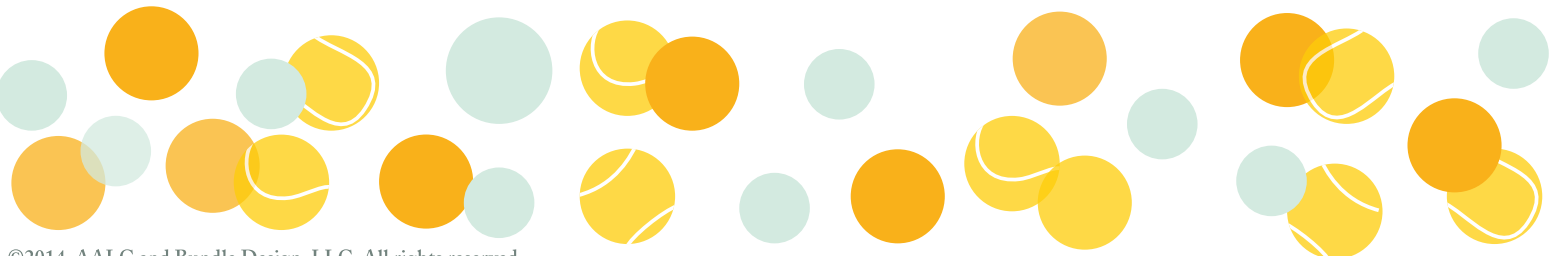
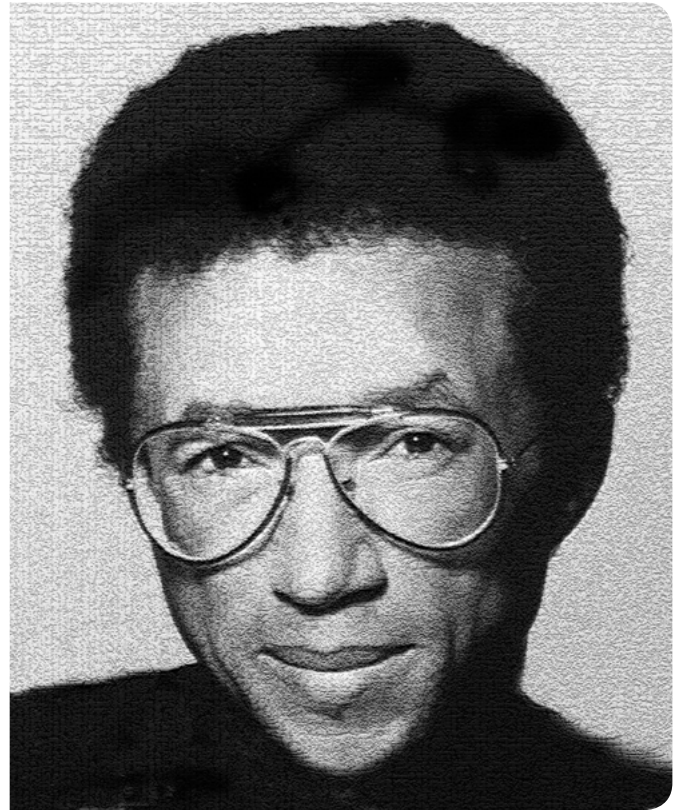




*Arthur Ashe Learning Center*  
**ACTIVITY BOOK**  
[ AGES 11-14 ]

“

**START WHERE YOU ARE,  
USE WHAT YOU HAVE,  
DO WHAT YOU CAN**



# SPORT & TENNIS

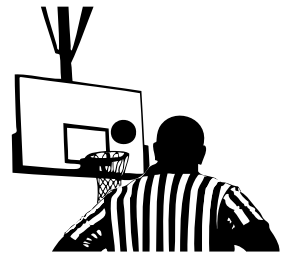
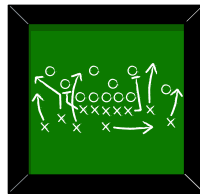
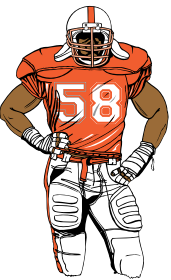
## LEARN

Did you know? Arthur Ashe started playing tennis at the age of seven and won the junior national title when he was only seventeen!

When's the last time you stood in front of a crowd or faced an opponent? Maybe it was a big game or a class presentation. Did you feel confident?

When you play a sport, there are many things you have to learn, from the technical skills to the rules of the game. The great tennis champion Arthur Ashe believed that these skills were also important:

**CONFIDENCE** • **PREPARATION** • **STRATEGY** • **FAIR PLAY**



Ashe believed that the skills athletes learned from sports should be applied to other parts of life.

- What is something you have to prepare for everyday?

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- Who are the people in your life that you should treat fairly?

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- When was the last time you had to plan a strategy to win something?

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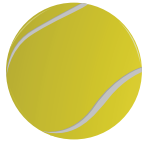
Ashe loved to be a coach, because he could share these lessons with others. He was also inspired by other great athletes who came before him. Jackie Robinson, for example, the first African-American to play Major League baseball, was a celebrated player despite suffering discrimination from fans. Since then, many people have broken barriers to allow people of all races, genders, and abilities to play professional sports. Arthur Ashe was proud to honor his sports heroes, and serve as an example to those who came after him.

**WHO ARE YOUR SPORTS HEROES? WHO DO YOU WANT TO INSPIRE?**

## SPORTS HEROES BREAKING BARRIERS

Arthur Ashe wrote a book, called Hard Road to Glory, which traces the history of African-Americans in sport. See how many of the players on the left you can match with their sports achievements on the right. For those you don't know, take a moment to learn some little-known history on the AALC website! [www.arthurashe.org/a-hard-road-to-glory.html](http://www.arthurashe.org/a-hard-road-to-glory.html)

**JOHN  
THOMPSON**



In 1957, she was the number one ranked women's tennis player in the world. She won the Wimbledon singles title followed by the Nationals at Forest Hills and repeated that performance the next year in 1958.

**FREDERICK  
DOUGLASS  
"FRITZ"  
POLLARD**



This player broke the color barrier in Major League Baseball when he was signed to the Dodgers in 1947. He won the Most Valuable Player Award in 1949 and led the Dodgers to six World Series.

**ALTHEA  
GIBSON**



He was the first African-American head coach to lead a team to win the NCAA championship, when his Georgetown Hoyas won in 1984. He held many Big East conference records such as most overall wins and most regular-season wins.

**JACKIE  
ROBINSON**



In 1961, he broke one of the final color barriers in professional sports as the first African-American to play in the NHL. He played for the Bruins despite facing intense opposition from fans.

**WILLIE  
O'REE**



Many boxing experts consider this man the greatest fighter ever. Five times he captured the world middleweight title and upon leaving the sport his record was 175-19-6.

**SUGAR RAY  
ROBINSON**



This player was one of the most outstanding running backs of his time. In 1919, he became one of the first African-Americans to play in what would soon become the National Football League, and was one of the first black coaches in the sport.

..... **WHAT ARE SOME DREAMS YOU WANT TO ACCOMPLISH?** .....



*“Regardless of how you feel inside, always try to look like a winner. Even if you’re behind, a sustained look of control and confidence can give you a mental edge that results in victory.”*

## YOUR OWN HARD ROAD TO GLORY

.....

There are many important figures in sports—as well as history, art, and culture—whose stories go unheard because they were minorities. The next time you are asked to write a paper for class exploring the life of a famous person, research people and events that no one else knows about. You can learn something new and teach it to your classmates and teacher as well!

### **SOME PLACES TO START:**

*A Hard Road to Glory:* This page on the AALC website explores the life histories of key figures from Ashe's book.

[HTTP://WWW.ARTHURASHE.ORG/A-HARD-ROAD-TO-GLORY.HTML](http://www.arthurashe.org/a-hard-road-to-glory.html)

*Title IX:* This landmark law mandated equal opportunity for all students in schools and colleges, and so protected and promoted the rights of women to play sports in school.

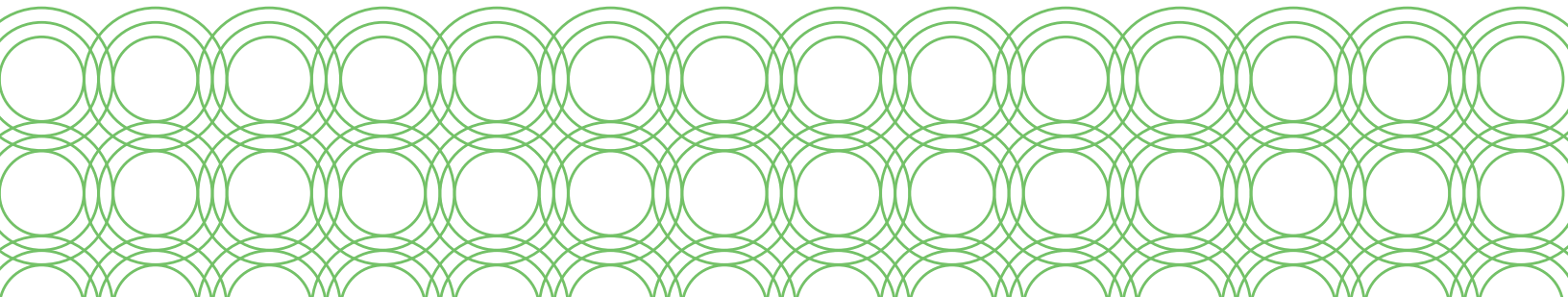
[HTTP://WWW.TITLEIX.INFO/](http://www.titleix.info/)

*Beyond the Latino Sports Hero: The Role of Sports in Creating Communities, Networks, and Identities:* This report from the National Park Service looks at how the Latino community has affected sports, as well as how sports have affected the community.

[HTTP://WWW.NPS.GOV/LATINO/LATINOTHEMESTUDY/SPORTS.HTM](http://www.nps.gov/latino/latinothemestudy/sports.htm)

*Jews in Sports:* This website catalogues the histories of Jewish players, placing them in the context of their time.

[HTTP://WWW.JEWSINSPORTS.ORG/](http://www.jewsinsports.org/)







## ARTHUR'S FAST FACTS

**TENNIS SCORING:** Did you know? After the first player scores a point in tennis, the score is called 15-love — 15 for the first point, and love for the other player, who has zero. Some people say that “love” comes from the French word for egg, l’oeuf (pronounced “luf”) because an egg looks like a zero. Others say that when players have zero, they are playing simply “for the love of the game.” What do you think?

**ZERO = LOVE**



Arthur Ashe was a celebrated tennis champion who broke barriers in the sport. Here are some of his firsts:

- 1st African-American junior to achieve national ranking by the US Lawn Tennis Association
- 1st African-American to play on the Davis Cup team
- 1st and only African-American man to win the US Open Tennis tournament
- 1st African-American to win the Australian Open singles
- 1st and only African-American man to win Wimbledon
- 1st African-American Captain of US Davis Cup team

**“SUCCESS IS A JOURNEY,  
NOT A DESTINATION.  
THE DOING IS OFTEN MORE  
IMPORTANT THAN THE OUTCOME.”**

*:: Arthur Ashe*

# HEALTH & WELLNESS

## LEARN

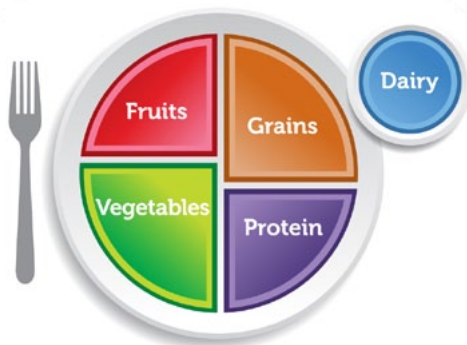
You've probably heard adults say it a million times: exercise and eat right! You'll feel great and have the energy to do more things!

The Center for Disease Control reports that teens need one hour of exercise a day to stay healthy. Here's the trick: start small and choose what works for you. Dance around your room for 20 minutes a day. Do jumping jacks during the commercial breaks of your favorite show. Find a new sport—like tennis! As long as it gets your heart pumping, it counts. Eat a balanced meal with fruits and vegetables, lean meat, whole grains, and not much sugar. This can seem like a bore, but you can make it fun! Grab your friend, or even a sibling, and go for a run together or play a game of volleyball. You can even try cooking something fun (and healthy) together! Want some new dishes to try? Here's a place to get you started:

<http://www.foodnetwork.com/healthy/photos/5-healthy-lunches-for-kids.html>

If you eat well, get lots of exercise, and avoid things like smoking, you'll be helping your health a lot. It's also important to see the doctor regularly, so that she can check for any problems. Finally, you can help your friends and family get healthier by sharing what you know!

What are some of your favorite healthy recipes or new foods you want to try? With enough items and recipes, you can even start your own recipe book in an empty notebook, journal, or notepad!



Choose**MyPlate**.gov

▲ For more information about healthy eating, visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

## Kids State Dinner

Did you know that 56 kids got to eat at the White House last year, because they all submitted healthy lunch recipes to First Lady Michelle Obama's Healthy Lunchtime Challenge? Check out Mrs. Obama welcome the kid-chefs to the White House:

<http://www.letsmove.gov/kids-state-dinner>

# DO

## HEART CHECK UP

Knowing your heart rate is an easy, fast way to check on heart health. Once you know what's normal for you, you can be alert if it ever changes drastically. Here's how:

**You will need:** a stopwatch or clock; a friend to help

**Step 1:** Find your pulse by feeling your neck, right below the chin, with one hand on each side. Push in different places until you feel the beat. Or, try putting your first two fingers on your wrist, right below your thumb.



**Step 2:** Have your friend time you for 15 seconds. Count the number of beats in that time. Record that number here:

\_\_\_\_\_ Resting Heart Rate,  
15 seconds

$\times 4$

Multiply by 4  
to get your Resting  
Heart Rate in Beats  
Per Minute (BPM)



**Step 3:** Now, do some exercise. Jog in place for one minute, or try 50 jumping jacks.



**Step 4:** Record your pulse for another 15 seconds. Record that number here:

\_\_\_\_\_ Active Heart Rate,  
15 seconds

$\times 4$

Multiply by 4  
to get your Active  
Heart Rate in Beats  
Per Minute (BPM)



Sometimes, people in very good physical shape (like athletes) will have a lower than normal heart rate. If your heart rate is higher than normal, you may want to ask a doctor about it at your next visit. Of course, it SHOULD be higher when you exercise! You can read all about heart rate here: WebMd: Heart Disease Health Center (<http://bit.ly/1aauSFI>) and American Heart Association All About Heart Rate (<http://bit.ly/17WiyV4>)

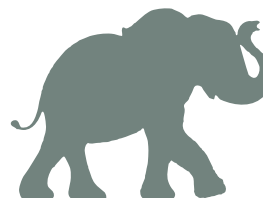
*How does your  
average resting  
heart rate compare  
to others? ►*



**Teenager: 55-85 bpm**



**Athlete: 40-60 bpm**



**Elephant: 28 bpm**



**Hummingbird: 250 bpm**



## HEART HEALTHY SCHOOL FOOD CAMPAIGN

You can make a difference in your community by spreading the word about healthy food!

**GO** foods are healthy for you. Eat them as often as possible!  
**WHOA** foods are unhealthy if eaten often. Eat seldomly.

Look at the list below. Circle the foods that are regularly served in your school cafeteria for breakfast or lunch:

**GO**

- apple slices, bananas, peaches
- carrot sticks, celery sticks
- cup of low-fat yogurt
- trail mix/nut mix/unflavored popcorn
- tuna fish sandwich
- bean chili
- 100% fruit juice or milk
- veggie pizza on whole wheat bread, 1-2 slices

**WHOA**

- cookies
- french fries
- sugary cereal (Lucky Charms, CocoPuffs)
- candy or chips
- soda
- half a double-cheese and pepperoni pizza
- cheeseburger
- chicken nuggets

How many foods are served at your school from each category? Probably more WHOA foods, which isn't good for you! Help your community get healthier in several ways:

- Write a letter to your school principal, showing how few healthy foods are included in school lunch. Bring suggestions of foods you would like to see.
- Start a social-media campaign! You can start your own trendy hashtag about exercise, nutrition, and health and have others join you in a movement to make America healthier!

You can even start right here, with your own food journal. What would you like to eat for breakfast, lunch, snack, and dinner every week? Sometimes it's also healthier to bring your own lunch to school. Talk to your parents and see what you can cook up together!

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

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## WHY SHOULD YOU CARE?

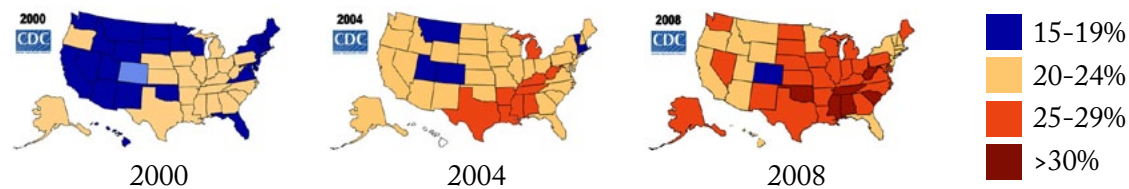
What's happening in America? Did you know...

### OVERSIZED AMERICA

Sharing facts and encouraging others to exercise is a great way to spread the heart-healthy love.

Watch America Getting Fatter at [www.healthyschoolfood.org/nutrition101.htm](http://www.healthyschoolfood.org/nutrition101.htm).

### OBESITY PREVALENCE IN ADULT POPULATION



- In 1972, Americans spent \$3 billion on fast food. Today, we spend a whopping \$110 billion annually. About 1 in 4 Americans visit fast food restaurants each day, and the typical person in the U.S. drinks about 44 gallons of soda a year.
- 25.8 million Americans suffer from diabetes—in 2010, about 215,000 of these people were younger than 20 years old. Type 2 Diabetes in children, historically unheard of, is up 45% in the last 10 years. What's scary about diabetes? It causes kidney failure, cases of blindness, heart disease, and lower-limb amputations.
- About 600,000 people die of heart disease in the U.S. each year—this is mostly caused by high blood pressure, high cholesterol, smoking, and obesity.
- 17% (that's almost 1 in 5 people) of children and adults in the U.S. is considered obese.

### SO WHAT CAN I DO TO AVOID THIS?

Keep yourself healthy! Don't smoke, eat right, and EXERCISE! Encourage your friends and family to do so too! On the icons below, cross out the activities you already do. Circle the ones you want to start doing either on your own or with a friend, sibling, or parent!



Do sit-ups while  
watching TV



Dance



Play sports



Jump rope



Walk to  
school



Play frisbee

# YOUTH & EDUCATION

## LEARN

What's one thing you learned this week?

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Arthur Ashe was a great student in school—he was the top scholar in his high school AND the first person in his father's family to go to college with a full scholarship! He also knew that learning happened both inside and outside of the classroom. Arthur learned about tennis and many life lessons from his mentors, Dr. Walter Johnson and Ron Charity. That's what a mentor does—they teach you and also guide you in life. Anyone can be a mentor—if you've ever given a younger kid advice about how to deal with a bully, or helped your younger sibling with homework, you've acted as a mentor to someone else. You can continue to be a mentor every day!

What are some things you LOVE to do and can teach others to do too?

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Now think about your friends, siblings, parents, grandparents, and teachers. What are some valuable things they taught you? Write these on the left side of the book! Now think of some things you still want to learn. They can be anything—reading a challenging book, getting better at a sport, or learning something new! Who can help you accomplish your goals? Write these on the right side of the book!



# DO

## MINDTEASERS

Arthur Ashe loved mind puzzles because they keep you constantly learning. Try to solve this puzzle to find out more about Arthur Ashe's life:

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

### WORDS

Achievement

Analysis

Citizenship

Education

Equality

Graduate

Health

Honorary

Leader

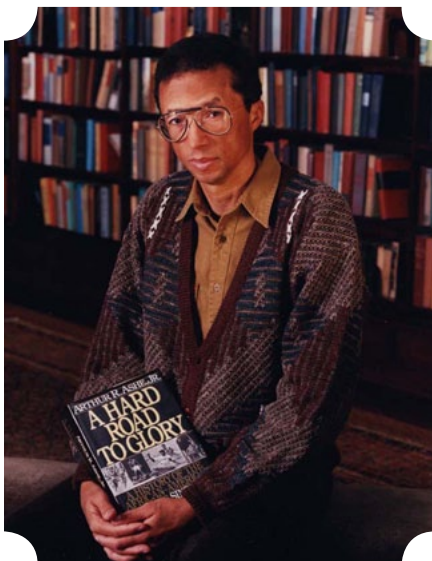
Professor

Reader

Research

Scholar

Standards



### ARTHUR'S FAST FACTS

**BOOKS:** Arthur had over 4,000 books in his personal library, and *wrote 9 books himself!*

Arthur also founded a number of organizations for students and education. Just a few are highlighted here:

- USTA/National Junior Tennis League | [www.usta.com/njtl](http://www.usta.com/njtl)
- Virginia Heroes | [www.virginiaheroes.org](http://www.virginiaheroes.org)
- Safe Passage Tennis Program | [www.safepassagetennis.com](http://www.safepassagetennis.com)



## TAKE ACTION

### MENTORS LOVE TO KNOW THEY ARE MAKING A DIFFERENCE!

Think about someone who has helped you at some point. Maybe it was a teacher who took extra time to help you with a hard subject; maybe it was a coach who encouraged you; maybe it was a favorite aunt who showed you how to make a special dish.

Grab a piece of paper and write a short note telling that person what they taught you and why it was important. Be honest and share as many details as possible. It's great to use paper because the note will feel more special. But you can also use email, give them a phone call, or even tell them in person. This doesn't have to be just one person either—whoever you think has made a positive impact on your life or helped you, you can thank them too!

### BE A MENTOR

Whether you're 11, 12, 13, 14, older or younger, you can always teach others what you know. To be a role model for others, you can:

- Help out in one of your teacher's classrooms
- Help your siblings with their homework, or your parents with chores around the house
- Do good deeds and set an example for others
- Coach others in something you are good at or like doing

### CHECK OUT THIS GREAT RESEARCH ON THE EFFECT OF TEEN MENTORS!

*Teen Mentors Inspire Healthy Choices in Younger People*

<http://researchnews.osu.edu/archive/teenmentors.htm>



### ARTHUR'S FAST FACTS

### BENEFITS OF A COLLEGE DEGREE:

Is it worth it to get a college degree? According to a study from Georgetown University, people with a college degree will earn \$1 million more over their lifetimes than people with only a high school diploma. In the bad economy, about 50% of high school graduates had a job, but 67% of college graduates did.

<http://cew.georgetown.edu/collegepayoff/>

# SERVICE & CITIZENSHIP

## LEARN

Have you ever seen something in your school or community that just wasn't right? Someone being bullied, or a piece of property being trashed? Did you do anything about it?

Faced with injustice, many of us look away. Some problems just seem too big. But Arthur Ashe knew to start with problems that affected his own life. He had a heart condition, so he focused on promoting public health. He had a gift for tennis, so he set up programs to teach underprivileged children tennis and life skills. He grew up in the South in the 1950s, where African-Americans were denied equal rights, so he stood up against apartheid—a system of discrimination against Black people—in South Africa.

## DO

Everyone can serve by looking to their own lives for inspiration. What causes touch YOUR heart? What small thing can YOU contribute?

Below are ways for you to get involved and how you can help make the world a better place. Put a check in the box next to the things you have already done. For everything else, grab a friend, parent, or sibling and work together to accomplish the rest and make a difference in your community.

☐ Plant a tree — help the environment

☐ Volunteer at an animal shelter

☐ Donate food to shelters

☐ Visit a nursing home

☐ Stand up for someone being bullied

☐ Write letters to thank our troops

☐ Walk to fight disease

☐ Clean up your neighborhood

☐ Donate old toys to hospitals

☐ Help your parents around the house

☐ Teach someone something

☐ \_\_\_\_\_  
(Your idea goes here!)



## DO

SERVICE IDEAS: WHAT CAN YOU DO TO MAKE A DIFFERENCE?

There are so many ways that you can turn your passion into service to others. A few of them are listed below. Next to different causes are lines where you can write something you can do, either by yourself or with your family and friends, to help improve each situation. On the blank lines below the causes, feel free to write anything that isn't listed! Remember, every little thing makes a difference!

**HOMELESSNESS** \_\_\_\_\_

**BULLYING** \_\_\_\_\_

**PREVENTING DISEASE** \_\_\_\_\_

**ENVIRONMENTAL  
PROTECTION** \_\_\_\_\_

**CRIMINAL JUSTICE** \_\_\_\_\_

**WORKERS' RIGHTS** \_\_\_\_\_

**FIGHTING WORLD  
HUNGER** \_\_\_\_\_

**WOMEN'S RIGHTS** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## CITIZENSHIP CHALLENGE

BE AN ACTIVE CITIZEN!

Being a citizen means following the laws, paying attention to elections, voting, serving jury duty, and exercising your rights. Citizens also follow the news so they know what is going on. Learn more about your rights and what is happening in the world around you. Grab a friend, family member, or sibling, and ask them the following questions.

TAKE  
ACTION

*Should teenagers be allowed to vote at 16?*

*Should women be drafted?*

*If you were on a jury, could you ever decide that someone was guilty, if he or she was facing the death penalty?*

*Is there any cause that you're willing to go to jail for?*

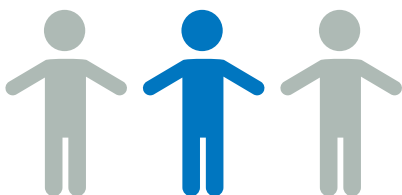
*What's the most important "right" that we have in the United States?  
Are there any that we should have, but don't?*

**YOU CAN LEARN MORE ABOUT WHAT IT MEANS TO BE A CITIZEN HERE:**

[www.iCivics.org](http://www.iCivics.org) • [www.RockTheVote.org](http://www.RockTheVote.org)

## ARTHUR'S FAST FACTS

**TEENS VOLUNTEER!** About 1 in 3 teens ages 16-18 volunteer, according to the Census Bureau. At DoSomething.org, teens collected over **\$1 million pairs of jeans** for homeless youth and **67,000** students stood up to bullying through the Bully Text campaign.



## EVERYONE VOLUNTEERS

In 2012, 64.5 million Americans (26.5% of the population) contributed 7.9 billion hours of volunteer service worth an estimated \$175 billion of service.



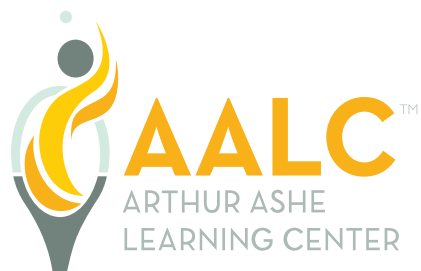
7.9 billion hours

>>

**\$175**  
**BILLION**

of service

**GET CONNECTED:** Some great websites that connect you with volunteer work are DoSomething.org (which already involves 2.5 million members—most of who are your age!—that tackle causes like poverty, violence, and the environment) and volunteermatch.org (which helps match you to an organization that supports a cause you are interested in!)



To learn more, visit  
[WWW.ARTHURASHE.ORG](http://WWW.ARTHURASHE.ORG)

