

Please find attached the rules and diagram for the 2012 USPTA Cardio Tennis Shootout competition, the 2012 format is very unique from previous years. You are welcome to include this competition at your conference but it is not mandatory. A few things to know about the 2012 competition:

- The prize for 2012 is a FREE Cardio Tennis Authorized Provider registration (value \$100). Cardio Tennis is changing terminology from official sites to Authorized Provider, messaging and education regarding this will start in Jan of 2012. I have also attached information about the benefits of being a Cardio Tennis Authorized Provider.
- This format needs 5 scorekeepers (past formats required 3)
- If a Cardio Tennis National Speakers is available at the conference they will run the competition if not the conference organizers will need to manage. The division winner earns a spot in the national playoffs at the World Conference.
- When scheduling this competition needs an hour time slot; which will allow for 25-30 competitors. With 30 minutes it would be a maximum of 15.
- Please let me know if you will be scheduling a shootout

Cardio Tennis has 3 new presentations for 2012:

- Cardio Tennis for Large groups (on court)
- Cardio Tennis Technology tools (classroom)
- TRX Cardio Tennis (on court)

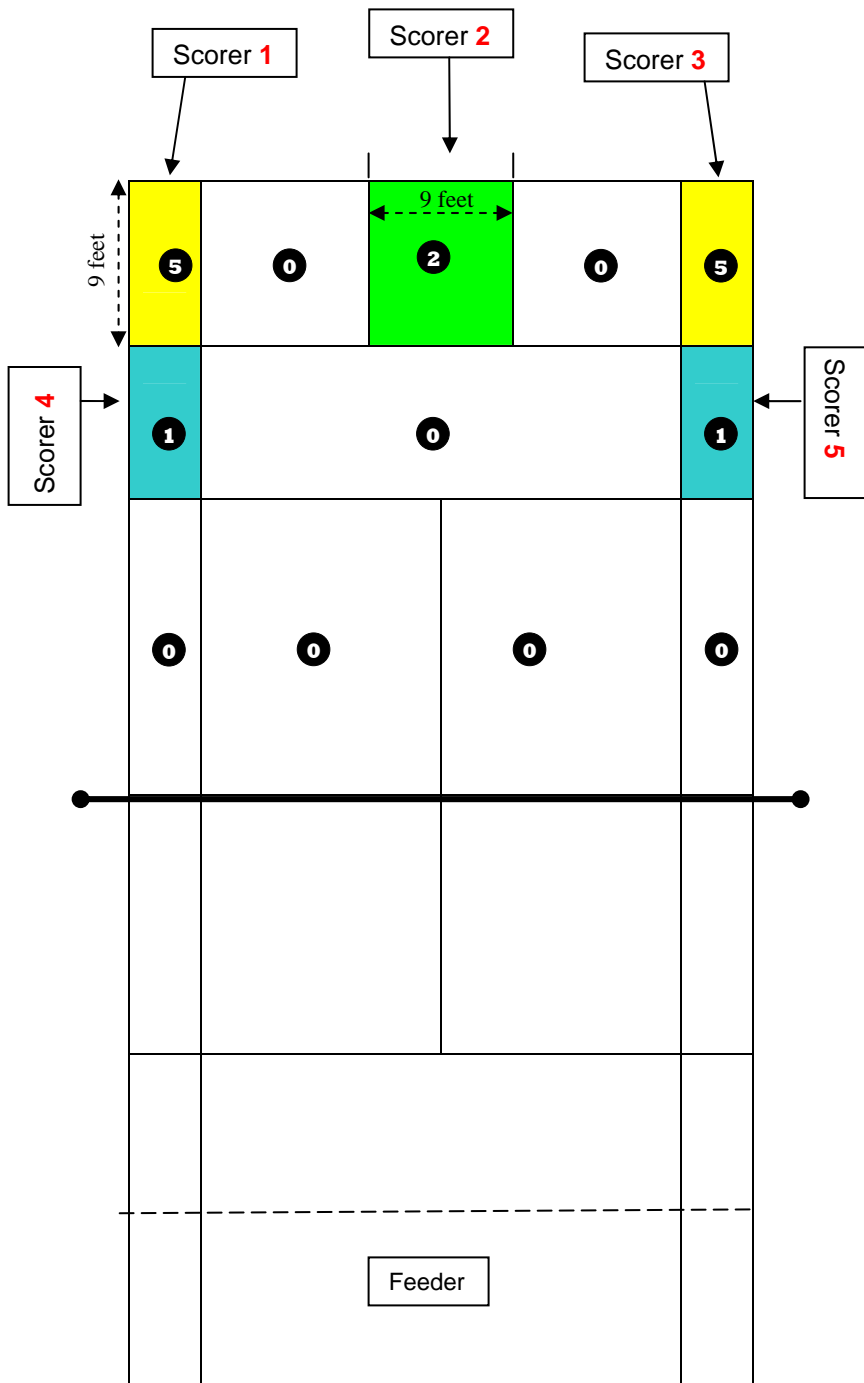
If you would like more information on these presentations, have questions regarding the shootout or would like to schedule anything Cardio Tennis at your conference please email or call me.

michele@cardiotennis.com or 941-457-7880.

Thanks!

VISIT THE NEW WWW.CARDIOTENNIS.COM AND SEE HOW YOU CAN BECOME AN AUTHORIZED PROVIDER

Cardio Shoot Out - 2012



Targets and Sequence

- 1) The target areas in color and are worth various point values as shown in the diagram.
- 2) There is no sequence of targets or order to follow this year.
- 3) The only rule is that the Feeder can not repeat the same target 2 times in row.
- 4) The Feeder may stand anywhere behind the dotted line. The line should be half way between the service line and the baseline (9')
- 6) There are **5** scorers that stand where shown in diagram.

Scorer 1: counts the yellow deep ally target deuce side.

Scorer 2: counts the green target area in front of him.

Scorer 3 counts the yellow deep alley target add side.

Scorer 4 counts the blue short alley target deuce side

Scorer 5 counts the blue short alley target add side

Scorers meet after each round and total the scores for the score keeper.