

From: [REDACTED]
To: [Town Clerk](#)
Cc: [Carrie Fairley](#)
Date: May 22, 2025 11:00:40 AM

Letter of Support for Indoor Tennis Facilities

To Whom It May Concern,

I am writing to express my full support for our community's continued development and investment in indoor tennis facilities. In regions like ours, where weather, long winters and short, dark days dominate much of the year, indoor tennis is not a luxury—I believe it is a necessity for maintaining both physical health and mental well-being.

We know that tennis offers a wide range of physical benefits. It's a full-body sport that builds cardiovascular endurance, strength, agility, and coordination. It also burns calories at a rate comparable to running or swimming, but with the bonus of strategic thinking and hand-eye coordination. For children, adults, and older adults alike, tennis provides an engaging and sustainable way to stay active.

But what makes indoor tennis especially valuable in our climate is the way it overcomes the seasonal barriers to exercise. During our long winter months, outdoor options become severely limited. Cold temperatures, icy conditions, and reduced daylight hours discourage physical activity. People are less likely to go outside, let alone engage in consistent, structured exercise.

Indoor tennis facilities provide a safe, weather-proof environment that allows people to stay active even in the darkest part of the year. This continuity is essential, not just for physical health, but for mental health as well.

Seasonal Affective Disorder (SAD) and winter depression are real challenges in our region. Lack of sunlight, reduced social interaction, and the tendency to become sedentary during winter months all contribute to rising levels of anxiety and depression. Tennis, especially in an indoor setting, offers a powerful remedy. It gets people moving. It provides structure and routine. It creates opportunities for social engagement. And it gives players, regardless of age or ability, something to look forward to.

Studies consistently show that regular exercise helps regulate mood, improve sleep, and decrease symptoms of depression. Tennis, in particular, is known to stimulate endorphins, promote mindfulness, and build resilience. Indoors, this can happen all year, not just when the sun shines and the weather cooperates.

Simply put, indoor tennis gives people a place to move, connect, and thrive—even when the world outside feels wet, cold or dark.

For all these reasons, I urge decision-makers to recognize the importance of indoor tennis facilities, not just as sports venues, but as year-round wellness hubs for our community.

Thank you for your consideration.

Sincerely,

Paul Gilbert

Resident and avid sports enthusiast