



November 2018

Dear Friends,

Playing tennis can be more than just playing tennis. It's a sport that pushes us physically and creates healthy active habits that can last a lifetime. It challenges our ability to problem solve, weigh alternatives, and test different strategies. We can evaluate what worked, what didn't, and why. There is also a gracious side to tennis—the side where we learn how to be kind to ourselves as we struggle to overcome adversity or how to conduct ourselves when we do not succeed; the side where we learn how to acknowledge success in others and be supportive of teammates or opponents regardless of outcomes.



Cornwall Elementary



Ferrisburgh Elementary



Women In Tennis Together Workshop

These are the reasons the **Addison Community Athletics Foundation (ACAF)** strives to share this wonderful sport with more kids and families. In 2018, we expanded and deepened many of our programs and community partnerships throughout Addison County. Here are just a few highlights from this past year:

- Thanks to ACAF, more than 5 elementary schools in Addison County now offer tennis as a part of their physical education classes. This means that hundreds of kids get to try tennis at their school each year!
- Our afterschool tennis program in Middlebury now provides mentoring and tutoring, along with additional health and wellness activities for middle school students.
- Participation in our Family Play program on Sundays at Middlebury Indoor Tennis (MIT) has increased. These programs offer families opportunities to play tennis and use equipment at no cost—and provide year round access to tennis, regardless of skills or financial limitations.
- We strengthened our community partnerships that support families being active and healthy together. This includes the **Ilseley Library** allowing families to check out equipment, **Middlebury Area Land Trust** hosting an annual bike race for kids and families, and **Come Alive Outside** launching a district wide Winter Passport program that aims to increase physical activity for families during the winter.

Recently, a parent whose son has not had much success in other sports described the impact of ACAF's tennis programs on her whole family. "Tennis has given my son a space where he can connect with peers in a different way that fosters connection and friendship. His enthusiasm has spread to the rest of our family, and he is eager to teach us how to play."

The youngest sibling in the family now marks each Sunday on the family calendar for tennis. And the parent adds, "Having tennis be available at no or a low cost has been such a relief. Knowing that my son will be able to continue playing tennis when money is tight—without having to pull one of my other kids from an activity—is a big stress off my shoulders."

We appreciate your continued contributions to our organization and making more experiences like this one possible. Your financial support, and most importantly your ongoing participation in tennis, are what help the Addison Community Athletics Foundation thrive.

We'll see you on the courts,

Erin Morison

ACAF Programs & Communications Manager

**Visit [acafvt.org](http://acafvt.org) to learn more about our year-round programs and services or make an online donation.**



*The Addison Community Athletics Foundation (ACAF) was established as a supporting organization of the Vermont Community Foundation to promote athletics and healthful behaviors throughout the region by supporting tennis and other health education programs for youth and adults. ACAF operates Middlebury Indoor Tennis where many youth, adult and school tennis programs take place throughout the year.*