

How to Support your Tennis Child



- Why Play ?
 - Build relationships - teammates, opponents, coaches, etc.
 - Competition - see how good you can get - that's the beauty of sports
 - Healthy & lifelong
 - Team aspect - high school
 - **Set goals** (short, mid, & long term) & plan
- Factors to Consider
 - Priority, commitment, time, budget, attitude, desire, balance for your family
 - Sacrifices (both player & parent) - the better you want to be, the more may need to be made
 - Affordability - we always offer financial aid - 1 week at a most clubs is the same price as our whole summer (6 weeks)
- How to Build your Game
 - 1 - consistency, 2 - direction, 3 - power
 - Hitting options
 - Private lessons - emphasis on technique
 - Group camps - emphasis on learning the game - volume
 - Academy - emphasis on higher level drills, hitting, & point play
 - Tournament play - emphasis on competition
 - **Hitting on your own - wall, partner, self.**
 - We offer year round hitting - fall, winter, spring, & summer sessions
 - When to...take a break, play more, play less...
 - Additional options
 - Fitness workouts
 - Strength training
 - Theraband stretches
 - Diet
 - Goal setting (short, mid, & long term)
 - Read books & articles
 - Journal & reflect - strengths, weaknesses, next steps
 - Watch professionals (live & on tv)
 - Building character
 - Attitude, honesty, sportsmanship, court etiquette
 - Independence - pack your own bag, water, etc.
 - **Self reliance** - carry own bag, parents should be able to leave the courts, unhealthy to look at parents after event point
 - What we're teaching - a balance of ...
 - Physical athleticism - footwork, strength, energy sustainment
 - Mental - goals, journal, reflect
 - Tactical - point set up, game plan

- Technical – grip, shot selection, swing pattern
 - Emotional – court etiquette, match play, wins & losses
- o Equipment
 - 2+ identical & skill level-appropriate rackets
 - anything you could need in your bag – ex: rackets, court shoes & athletic socks, large water jug, dri-fit clothing (with pockets), hat, towel, sunscreen, wristbands, snacks, band aids, kleenex, grips, etc.
 - Racket stringing – whenever you break or once a year
- High School Season
 - o Girls in the Fall and Boys in the Spring
 - o Daily practice – similar to academy drill sessions, time to focus on specifics & fine tuning
 - o 2 dual matches a week & tournaments on weekends
 - o Team aspect, during match coaching, traveling, several matches in a day/weekend
 - o NEED match play experience
 - All match play – for lineup spots, dual matches, tournaments, post season
 - Singles & doubles play, by ranking lineup
 - o Varsity
 - Top 6 singles & top 3 doubles
 - Most tourneys (every weekend) are 2 singles & 3 doubles format (no double backing)
 - o Junior Varsity
 - A lot of doubles/some singles, during varsity duals, several matches on own, few tourneys are 2 singles & 3 doubles (no double back)
- Parent's Role – all relationships are unique
 - o Off court support & encouragement
 - to become their best, stay in shape, play tournaments, reach next goal, etc.
 - o Get involved – know when to get involved & when not to
 - learn the game yourself, know what options they have to play, watch them practice & play
 - o Need your help
 - driving to matches/practices, payment, equipment, & support
 - o Safe spot – don't overemphasize the wins/losses, emphasize the progress
 - Long process & pace isn't the same for all players
 - Improvement is success, stagnation is failure
- Coach's Role
 - o Always available – private lessons, group camp/academy instruction, tournament watch & feedback, product review (racket, shoes, etc), counseling off court, how to pick a college, and more