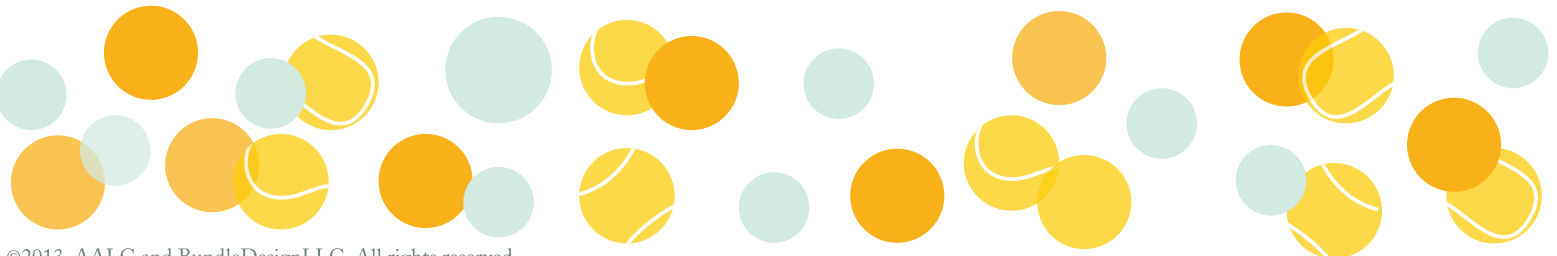
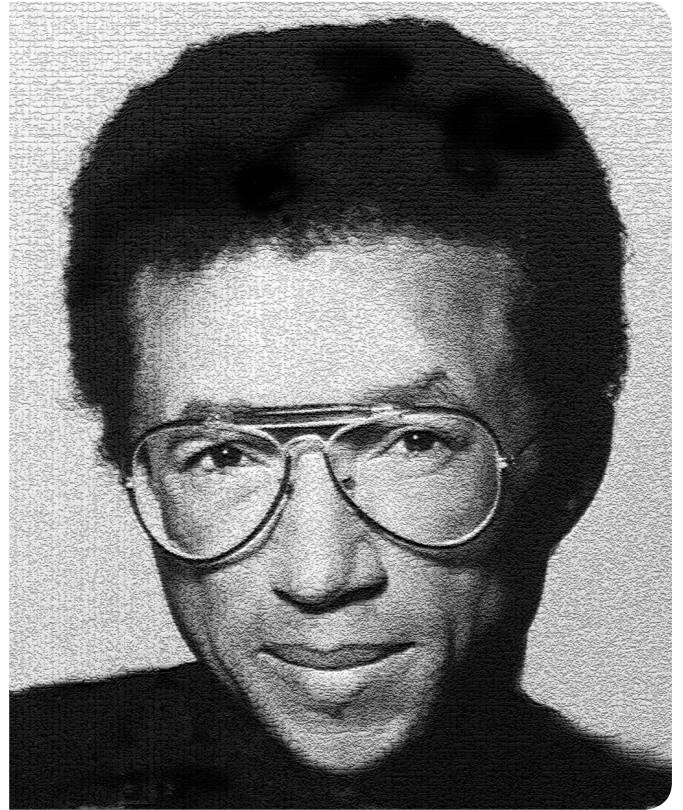




Arthur Ashe Learning Center
ACTIVITY BOOK
[AGES 13-17]

“

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



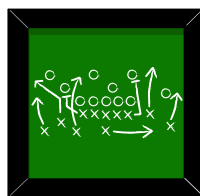
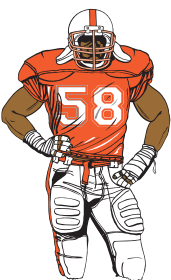
SPORT & TENNIS

LEARN

Think about the last time you stood in front of a crowd or faced an opponent: maybe it was a big game, or maybe a class presentation. Did you feel confident? You probably felt a little nervous—maybe that you would fail. But did you LOOK confident? What kind of “game face” did you show the audience?

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

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



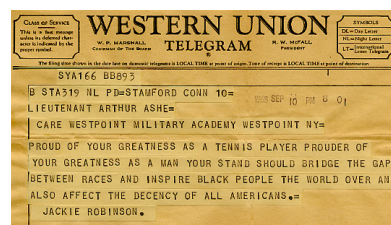
Ashe believed that the skills athletes learned from sports should be applied to other parts of life; that it's as important to be confident in math class and prepared for a big recital as it is in sports.

And Ashe loved to be a coach, because he could share these lessons with others. He was inspired by other great athletes who came before him. For example, Jackie Robinson, the first African-American to play professional 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.

What sports heroes can you honor? How can you set an example for someone?

A telegram from Jackie Robinson to Arthur Ashe:

“Proud of your greatness as a tennis player. Prouder of your greatness as a man. Your stand should bridge the gap between races and inspire black people the world over and also affect the decency of all Americans.” ►



DO

1) SPORTSMANSHIP CHECK UP

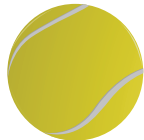
Think of times when you've demonstrated Arthur Ashe's key values—not just in sports, but in school, at a job, or with your friends and family. How can you be even better in the future?

	ONE TIME I DEMONSTRATED THIS...	THE RESULT?	GOAL
<i>example</i>	<i>I spoke up in English class, even though I wasn't sure I had the right answer</i>	<i>My teacher gave me a good participation grade</i>	<i>Be more confident in math class. Volunteer to solve a problem.</i>
CONFIDENCE			
PREPARATION			
STRATEGY			
FAIR PLAY			

2) 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

**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.

**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 lead 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**



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.



TAKE
ACTION

“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.

1) 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, consider researching people and events that no one else knows about. You may know something your teachers don’t know!

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.

LEARN MORE: [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

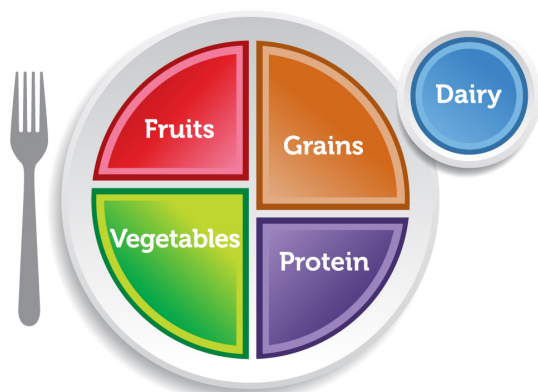
LEARN

You've probably heard adults say it a million times: exercise and eat right, and you'll do great!

That can seem like a bore—running around the block and eating salad for lunch. (Not that there's anything wrong with that!) But 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. To stay healthy, just eat a balanced meal with fruits and vegetables, a little lean meat, whole grains, and not much sugar. Pro tip: Put your food on smaller plates. It'll look bigger, and you'll feel full faster. It's amazing how your mind can trick your stomach!

There are some things you can't control about your health. For example, Arthur Ashe exercised regularly as a professional athlete and ate well. However, he was born with a heart condition that made him more likely to have a heart attack. The best defense is to go to the doctor regularly, so he or she can check for potential problems. Then once you have a healthy lifestyle—you need to share what you've learned!

.....



Choose**MyPlate**.gov



For more information
about healthy eating, visit
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

1) 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>)

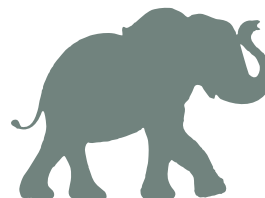
*How does your
average resting
heart rate compare
to others? ▶*



Teenager: 55-85 bpm



Athlete: 40-60 bpm



Elephant: 28 bpm



Hummingbird: 250 bpm



TAKE ACTION

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

WHOA

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

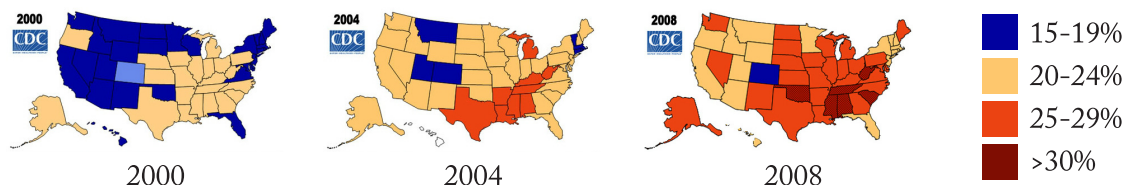
How many GO foods are served at your school? How many WHOA foods are served? If you would like to help your community get healthier, you can make a change in several ways:

- Talk to your friends about healthy food. This website has lots of ideas for healthy, delicious snacks: http://teenshealth.org/teen/food_fitness/#cat20134
- Write a letter to your school principal, showing how few healthy-foods are included in school lunch. Encourage a friend to write one, too. Ask your principal to meet with you to discuss how the cafeteria can include healthier options. Bring suggestions of foods you would like to see.
- Start a social-media campaign! Start tweeting about exercise, nutrition, and health, and ask friends to retweet with a hashtag that everyone can recognize, like #QueensHighSchool.

2) 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.



Watch as the population of obese Americans grows from Arthur Ashe's day until today. You can also learn more about obesity in the US at:

<http://www.cdc.gov/obesity/data/adult.html>

True fact: 17% (that's almost 1 in 5 people) of children and adults in the US is considered obese. Try sending a tweet or posting to facebook about what you learned. How do you think your friends will respond?

There are lots of ways to exercise, and to encourage others to do so. On the icons below, check off the activities you already do. Put a star next to the ones you could start doing. Who else could you encourage to exercise with you?



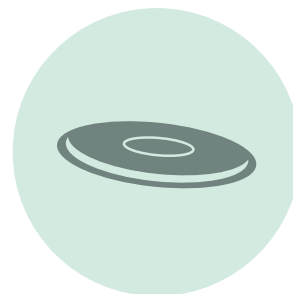
Try a new sport at school

with _____



Jump rope

with _____



Play frisbee

with _____



Do sit-ups while watching TV

with _____



Take dance classes

with _____



Walk partway to school

with _____

YOUTH & EDUCATION

LEARN

What's the best thing you learned this week? Did you learn it in school, or with friends? Was it a hard lesson, or a fun one? Did you get a grade for it—or just a sense of satisfaction?

Arthur Ashe was a great student in school—he graduated first in his high school class, received a full scholarship to the University of California at Los Angeles (UCLA), and was the first person in his father's family to go to college! But he also knew that learning doesn't just happen in the classroom. Ashe learned so much from his mentors, Dr. Walter Johnson and Ron Charity. Both men taught Ashe about tennis, but also shared many life lessons as well. He considered them mentors, and it was their example that inspired Ashe to mentor others—in tennis, and in the skills of sportsmanship that would serve them 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. In addition, teaching them something probably taught you something very important as well.

What are some things you need to learn? What can you teach others?

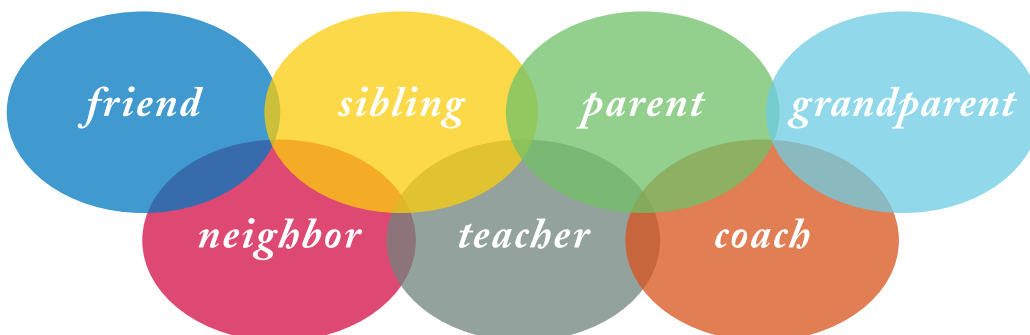
DO

1) THE MEANING OF MENTORS

Many people in our lives teach us valuable lessons. You can connect with your friends, siblings, parents, grandparents, teachers and coaches to learn about who shaped THEM.

FIND EACH OF THE FOLLOWING PEOPLE AND ASK:

- 1) Who is one person that taught you something important?
- 2) What did they teach you?



Now, ask yourself the same questions! Who are YOUR mentors?

2) MY FAVORITE THINGS

Arthur Ashe loved to read, and he loved word puzzles! Can you solve this word search to find out more about Arthur?

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

WORDS

Achievement

Analysis

Debate

Degree

Grades

Graduate

History

Honorary

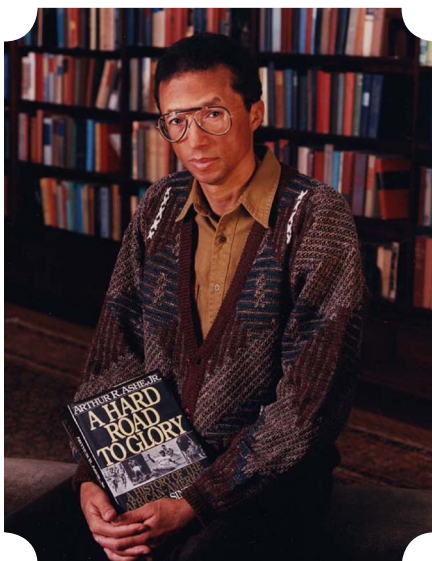
Professor

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
- Virginia Heroes | www.virginiaheroes.org
- Safe Passage Tennis Program | www.safepassagetennis.com



TAKE ACTION

1) ARE YOU MY MENTOR?

Mentors love to know they are making a difference.
Make someone very happy!

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.

Now here's the hard part—deliver that letter or email to your mentor! Though it may be hard, just think of how happy that person will be!

2) BE A MENTOR

As a teenager, you're at the perfect age to teach others what you know. To be a role model for others, you can:

- Coach a little kids' sports team
- Help out in one of your teacher's classrooms
- Volunteer to watch your younger brothers and sisters one day a week so your parents can do something else
- Sign up to read to kids in elementary school

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.

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.

Everyone can serve by looking to their own lives for inspiration. As a teen today, you have even more tools to influence the world than Arthur Ashe had: for example, the internet and social media. As a citizen of the United States, you also have rights and responsibilities: the right to speak your mind, and the responsibility to contribute back to society. What causes touch YOUR heart? What small thing can YOU contribute?

DO

1) CITIZENSHIP CHALLENGE

Being a citizen means following the laws, paying attention to elections, voting, serving on a jury, exercising your rights, and sometimes, serving in the armed forces. As a teenager, you're already expected to "act like a citizen" in certain ways, and will get to do others soon.

Grab a friend (preferably one with lots of opinions) and ask him or her the following questions. If you have a different answer, try to debate your friend with facts, logic, and personal stories. Who's right? Who will win?

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?

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

www.iCivics.org • www.RockTheVote.org

DO

2) MAKE THE TREE OF SERVICE BLOOM!

At the AALC exhibit, you can learn how Arthur Ashe served other people in the Tree of Service. You are a part of the Tree of Service too! Start with the world right around you to find your true cause.

Fill in the trunk of the Tree of Service with details from your life. Circle issues in “branches” that you care about. Write in any that are not shown already.

**PREVENTING
BULLYING DISEASE
HOMELESSNESS ENVIRONMENTAL
WORKERS’ PROTECTION
RIGHTS FIGHTING WOMEN’S RIGHTS
WORLD CRIMINAL JUSTICE
HUNGER**

I’m really good at:

This can be a hobby, like drawing, or a skill, like “listening to people”

I struggle with:

This can be a medical issue, a subject you’re not good at, something you have had to overcome, or something else

In the world, I have noticed that it’s unfair that:

Think big! What are some big injustices you have seen?

One thing I am grateful for in life:

What people, things, and circumstances got you where you are today?

1) TURNING PASSION INTO PROMISE

There are so many ways that teens can turn their passions into service to others. Try this fun activity to get you thinking:



- 1) *Grab a friend.* Pick someone who has a passion for making a difference, thinks positively, and has lots of great ideas!
- 2) *Find 3 pieces of paper.* Tear one into 3 pieces. On each piece, write one thing you want to change in the world. Choose from the Tree of Service, or create new ones!
- 3) *Tear the 2nd piece of paper into 5 pieces.* On each piece, write one of the following:

Write a letter to

Tell your friends about

Raise money for

Teach others to

Volunteer to help at

- 4) *Tear the 3rd piece of paper into 5 pieces.* Leave each one blank.
- 5) *Keep the three sets of papers in three piles.* Draw one from each group at a time. For example, your first draw might look like this:

Women's Rights

Volunteer to help at

- 6) *Think about* how you might fill in the end of the sentence on the blank piece of paper. For example, you might choose: *Women's Rights > Volunteer to help at > the campaign of a woman political candidate.*

* Note that that is NOT the only right answer. The idea is to get creative!

- 7) *Keep choosing papers from each pile,* so that you are mixing and matching causes and methods.
- 8) *When you're done, talk with your friend.* Are any of the pairs we came up with something we can really DO? What can we do together?

**ARTHUR'S
FAST FACTS**



VOLUNTEERING PAYS! According to a 2007 study, students who decided to do community service were 19 percentage points more likely to graduate from college than those who did not.

YOU CAN ALSO FIND LOTS OF GREAT IDEAS ON-LINE!

Check out these websites for stories of how other kids are making a difference:

Nestle Very Best in Youth Contest (AALC) • www.arthurashe.org/nestle-very-best-in-youth.html

Do Something • www.dosomething.org

Generation On • www.generationon.org

Teens Leading the Way • www.utec-lowell.org/programs/teensleadingtheway

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