

**Form 1: USA Tennis “Parenting My Champion: Developing Talent”
Recommended Guidelines for Successful Junior Tennis Parenting**

INTRODUCTION/FOUNDATION Phase One <i>Age of Player: 4.5-9.6</i> <i>Years in Phase: 5.1</i>	REFINEMENT/TRANSITIONAL Phase Two <i>Age of Player: 10.6-14.6</i> <i>Years in Phase: 4.0</i>	WORLD CLASS PERFORMANCE Phase Three <i>Age of Player: 15.4+</i> <i>Years in Phase: NA</i>
<ul style="list-style-type: none"> • Allow your child to dream big • Ensure lessons focus on fun and fundamentals • Recognize child’s interest and provide the opportunities and support to help him/her be successful • Help make the tennis experience fun • Focus little attention on winning/rankings • Expose and encourage participation in multiple sports and activities • Focus on the positive (cheer for your child) • Focus on ways to develop a good person (emphasize positive attitude and life skills) • Stay calm during matches and games—try not to show nervousness or negative emotions (remember that tennis is just a sport) • Let the coach do his or her job • Emphasize good behavior and sportsmanship • Don’t constantly talk about tennis at home • Emphasize activities outside of tennis • Put limits on amounts of practice and play (avoid burning out child) • Stand by your child, provide unconditional love and support • Believe in your child • Provide transportation • Provide the opportunity to play tennis 	<ul style="list-style-type: none"> • Provide transportation, logistical & financial support • Do things to ensure tennis remains fun as pressure to perform increases • Focus on ways to develop a good person (emphasize positive attitude and life skills) • Stay calm during matches and games; try not to show nervousness or negative emotions (develop your coping skills – as a parent take a “cleansing” deep breath when emotions are high) • Identify a knowledgeable coach who understands what it takes to develop an elite player while working with a teen • Let the coach do his or her job • Emphasize good behavior and sportsmanship • Encourage your child to win, but more importantly encourage him or her to give it their best effort • Infrequently talk about tennis at home • Do not try to coach—simply provide general encouragement • Ensure the coach is doing a good job of coaching your child & assist in their development • As your child experiences more success keep success in perspective by emphasizing normal childhood chores and responsibilities • Do non-tennis family activities (especially at tournaments) • Involve child in decision making 	<ul style="list-style-type: none"> • Be careful to care about your child as a person and not just as a tennis player • Lessen optimal parent push as player learns to push self • Be ready to lessen your involvement as your child becomes more independent (travel without you more often, defer to the coach for tennis decisions) • Provide emotional support and encouragement • Facilitate independence in your child by making him or her more responsible for equipment, practice partners, and scheduling. • Believe in child and his or her ability • Stay out of coaching/technical analysis of game • Stay calm during matches and games—try not to show nervousness or negative emotions (continue to develop coping skills) • Let the coach do his or her job • Emphasize good behavior and sportsmanship • Encourage your child to win, but don’t push them to win • Help player recognize tennis as a games of highs and lows—work to stay emotionally even • Reassure/relax your child • Provide honest feedback to your child • Don’t pressure player to win/be careful not to become too outcome focused • Help child do some other non-tennis activities to maintain normalcy • Provide unconditional love and support • Do non-tennis family activities

<ul style="list-style-type: none"> • Avoid pressuring your child • Hit with your child • Provide basic instruction (if have the ability to do so) 	<ul style="list-style-type: none"> • Believe in your child while having appropriate tennis expectations • Stress basic values: work hard, if do it do it well, take responsibility for self and actions, need to make sacrifices if want to be good) • Give your child time to recover after a match before talking to them about it • Avoid extensive post match critiques • Try to have non-emotional reactions to mistakes/losses • As your child becomes more successful and gains notoriety be careful not to begin to judge your ability as a parent by your child's success • Discipline child for poor sportsmanship or disrespectful actions • Discuss serious issues with coach in private—not in front of player • Admit mistakes if you are wrong • Never interrupt lessons • If you are a parent-coach, be careful not to confuse the dual roles (when you're off-court you are no longer providing tennis instruction or critiquing your child) • Provide optimal push: make sure your "child" really wants to play tennis and, if so then hold him or her accountable to living up to practice and training commitments • Focus on long-term development not winning • Don't pressure your child to win • Don't tie your approval as a parent to your child's play • Make your child more responsible for their tennis preparation (i.e., equipment, partners) 	<ul style="list-style-type: none"> • Serve as resource in decision process/voice opinions but let your child make the final decision (i.e., college, agents, sponsors) • Try not to constantly talk about tennis at home • Stress basic values: work hard, if do it do it well, take responsibility for self and actions, need to make sacrifices if want to be good • Don't provide extensive post match critiques • Try to have non-emotional reactions to mistakes/losses • Remind player that while stakes are high, it is still important to have fun • Identify a knowledgeable coach who understands what it takes to develop an elite player • Do not change when the stakes become higher • Provide off-the-court support such as dealing with finances or talking to agents/sponsors
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