

# Parenting *My Champion*: Getting Started



## A Guide for Successful Tennis Parenting



# Session Purposes

- To Identify What You and Your Player Want from Junior Tennis
- To Examine Your Tennis Parenting Behaviors
- To Identify Effective Junior Tennis Parenting Practices



# What Do You and Your Player Want from Junior Tennis?



# What Do You As a “Parent” Want from Your Child’s Junior Tennis Experience?



# What Do You Think Your "Child" Wants from His or Her Junior Tennis Experience?



# General Objectives for Junior Tennis Participation

- Development
  - **physical**
  - **social**
  - **psychological**
- Fun
- Winning/Rankings



# Key Points About Junior Tennis Objectives

- Everyone wants to (or should want to win), but only a relatively few will achieve scholarships and go pro.
- However, all participants can and should have a great “developmental” experience in junior tennis learning a life long sport, achieving fitness, and developing numerous social-emotional skills. It can also be a heck of a lot of fun!
- So make sure you stress fun and development objectives, as well as winning and rankings.

# Being an Effective Tennis Parent: Examining Your Behaviors

- USTA Sport Science Has Been Studying the Practices of the Parents of Some of Our Most Successful Players and Based on that Research Developed a Self-Assessment Tool:

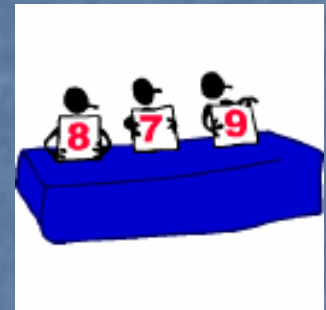
## THE USTA PARENTING BEHAVIOR CHECKLIST

- Complete this checklist as you think your child and your child's coach would from observing you in the tennis arena.



# Examine Your Tennis Parenting Behaviors

- How Did You Do?
- Scoring Categories
  - 135-150: Great job! Model parent.
  - 120-134: Excellent, effective parenting behaviors
  - 105-119: Somewhat effective parenting
  - 90-104: Ineffective parenting at times
  - 89 and below: Negative parenting behaviors



# Effective Junior Tennis Parenting Practices

## Parenting Do's

- Hold emotionally intelligent tennis discussions
- Provide love and support regardless of the match outcome

## Parenting Don'ts

- Focus the majority of conversations at home on tennis
- Criticize my child for his or her tennis

# Effective Junior Tennis Parenting Practices

## Parenting Do's

- Act calm & confident during matches
- Provide ample opportunity & resources for your child to be successful

## Parenting Don'ts

- Critique your child immediately following the match or during the car ride home
- Discourage your child from tennis if he/she does not have immediate success

# Effective Junior Tennis Parenting Practices

## Parenting Do's

- Make my child responsible for tennis preparation (e.g., equipment ready, calling partner to hit with)

## Parenting Don'ts

- Allow tennis to dominate your child's life
- Exerting pressure to win

# Effective Junior Tennis Parenting Practices

## Parenting Do's

- Hold realistic expectations
- Emphasize player development and fun over winning and rankings
- Have a stable home life

## Parenting Don'ts

- Treating your child differently dependent upon whether he or she won or lost
- Focus on short term results/rankings instead of long term development of your child

# Effective Junior Tennis Parenting Practices

## Parenting Do's

- Expose your child to many different sports and activities
- Keep success in perspective
- Display a positive & optimistic parenting style

## Parenting Don'ts

- Consider your child's tennis as an investment for which you should receive something in return
- Put your interests ahead of your child's in tennis

# Effective Junior Tennis Parenting Practices

## Parenting Do's

- Hold your child accountable for poor behaviors on court
- Push your child to practice when lazy
- Encourage your child to seek out opportunities & challenges

## Parenting Don'ts

- Never allow your child some "say" in tennis decisions
- Coaching your child when it is hurting your parent-child relationship

# Effective Junior Tennis Parenting Practices

## Parenting Do's

- Model an active lifestyle and healthy eating habits
- Emphasize core values such as "if you are going to do it, do it right"
- Emphasize the importance of hard work

## Parenting Don'ts

- Getting too "caught up" in tennis and making it over-important
- Telling your child their opponent is not good and he/she should beat them



# Effective Junior Tennis Parenting Practices

## Parenting Do's

- Provide transportation, financial, & logistical support
- Recognize and encourage your child when he or she does something right
- Help make tennis fun

## Parenting Don'ts

- Consider your child a tennis player first, and your son or daughter second
- Show no interest in your child's tennis

# The Role of Parents in Junior Tennis Success Summary/Question & Answer

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**“Behind every great player is a supportive parent.”**