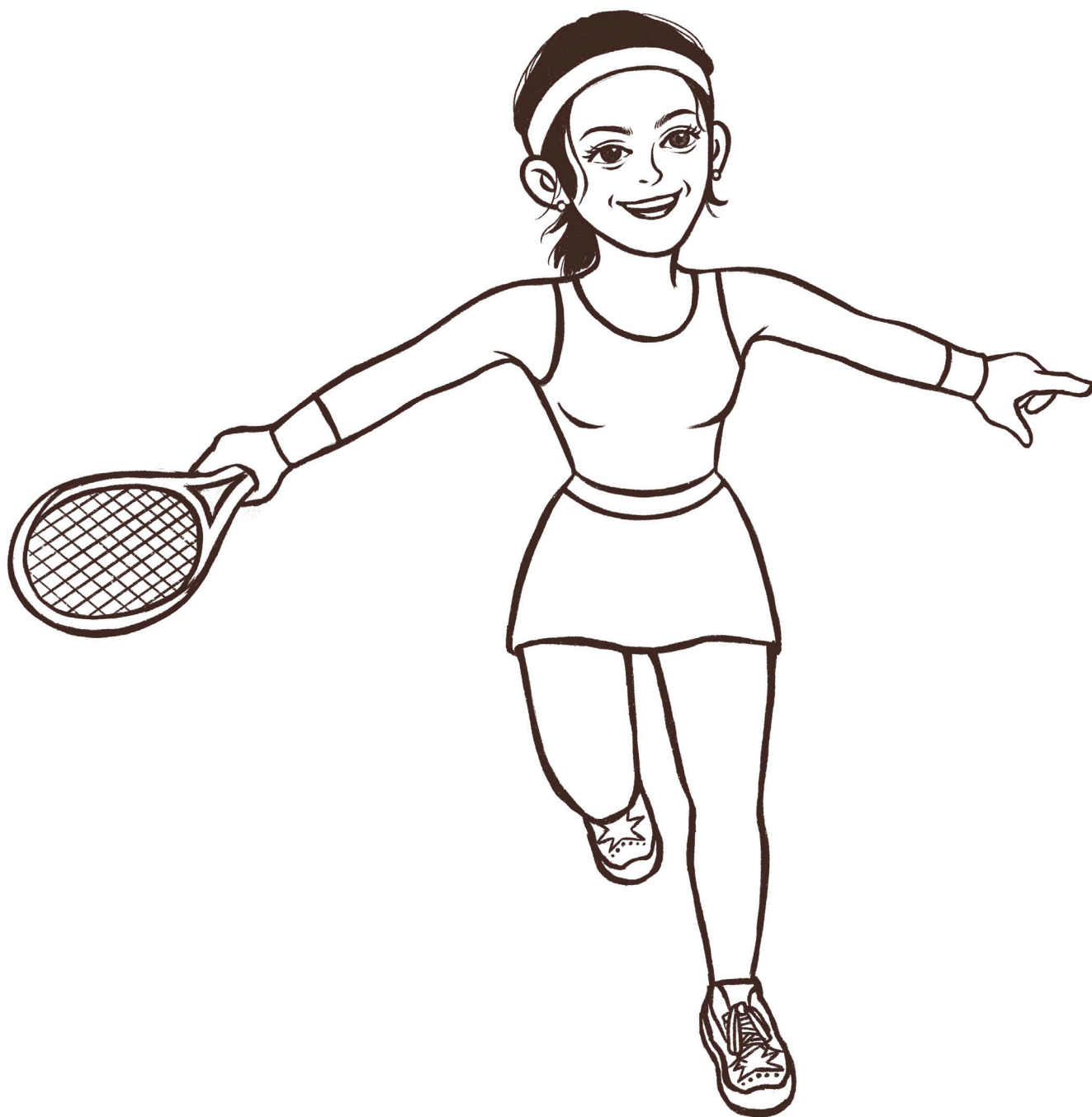
Tennis is bouncing back! Now it's your turn to color your own US Open artwork.



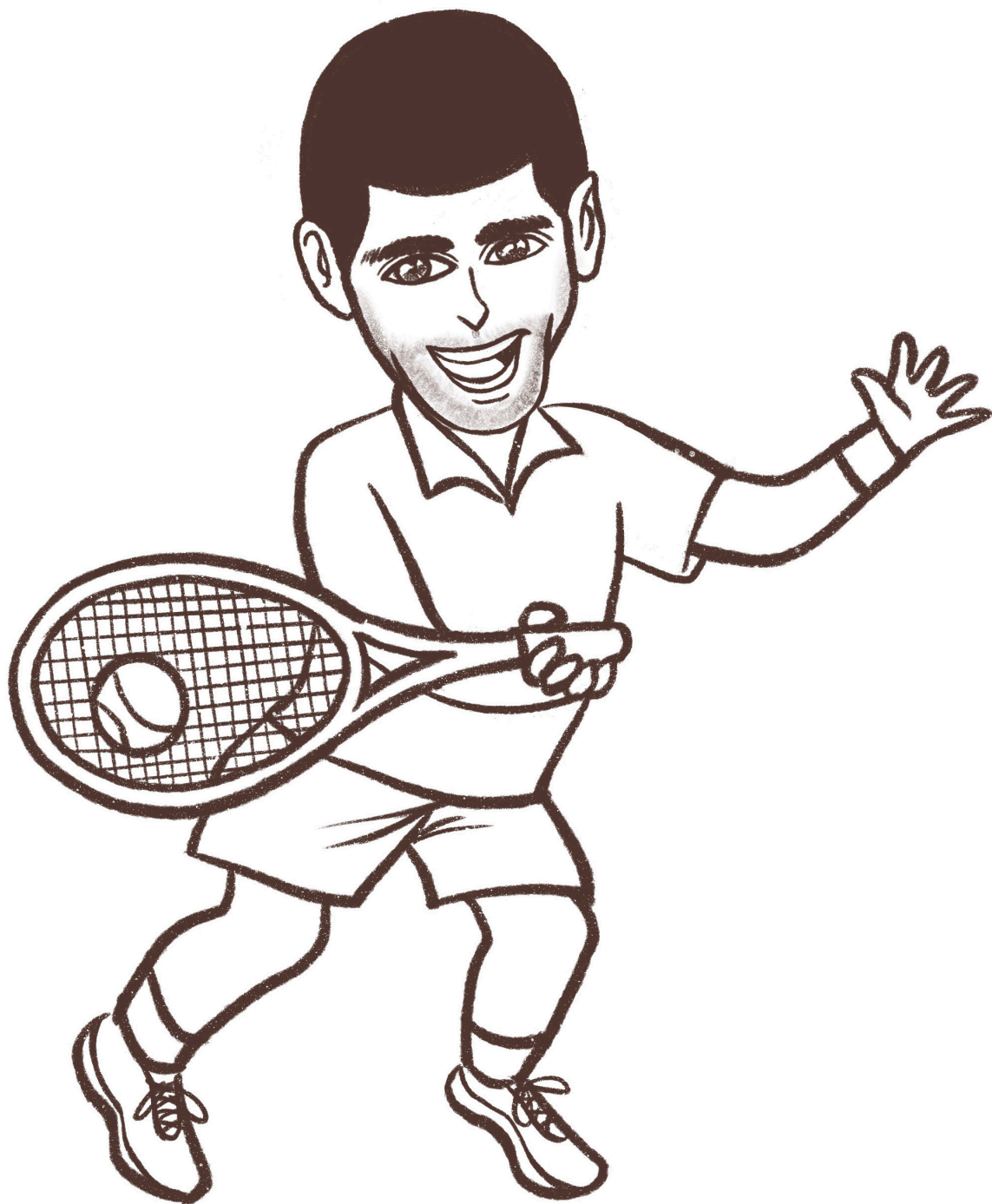
# ANDY MURRAY



# CAROLINE GARICA



# NOVAK DJOKOVIC

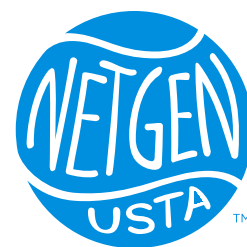


# VICTORIA AZARENKA



# TENNIS AT HOME

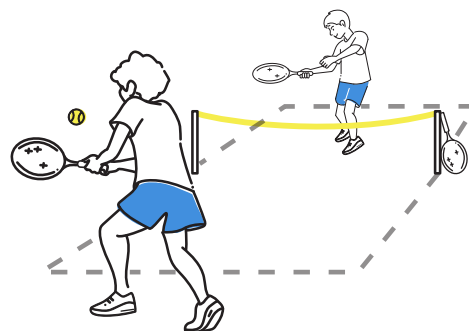
NO MATTER YOUR SKILL LEVEL, YOU CAN USE THESE ACTIVITIES TO STAY ACTIVE AND HAVE FUN.



## MAKE A NET

No court? No problem! Get creative and make your own net using items from around the house.

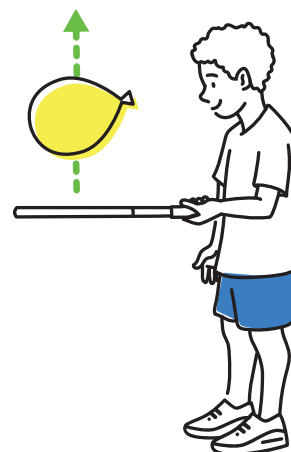
To work on different skills, try making your court smaller or bigger. How many different objects can you use to create a net?



## BALLOON TENNIS

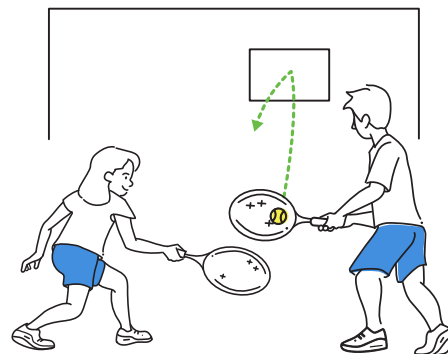
Anyone can start a game of tennis with a balloon! First, see how many consecutive hits you can do without letting the balloon hit the ground. Use your hand, racquet or even a wooden spoon.

Next, alternate between keeping your palm face down and face up to work on your backhand and forehand. Then try it again with your non-dominant hand. How about while standing on only one foot?



## WALL RALLIES

See how many consecutive balls you can rally against a wall. Try alternating forehands and backhands to improve your game. Create your own challenges by adding movement between each shot. Be creative.



FIND MORE ACTIVITIES AT [NETGENERATION.COM](https://www.netgeneration.com)!



# AT-HOME WORKOUT



## 1 EVERY ACE - 10 TENNIS JACKS

Similar to a jumping jack, hold your racquet with both hands and extend the racquet above your head while you complete the jumping jack.

## 2 EVERY DOUBLE FAULT - 4 SPEED SKATERS

For this exercise, you need to hop from your left foot to right foot and repeat to complete one speed skater.

## 3 EVERY COMMERCIAL BREAK - HIGH KNEE SKIPS FOR THE ENTIRE BREAK

Skip from your left foot to your right foot with skipping as high as you can! Reach for the sky!

## 4 IN BETWEEN GAMES - QUICK FEET

Get in your ready position then continually move your feet close together and away from one another. Start with moving your left foot in, then your right foot in. Then left foot out, right foot out. Find your rhythm! In-In-Out-Out-In-In-Out-Out...

## 5 AFTER A SET - 10 SHADOW SWINGS

With or without your racquet, practice your forehands and backhands like you are playing in Arthur Ashe Stadium!

## 6 DURING AN OFFICIATING CHALLENGE - CROSSOVER SPLIT-STEP


Start in a ready position and cross your right foot over left foot and split-step back into your ready position. To go back, cross your left foot over right foot and split-step.

## 7 EVERY FIST PUMP - 20 BALL TOSSES

Using a any ball you have at home (it doesn't have to be a tennis ball!), toss the ball from right hand to left hand. To make it harder, try skipping, hopping on one foot, or using two balls!

# BINGO

It's BINGO time! Fill in your own unique bingo card with the tennis terms below (put one term per box). Then, keep an eye out while watching the US Open. Once you spot one of the terms in action- put a X over that box. Once your board has 5 Xs in a row, you got "Bingo!"

SHARE YOUR BEST BINGO CARD TO [#NETGENERATION](#)

Tweener  
 Double Fault  
 Breaking Strings  
 Changing Racquets  
 Fist Pump  
 Overhead  
 Forehand Winner  
 Backhand Winner

Ace  
 Let Serve  
 Volley Winner  
 Officiating Challenge Fail  
 Officiating Challenge Success  
 Racquet Tap  
 Passing Shot  
 Backhand Slice

Forehand Slice  
 Successful Break Point  
 Foot Fault  
 Tiebreaker  
 Top 25 Upset  
 Deuce Point  
 Drop shot  
 Serve and Volley

# US OPEN WORD SEARCH

I	U	M	P	I	R	E	U	I	N	E	L	N	G
N	A	R	T	H	U	R	A	S	H	E	S	U	R
E	J	N	N	S	C	R	N	I	N	T	E	S	A
W	R	T	I	D	O	K	R	G	D	N	L	O	N
Y	H	A	W	I	L	D	C	S	R	D	G	P	D
O	O	E	C	T	R	E	E	B	N	A	N	E	S
R	D	V	E	Q	A	D	V	U	B	T	I	N	T
K	T	O	S	E	U	R	N	D	K	E	S	V	A
I	E	L	A	A	I	E	R	W	P	R	W	D	N
S	E	L	B	U	O	D	T	N	L	L	N	A	D
B	I	L	L	I	E	J	E	A	N	K	I	N	G
O	D	A	R	M	S	T	R	O	N	G	I	N	A
S	I	N	N	E	T	H	V	S	N	N	D	L	E
L	A	T	E	V	O	Q	N	R	I	R	S	M	N

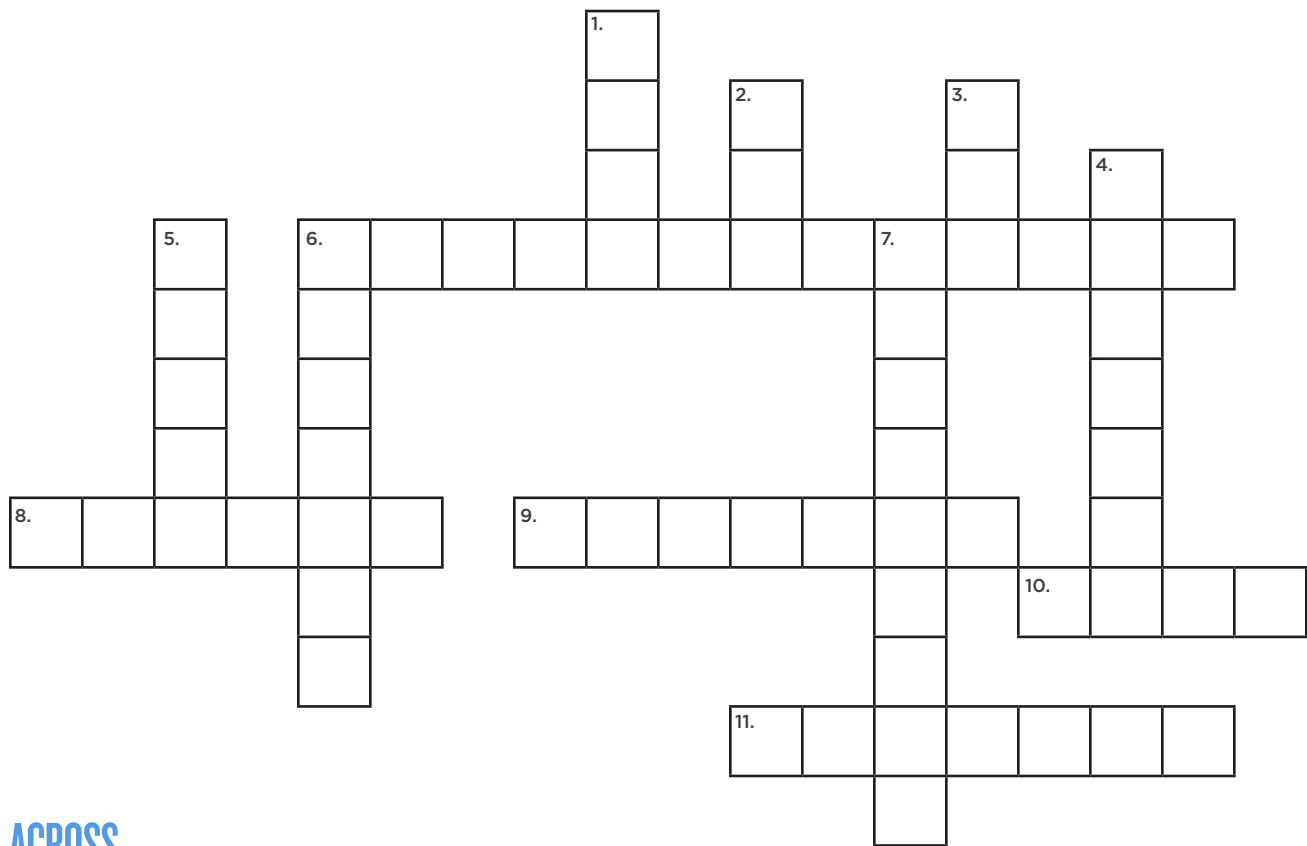
## WORD BANK

WILDCARD  
RACQUET  
BILLIE JEAN KING  
GRANDSTAND

SINGLES  
TENNIS  
UMPIRE  
NEW YORK

ARTHUR ASHE  
DOUBLES  
US OPEN  
LOVE  
ARMSTRONG

# US OPEN CROSSWORD



## ACROSS

6. Official Youth Tennis of the USTA
8. The color of a US Open tennis ball
9. A tennis match played by two players
10. Who is the world's largest tennis stadium named after?
11. What equipment do you use to hit a tennis ball?

## DOWN

1. This term means zero in tennis
2. A successful serve that is not returned
3. What divides the tennis court into 2 equal sides?
4. A tennis match played by four players
5. 2019 US Open Men's Champion
6. What state is the location of the US Open?
7. 2019 US Open Women's Champion

# iSPY US OPEN!



## iSPY THE FOLLOWING:

- 1) Red tennis ball
- 2) Tennis ball hopper
- 3) Yellow throw down line
- 4) Sunglasses
- 5) Yellow lanyard
- 6) Water bottle
- 7) Red headband
- 8) Pink skirt
- 9) Red shorts
- 10) The look of hitting an incredible tweener

# WE WANT TO SEE HOW MUCH YOU LOVE TENNIS!

## YOU CAN SHARE YOUR ANSWERS WITH US @USTA AND #NETGENERATION!

Character development is just as important as developing the perfect serve! Net Generation has 6 character themes for all tennis players in order to be the best possible athletes; **Listen**, **Respect**, **Effort**, **Responsibility**, **Teamwork**, and **Sportsmanship**. So with that in mind, you can answer the following questions!

Why do players need to **listen** on the court?  
What do they hear? What did you hear from listening to the commentators on television?

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Which players showed **respect** to their opponent, court, the chair umpire, and ball persons?

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Who shows great **effort** on the court?  
What do you like about their game?

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On the court, who is responsible for making sure the players compete fairly? How does the professional player show **responsibility**? As a player, what are you responsible for?

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**Teamwork** is critical to a player's success!  
Who do you see as teammates for you when you make it to the US Open? Who is in your player's box? Who else is on your team?

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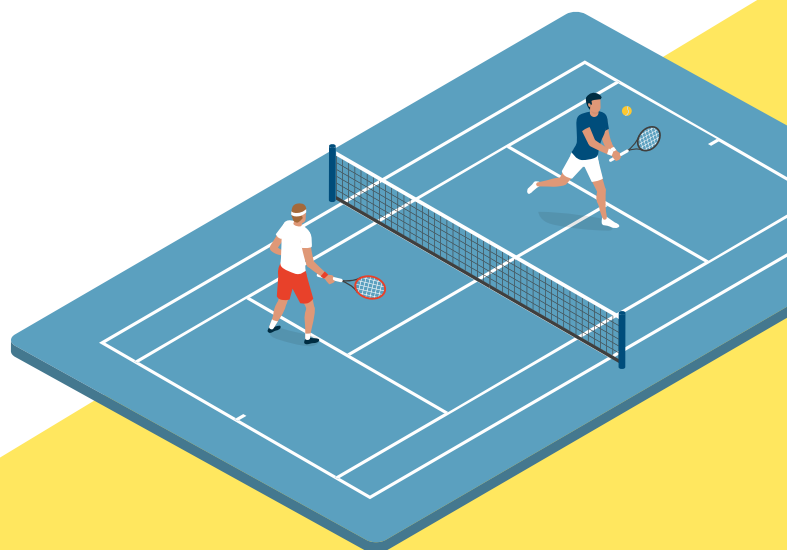
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How did the players show **sportsmanship** on and off of the court? How do you show sportsmanship on and off of the court?

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# NET GENERATION VIRTUAL SUMMER CAMP ON DEMAND!

This fun and free online video series provides ample opportunities to build athletic skills, stay motivated and learn new things. Whether you are looking for more creative summer activities or active breaks from virtual school, this year's virtual summer camp is a great way to get moving.

View all 10 sessions including tennis activities as well as many other sports in partnership with the United States Olympic & Paralympic Committee and backed by the USTA's American Development Model.

LET'S GET OUT AND PLAY AT [NETGENERATION.COM/VIRTUALSUMMERCAMP](https://netgeneration.com/virtualsummercamp)

