

DO:

- Cheer for your child during his/her match
- Say “good shot” when your child’s opponent makes a good shot
- Get involved if your child exhibits unacceptable behavior
- Understand that your child needs a break from tennis occasionally
- Be there when your child gets discouraged or loses. Be an understanding listener—not a fixer
- Be the parent—not the coach

DON'T

- Say “We’re playing today.” Instead, say “You’re playing today.”
- Help your child make line calls
- Help your child keep score
- Say anything negative to either player on the court
- Tell your child what they did wrong right after a tough match
- Make your child feel guilty for all the time, money and sacrifices you are making for his/her tennis
- Think of your child’s tennis as an investment for which you expect a return.

NOTE: USTA rules and online D&G policies will apply.

The Parent’s Guide to the CATA “Gran Prix” Junior Tour

Remember:

It’s Just A Game!



The Goal of the CAPTA "Gran Prix" Junior Tour

The CAPTA/CATA Junior Tour is designed to give non-qualified juniors a taste of tournament play by providing them with local competition. During the series of tournaments the child has a chance to develop his/her match play skills to build confidence in order to move up to the next level—USTA sanctioned events. The goal is to set the environment for the junior to have a positive experience and to love the game so they will make it a part of a healthy lifestyle.

The Parents' Role

Remember that your junior player is, first and foremost, your child and everything else—even tennis—comes second. The parents' role is to provide unconditional love and support, win or lose. Help your child deal with the stress that each match can cause in a constructive way. It is up to all parents to be a model of character, especially in sports. If the parents exhibit good sportsmanship in the stands, the child will be a reflection on the court. Cheer for and support your child with positive encouragement, but stay calm and collected and do your best not to show negative emotion.

For more information on parenting an aspiring tennis player, please visit highperformance.usta.com.

Pointers for Parents

- Focus on the fun and personal development that tennis can offer with winning and rankings being secondary.
- Encourage the development of not only their tennis skills, but social skills, sportsmanship and a good attitude.
- If poor behavior is displayed, hold your child responsible.
- Stay off the court during tournaments! If you witness a disagreement or problem, alert the Tournament Director first.
- Stay positive (cheer) and remain confident during matches. Try to avoid showing any negative emotion.
- If your child loses a match, give them some space and don't force them to talk to you about it. Let them come to you when they are ready.
- Treat your child the same whether they win or lose.
- Understand your child's interest in tennis and why they want to play.
- Allow your child to have their dreams but ensure they maintain realistic expectations.
- Don't let tennis be the primary focus while at home.
- Trust your child's coach—you need to be the parent.
- Include your child in the decision making when it comes to tennis.
- Keep a perspective—tennis is just a game.
- Encourage good health and eating habits.
- Maintain positive relationships with other tennis parents.
- Above all, SET A GOOD EXAMPLE!