

7 LAKE TRAVIS PADEL (LTP) JUNIOR PROGRAM BENEFITS

PADEL provides students an opportunity to learn and excel in the fastest growing sport in the world.

1. PADEL IS FOR ALL AGES

It does not matter the age, padel is a sport that adapts to the characteristics of its players and that can be practiced at any age. The entire family can play together.

2. IMPROVES COORDINATION AND REFLEXES

Padel provides an excellent way to promote motor development. It increases children's general coordination and it can also improve movement and balance. In addition, padel stimulates rapid development of children's psycho-motor area which will help them move more safely from one place to another.

3. STRENGTHENS PHYSICAL FITNESS

The practice of padel will not only help tone body muscles but is an incredible aerobic exercise that will help keep players fit and improve their energy/mood in everyday tasks.

4. INDIVIDUAL AND TEAM SPIRIT

PROMOTES HEALTHY SOCIAL AND COMPETITIVE DEVELOPMENT INDIVIDUALLY AND AS A TEAM. Padel is a team sport. The social element makes it a very fun activity. Playing padel together helps create and strengthen bonds. It also stimulates the spirit of competition. Playing together can promote values such as teamwork and overcoming challenges. Young people will learn how to manage emotions after winning or losing. This will also help generate a feeling of well-being.

5. IMPROVES SELF ESTEEM

Padel's main benefits is that it helps strengthen young people's self-esteem. This is achieved by increasing confidence in themselves. While playing padel, the player will realize that if the effort is put in, they can achieve great results. Padel is a fun sport that's played in an environment that fosters happiness.

6. POSITIVE STRESS MANAGEMENT

Playing padel is the perfect formula to disconnect from the outside world and focus on oneself and the positive social interactions with the team players on the court.

7. FUN

Most importantly, it is important for young players to have fun in a safe and learning environment.