

# TENNIS

TENNIS WOULD NOT BE WHERE IT IS TODAY IF IT WEREN'T FOR ARTHUR ASHE

PAGE 42

ROGER FEDERER HELPS PROVIDE EDUCATION FOR THOSE WHO LIVE IN POVERTY

PAGE 33

FEW IN SPORTS HAVE IMPACTED LIVES THE WAY BILLIE JEAN KING HAS DONE

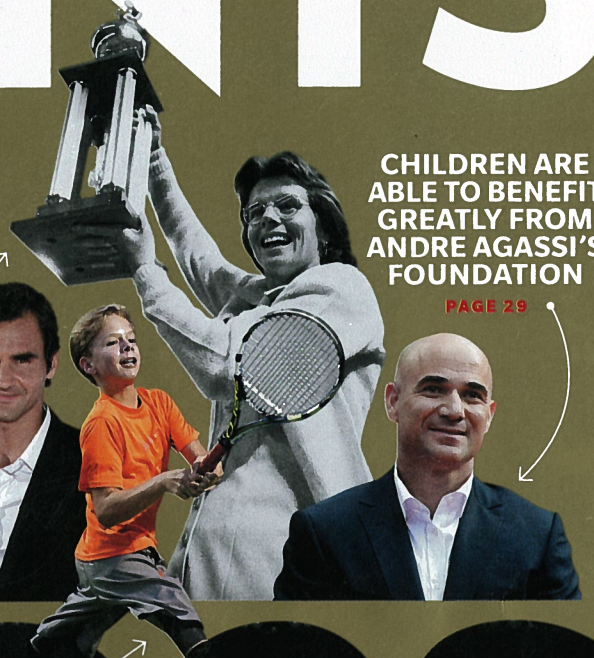
PAGE 36

CHILDREN ARE ABLE TO BENEFIT GREATLY FROM ANDRE AGASSI'S FOUNDATION

PAGE 29

CHRIS EVERT RAISES MONEY FOR TREATMENT CENTERS IN FLORIDA

PAGE 4



# The Heroes Issue



HALL OF FAME BRAD PARKS POPULARIZED WHEELCHAIR TENNIS

PAGE 62

THE ANNUAL WOOD RACQUET CLASSIC RAISES MONEY TO HELP FIGHT CANCER

PAGE 55

CONNER STROUD IS THE MOST INSPIRATIONAL 13-YEAR-OLD IN ALL OF TENNIS

PAGE 58

A 50-PAGE TRIBUTE TO THE INDIVIDUALS AND ORGANIZATIONS WHOSE EFFORTS HAVE MADE A DIFFERENCE IN THE WORLD



Nº

6

**In September 2009, tennis professionals from the Balboa Tennis Club in San Diego approached representatives from Naval Medical Center San Diego (NMCSD) to explore options for establishing a tennis-based rehabilitation program for wounded service members. NMCSD is one of three major military hospitals in the country that has the resources and capacity to treat and care for the most seriously wounded through its world-class Comprehensive Combat and Complex Casualty Care (C5) center. As a result, it treats hundreds of wounded service members from all services.**

NMCSD already had a sports and recreation-based rehabilitation program for its patients called the Balboa Warrior Athlete Program (BWAP), but tennis was not a part of it. After several meetings, a tennis program was developed for the BWAP that focused primarily on wounded service members who had recently returned from Iraq and Afghanistan. As a result, the program is informally known as the “Wounded Warrior Tennis Program,” although ill and non-combat injured service members also participate (i.e., those diagnosed with schizophrenia, bipolar disorder, cancer, orthopedic impairments, etc.). It began in November 2009 and is still going strong.

“We have seen a tremendous growth in the number of patients attending this bi-monthly program,” says BWAP recreational therapist Marla Knox about the positive impact the program is making on the lives of the service members. “The pros and volunteers are great with the patients. They are able to break down various drills so that everyone feels some sense of success and accomplishment. Several patients have enjoyed playing so much that they have purchased their own racquets and are receiving more personalized instruction from a dedicated volunteer on a weekly basis.”

#### A Helping Hand

Aviation Machinist's Mate Airman Adelquin Torres with a volunteer coach during a Naval Medical Center San Diego Balboa Warrior Athlete Program clinic.



# Wounded Warrior Tennis Program

Tennis plays a big role in the rehabilitation of wounded, ill and injured service members

by Steve Kappes



Twice a month, the hospital transports the service members to Balboa Tennis Club, about one mile away, for 60-to-90-minute tennis clinics. Between 10 and 25 patients typically attend each session. Several tennis pros and up to a dozen volunteers meet with the patients' recreational therapist before each session to be briefed on the patients' capabilities and limitations. The range of their injuries is diverse; some use sports wheelchairs furnished by the hospital, and some use upper and/or lower limb prosthetics. Many have no apparent physical disabilities, but are suffering from traumatic brain injuries, post-traumatic stress disorder, or other illnesses.

"Therapeutically, tennis has helped our ill, injured and wounded service members work on eye-hand coordination, balance, endurance and ability to transfer weight," Knox says. "Besides the physical benefits, tennis enables the patients to learn a new sport, promotes socialization, decreases stress and anxiety, and helps with reintegration into the community. I hope it is an activity they will be able to play individually, with friends and family, post-discharge."

*Several patients have enjoyed playing so much that they have purchased their own racquets.*

Balboa Tennis Club donates court time and loans tennis equipment, and pros and volunteers run clinics. The recreational therapist debriefs the pros and volunteers afterward, offering suggestions for improving future clinics. Volunteers then serve healthy lunches to everyone involved, and the group spends about an hour eating and socializing.

"I want you to know what an impressive clinic this is and what a difference it is making in the lives of those who have sacrificed to serve our country," wrote The Commander of NMCS, Rear Admiral Forrest Faison, in a letter to the USTA President after visiting the camp. "I saw smiles, camaraderie and true happiness amongst the wounded warriors, all of whom have had life changing injuries, but are on the road to recovery with bright futures because of outreach services like this."

#### A True Warrior

Three years after suffering gunshot wounds during his military service in Afghanistan, Angelo Anderson earned a job as a 2013 US Open ballperson.

No  
7



# Fighting Back

Navy Corpsman survived the Afghanistan battlefield to become the 2013 US Open ballperson with the purple heart



From his hospital bed, Angelo Anderson could see the wheelchair, the cane and the walker with the tennis balls on the bottom. He told himself he would ditch them one-by-one to walk out on his own, after bullets shattered the bones in his upper leg and arm in Afghanistan.

This past summer, he did far more than walk at the US Open—just over three years and hundreds of hours of physical therapy since the Navy corpsman was shot, Anderson sprinted repeatedly across the court on that titanium rod that runs from his knee to his hip. He threw the ball to players using that arm reinforced by a titanium plate. He knelt next to the net on that leg he once couldn't bend past 45 degrees.