

Parents

"Help me, Help you" Jerry Maguire

PARENTS GUIDE

1. Be a guest not a pest
2. How to support
3. Counter Excuses
4. Know the field of play
5. Avoid the comfort (feel good) zone
6. Goals- bring it back on track (THE WHY)



*“The difference between a guest
and a pest, is an invitation”*

Be a guest; not a pest



- Unsolicited advice typically has the opposite effect of its intention. You offer it to help, but it only makes the player feel worse about themselves.
- One of the keys to athletic development is creating a culture of winning (success) and that doesn't always occur organically. Since tennis is a sport with massive amounts of failure, we need to define success or winning on things we can control.
- During practice or a match, do not coach; instead sit back and observe, absorb and learn. Take notes from the session (either in your head or on paper) and at a later time (maybe on drive home, but read the room, if the player is still emotional, give it some time) ask “would you like to hear my feedback?”
- You will get NO a lot. When this happens, be patient and try to find other ways to provide feedback (text, notes, or through a 3rd party)

How to support

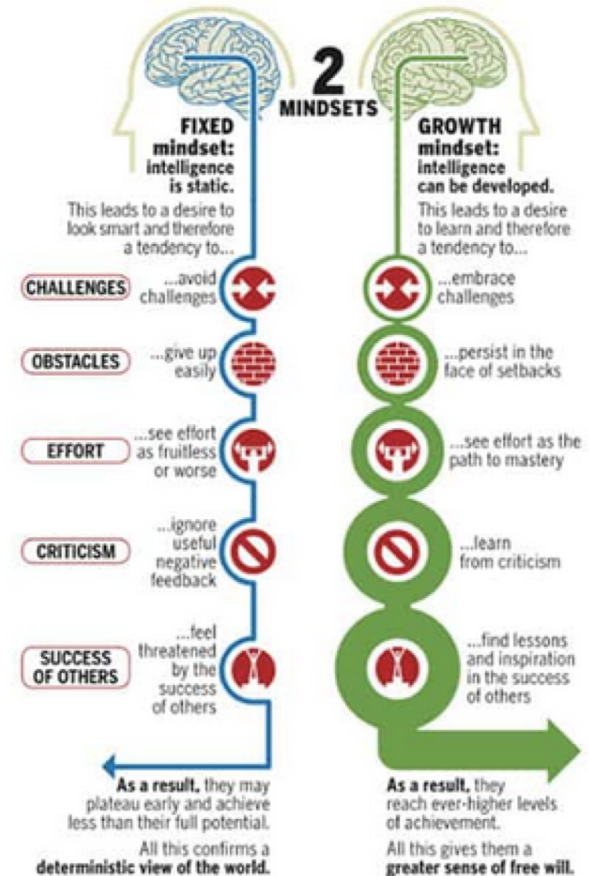


- Players get easily distracted. Coaches biggest challenge is to FOCUS the player. Focus means to 'focus' on one single thing. The player comes to the court after a day of school, maybe not eating well, and at the club there are many distractions. When a parent is trying to help by reminding the player to do x y and z, they are providing more distraction.
- Ask a coach; HOW can I help, HOW can I support. The coach can let you know what the teaching point is. Then you can take notes on how well the player is doing at staying focused on the teaching point. You can also share other notes to coach, but not in front of the player
- Truth is, there is always going to be something to work on, the key is are we all rowing in the same direction and remaining focused on the sessions priority.
- Supporting a player is a skill unto itself. Practice this skill. Focus on solutions only

Counter Excuses



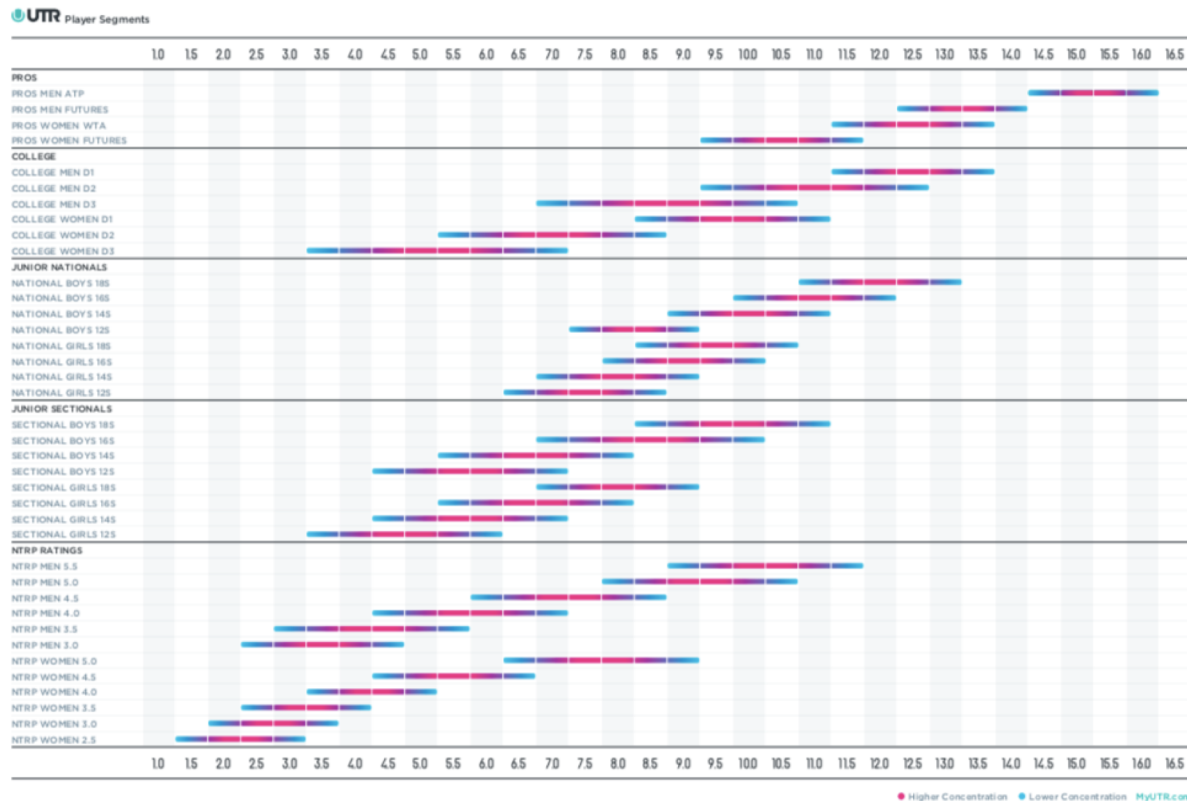
- When a player says they had a bad practice because they were paired with a weak player; a parent has a choice to make in that moment. A) support the excuse and soothe the player and say ‘yeah, I could see that, maybe I will talk to the coach about putting you with better players” or B) What could you have done different to make that training session better?
- This is a skill that takes time to develop. You have to pick your times to counter excuses, because often the player will interpret you as not being supportive.
- Truth: No more handicaps, the best support is honesty and accountability.



Know the field of play



- UTR is something called Universal Tennis Rating
- It is a number assigned based on matches played and is by far the most reliable way of determining a player's level





Know the field of play con't

- TPA Guidelines provide a look at what HP players are doing

TENNIS CANADA HIGH PERFORMANCE TRAINING/COMPETITION GUIDELINES – AGES 6-14

Age		Tennis Training (hrs/week) Refer to Tennis Canada competencies for more detail			Physical Training (hrs/week) Refer to Tennis Canada competencies for more detail			Total hrs/week of Activity	Competitions per year	Other
M	F	Private Lesson	Other (Group, free play, matches)	Total Tennis hrs/week	Specific Tennis	Other Sports	Total Physical Training			
6-7	6	2	1-2	3-4	2	1.5	3.5	6.5-7.5 hrs	10-25 singles matches made up club or inter club	Training sessions should be made up of a number of sessions short in length
7-8	7	2	2-3	4-5	2	1.5	3.5	7.5-8.5 hrs		
8-9	8	3	2-3	5-6	2	2	4	9-10hrs	20-40 singles matches made up mainly club and interclub matches as well as a few provincial events	Participate in all U10 regroupings
9-10	8-9	3	5-7	8-10	4	2	6	14-16hrs		
10-11	9-10	4	6-8	10-12	4	2	6	16-18hrs	60-80 singles matches and participation at some of the clubs events.	Participate in all U12 regroupings
11-12	10-11	4	8-9	12-13	4	2	6	18-19hrs		
12-13	11-12	4-5	9	13-14	7	1	8	21-22hrs	80 singles matches and 20-30 doubles matches made up of club, interclub, provincial, national, and international events	Participate in all Regroupings and camps
13-14	12-13	4-5	10	14-15	8	0	8	22-23hrs		

'Learning isn't pretty'

Growth comes at a price

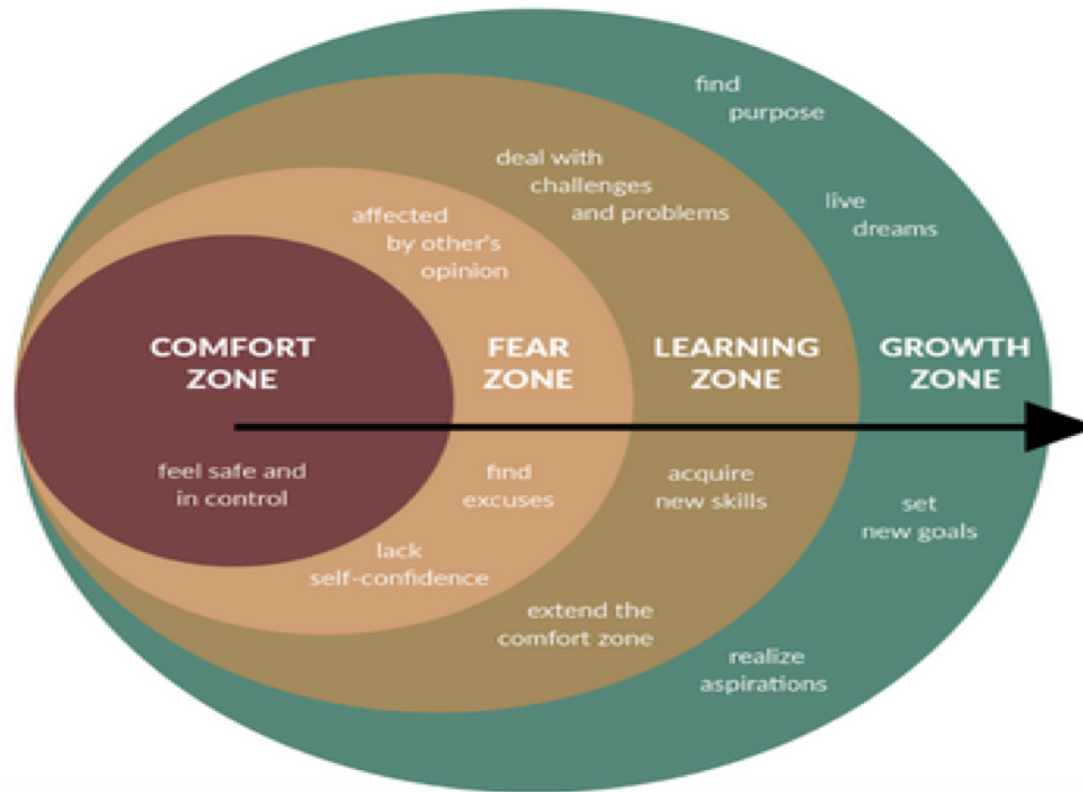


- Players do not win with their best tennis. They win with their average.
- Winning with your B Game is how to create a culture of winning.
- If you always play better players and perform well but lose, you develop a culture of losing. You play great, but you lose, and you lose all the time
- You even lose to weaker players you should not lose to because you never practice against them, so you play good against good players and lose and play horrible against bad players and still lose.
- We want players to learn how to win, and that is often not pretty. The best learning is not nice to look at. It is ugly tennis at least at first.
- Let the player struggle, grapple, and learn how to win with their B Game. It is not hard to play someone better, the fear is playing someone you should beat. That situation is gold for learning.
- Encourage players to play the players they want to play the least

Encourage Learning



Get out of the comfort (feel good) zone



'I am becoming'

Goals (The reason why)



- A parent can help a player a lot by reminding them to focus on things they can control.
- The best way a parent can involve themselves is to create goals with the player based on effort and attitude (things the player can control)
- Situations are the best coaches, so try and create situations that stimulate improvement eg. Extra points for having the courage to go for your shots.
- At the end of the day; the reason why you play determines the best plan.
- And the best players are the ones whose goal is to improve, to be a better player (Sinner, Swiatek etc) because these goals are in their control

Communication

- Please reach out to coaches at anytime either by phone or email
- Read emails
- Attend parent meetings
- The best plans are in concert with coach, parent, player.
- Coaches want parents to be on the same page as them so it is important to communicate a lot.
- We have coach guides as well as player guides; these are designed to provide each person in the team a clear directive (guidance)

