



# **2009 Junior Sportsmanship Guidebook**

***“Character Taught with Every Line Call.”***



Prepared by:

USTA/Midwest Section  
Junior Competition Committee & Coaches Commission

**As of January 12, 2009**

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Dear USTA/Midwest Section Parents and Coaches:

In the last year, the USTA/Midwest Section Junior Competition Committee and Grievance Committee have seen an increase in unsportsmanlike behavior from players, parents and coaches. This has resulted in a record number of grievances and suspended players. The following are examples of UNACCEPTABLE BEHAVIOR that have been reported to the USTA/Midwest Section Office:

- Cheating or players being over-ruled on line calls numerous times;
- Players deliberately mixing up the score in their favor;
- Ball, racquet or verbal abuse;
- Parents coaching players during matches;
- Parents harassing their child's opponent;
- Parents arguing or fighting with each other during tournament play;
- Disrespecting other players and parents

The above list is merely a fraction of what has been reported. The USTA/Midwest Section has always taken pride in our players competitive abilities on the court, but expect sportsmanship from our players, parents and coaches. Due to the long list of issues, a Sportsmanship Task Force was created to work on addressing problems related to the grievance process and sportsmanship as a whole. The Sportsmanship Task Force met in Detroit, MI in 2007. One of the major themes to come out of that meeting was the lack of education about the USTA/Midwest Section Suspension Points System and sportsmanship.

This year, we have titled the guidebook ***“Character Taught with Every Line Call.”*** The USTA/Midwest Section Junior Competition Committee and Coaches Commission have partnered to create this guidebook. Enclosed, you will find information pertaining to the USTA/Midwest Section Suspension Point System, advice from several top college coaches, advice from some of our section's top coaches and general sportsmanship information to help you and your player. If we as coaches, players and parents work together, we will be able to stop this unsportsmanlike trend before it becomes a major epidemic in our section.

In addition, we would like to thank all members of the USTA/Midwest Section Junior Competition Committee and Coaches Commission members as well as Andrea Calvert-Sanders, the USTA/Midwest Section Director of Junior Tennis. They were instrumental in the content of this manual. Their leadership in compiling the information and content layout presented is truly appreciated.

Your input as a tennis parent and coach is very important to the Section. Please contact Andrea Calvert-Sanders at the USTA/Midwest Section office if you have any questions or comments about any of the following information.

Sincerely,

Paul MacDonald, Chairman  
Junior Competition Committee

Mark Faber, Chairman  
Midwest Coaches Commission

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## Section 1: Sportsmanship and Character - The Role of the Coach

This spring, six Penn State football players were arrested and charged for crimes stemming from an off-campus fight April 1 in which at least 15 Nittany Lions were present. The charged included a couple of star players, although what apparently bothered coach Joe Paterno the most was how many of his kids were willing to be involved.

And so Paterno, 80 now but no less tough, no less disciplined, hatched a plan to set things right within his program. He'll let the local legal and student judicial process play out, but regardless he decided that to keep people from thinking his team was trash, it'll spend the fall cleaning it up.

According to Paterno, the Penn State football team will clean Beaver Stadium after each home football game this fall. It'll gather garbage, sweep stairs and maybe even hose parts down.

It'll be Notre Dame on Saturday, nacho spills on Sunday.

It's a job that usually goes to members of club sports on campus – say, rugby or crew – which do it to raise money so they can compete. Paterno said the clubs still will get the \$5,000 for the job, but his guys, fresh off playing 60 minutes of major college football the day before, will do all the work starting Sunday morning.

"We're all going to do it, everybody," Paterno told the Harrisburg Patriot-News after a banquet in suburban Philadelphia. "Not just the kids that were involved. 'Cause we're all in it together. This is a team embarrassment. I wouldn't call it anything much other than that."

This is easily the greatest punishment in recent collegiate history, an absolutely diabolical, telling, high-impact bit of discipline that should remind one and all that what Paterno has been doing out in State College, Pa., all these years is more than just win 363 football games, including 20 the past two seasons.

In a coaching business so full of phonies who talk character only to bend the rules, who consider the definition of discipline a player's weight-room attendance, who wouldn't dare pull something like this because it might hurt recruiting, here's Joe Pa, four decades on the job and not giving a damn.

Except about what's right.

The incident was as simple as it was ugly. One player, Anthony Scirrotto, and his girlfriend were insulted and Scirrotto punched by passers-by on the street, according to the police. Ultimately, Scirrotto called some teammates, they rushed an off-campus party where the passers-by were and a brawl ensued. More players showed up later.

"He got a little irate, called up a couple of his buddies and said, 'Hey, come on down,' " Paterno said. "They went over there and they got in a fight."

Who was right and who was wrong still is being sorted out by the judicial system. Not by Paterno, of course. The details don't seem to matter to him. Rather than figure out which individuals did what, who arrived when, he decided to hammer the entire team, if for nothing less than lacking the leadership to stop the incident from getting out of hand.

On college campuses where football stars often are treated to a lower standard, Paterno is going, once again, for a higher one.

"I just thought that, hey, we had 14, 15 kids – I don't even know how many – that were involved in something embarrassing, and I think that we need to prove to people that we're not a bunch of hoodlums," he said.

The entire team also will have to build a house for Habitat for Humanity and volunteer for the Special Olympics this summer. But the worst punishment no doubt will be cleaning up Penn State's mammoth 107,282-seat stadium.

A job usually left for others now will be done by Penn State's multimillion-dollar football team. Paterno can't see how this is any different. All the kids on campus are the same, so if the rugby team can find the energy to clean the stadium, so can his guys.

"I don't condone (the fight)," Paterno said. "Our kids were wrong."

And across the nation college football coaches faint.

Most coaches have spent their offseason complaining about not being able to text butt-kissing messages to recruits. They no sooner would wear out their players on an off day with garbage picking than give up their country club memberships.

At too many places in college football, the kids never are wrong. Punishments often are things that actually help the team: more running, early-morning weightlifting. It is rarely public, rarely embarrassing and never, at least to my knowledge, a blanket shot across the entire team, a true call for leadership and shared values.

But this is why Joe Paterno is Joe Paterno.

He isn't worried about hurt feelings. He isn't worried about potential recruits. He isn't worried about guys sacking garbage on Sunday morning.

He's worried about the reputation of his players, his program and his school. He's worried about cleaning things up immediately, starting with the stadium.

## Section 2: Sportsmanship Feedback from College Coaches

The Midwest Coaches Commission was given a charge to create information for players, parents and coaches about sportsmanship issues. The Midwest Coaches Commission contacted several top collegiate coaches. Each coach was interviewed on what they observe when they are recruiting a junior and how the junior and parent sportsmanship affects their selection of players. The following are the coaches' feedback.



### **Bruce Berque, Head Men's Tennis Coach University of Michigan**

**What do they observe when they are recruiting a junior?** *I want to be confident that any player we add to our team will represent our team and university with class. While competitive intensity is awesome, we don't want to have anyone join us who would bring embarrassment to our program once he is here, or be a negative in the eyes of other recruits.*

**What do they observe when watching parents?** *Tough one.....the best thing I can think of (other than the obvious) would be to take advantage of the opportunity to have the kids discuss sportsmanship with role models that have come before them. Older players that have recently gone on to college can be a great resource if the kids look up to them. Hearing it from parents or coaches is great, but hearing it from peers that are slightly older may be even more powerful.*

### **Brad Dancer, Head Men's Tennis Coach University of Illinois**

**What do they observe when they are recruiting a junior?** Overall athletic ability - their future ambitions/desires. What does this kid want to be as he grows up - what is his own self awareness? How are his peer relations? Does he seem to enjoy the competition or become uptight?

**What do they observe when watching parents?** Each parent child situation is unique - some of the 'lunatic' parents are the ones with world class playing children. Some 'crazy' parents ruin the experience - there has to be sensitivity to each individual scenario. In general the kids need to show an appreciation for the opportunity to play tennis.

### **Penny Dean, Head Tennis Coach, Bowling Green State University**

**What do they observe when they are recruiting a junior?** *I definitely try to find out about the entire picture of a young lady and not just from her own pro. I want to know about academics, social adjustment, court behavior under pressure, respect for parents, coaches, and tournament officials, respect for peers, and that type of thing. I also feel it is a positive to have played a team sport somewhere along the way, even if 7th grade or lower. One further piece of information I like to find out is "how coachable is this player" in lessons and on the court if possible.*

**What do they observe when watching parents?** *Sportsmanship is of the utmost importance. In college play it reflects on the whole team and entire university. It can be contagious in a good or bad way to a team. Parents and pro's need to emphasize it and follow through on it. This can happen in lessons, group*

play, challenge matches, and tournaments. Also someone needs to work with youngsters on alternate ways to deal with being upset and being angry. DO NOT put pressure on young players to win, sometimes this can cause worse behavior and/or cheating. Players that are going to "make it" put plenty of pressure on themselves. A firm definitive statement can be made by taking the child's racket away for 2 weeks or pulling her off the court whether it be from a lesson or match. If your child mistreats her racket she should have to help pay for new strings or a new racket etc. Or if she has to be pulled from a lesson she can help pay for that cost too.

#### **Mat landolo, Head Women's Coach University of Utah**

**What do they observe when they are recruiting a junior?** As a college coach, sportsmanship/character has always been important to me. I have always looked for indications of that in the recruiting process. The times I have overlooked those key elements I have almost always been burned. In the "2nd half" of my career I have started to put those two qualities at the very top of my list, not that they have not always been there but I made a few too many deals with the devil and in spite many victories it was not worth the price.

**What do they observe when watching parents?** Make it a priority....Make your children accountable. No victory is worth the sacrifice of sportsmanship and while lack of sportsmanship many times has short term benefits I have never seen it pay off in the long run!

#### **Betsy Kuhle, Head Women's Coach Western Michigan University**

**What do they observe when they are recruiting a junior?** I notice kids that will overrule their partner in doubles, compete but don't intimidate their opponents, and make their calls with firmness (i.e. Not "just back" or "uh uh" but quickly and firmly like "out" "wide" and use their hand signals).

Off the court I watch how they interact with their parents and their friends. If they treat THEM poorly, how will they treat me? Finally, I look for what I consider to be good manners. Do they say "please" and "thank you"? Are they courteous to others? Do they hold the door for someone? Pick up after themselves and others? Volunteer for a task when a group is asked?

#### **Tracy Mauntler, Head Women's Tennis Coach University of Toledo**

**What do they observe when they are recruiting a junior?** Most junior players can handle themselves appropriately when they are winning or playing well but I can get a better feel for the players character by watching them through adversity. (Whether that be watching them when they are not playing well or by watching them play someone who is more talented). Do they show negative body language after their opponent hits a winner or do they say "good shot" and move on? Do they use positive self talk in between points? How are their line calls? What do they do in between points? Do they respect their opponent?

I want good "people" on my team because we spend so much time together during the year traveling, competing, etc. It is extremely important to me that I not only get a good tennis player but a quality individual whom I respect. I have learned the hard way that it only takes one negative personality on a team to bring the entire team down and so I spend A LOT of time getting to know the player on a more personal level.

**What do they observe when watching parents?** When I recruit at a tournament, I learn a lot more about the player than just their physical ability. I believe you can learn a lot about the player by watching the parents while their child competes. I always look for parents at tournaments because they can tell me so much without saying a word....

I am continually embarrassed by the negative parent chatter that I hear on the bleachers at tournaments....usually taking badly about the opponent or someone else in the tournament, etc. The players will learn respect for others through their own parents. If they hear parents not respecting others; it make sense that they will have trouble showing respect for opponents.



**Ty Tucker, Head Men's Tennis Coach The Ohio State University**

**What do they observe when they are recruiting a junior?** *I look for kids who want to be on the court. When I see a kid play- I look for the look of a kid who is having fun, not the kid that starts to have fun when he knows there is only 10-15 minutes left in practice. I want kids that the fun part of their day is when they are on the court. If a kid wants to be on the court it all takes care of itself. The attitude will be ok and sportsmanship too, if you just take his racket away for 5-7 days.*

**Al Wermer, Head Men's Tennis Coach University of Toledo**

**What do they observe when they are recruiting a junior?** *"Sportsmanship is certainly quite relevant to us. We have definitely dropped guys off our list quickly due to on-court antics or negative attitude. Along with that, we focus a lot on the teamwork characteristics including: cooperative, unselfish, supportive teammate, leadership potential, and team enthusiasm, etc."*

**What do they observe when watching parents?** *"I love it when parents are very supportive, but that's all. Open communication is critical, but trying to keep the role of parent separate, and let the coaches develop the game and good personal (and sportsmanship) habits of the student is what I am talking about. I don't know how so many parents do it well (world's hardest job!), but I really believe in the end, it's so much better for the player and personal development."*



### Section 3: Sportsmanship Feedback from Top Junior Coaches to Players

Below are some helpful tips from top USTA/Midwest Section High Performance Coaches to junior players concerning ways to demonstrate good sportsmanship:

- Always be aware of your on court conduct.
- Call the lines fair and when in doubt, give it to the opponent. A ball that is 99% out is 100% in.
- Do not excessively question line calls. The first question of a call is “are you sure?” the second is “are you sure? Because that looked in to me” the third is “I’m going to get an official so we can both play our best tennis and not worry about the lines”.
- Take responsibility for losses.
- No profanity or screaming at a level that distracts other courts or brings attention to yourself.
- Make a point to thank tournament director for the event, when possible.
- No trash talking opponent.
- Make the handshake at the end a good one, win or lose, and congratulate your opponent.
- Give a good warm-up to your opponent – nobody wins the warm-up.
- Manage your emotions during the match – nobody likes a whiner.
- No fist pumps for an error by the opponent.
- Abide by the rules of the game. Play fair.
- Do not win at all cost and win without rubbing it in.
- Respect your opponent/s and the game.
- Accept the call of the opponent or official. Show the officials respect.
- Avoid arguing. Work out disagreements in a calm manner.
- Lose without complaining or making excuses.
- Leave the court on good terms each time.
- Always give 100%.
- Be humble.
- Do not make excuses, especially in front of others after a match. Give credit to your opponent after a match.
- Keep your racquet in your hand; respect the court and the racquet.
- Don’t say anything you wouldn’t want your grandmother to hear.
- Acknowledge good shots by your opponents verbally or clapping your racquet and hand.
- Take allotted time between points and on changeovers. Do not stall.
- Play within yourself.
- Treat others as you want to be treated on and off of the court. FOLLOW the GOLDEN RULE.
- Be cordial to all.
- Follow tournament guidelines.
- Demonstrate the love of the game and life.
- Introduce yourself to the other player.
- Show positive body language throughout the match.
- Call the score out loudly and clearly when serving.
- Call the ball out vocally and physically.
- Be polite and respectful by listening and giving eye contact when coach and parent is talking.
- Say “hi” and “bye” to coaches at beginning and end of practice.
- Shake hands at end of match/competition.
- Always say “thank you” after people compliment you as well as to your coaches after practices.



**In monitoring behavior, players should be able to answer these four questions.**

**Is it right?**

**Is it against the rules?**

**Is it fair for everyone involved?**

**Would my ethical role models do it?**



## Section 4: Sportsmanship Feedback from Top Junior Coaches to Parents and Coaches

Below are some helpful tips from top USTA/Midwest Section High Performance Coaches on tips for every junior tennis parent regarding sportsmanship:

- Be a parent first and enjoy watching your child compete. Remember that before they were a tennis player, they were your little one.
- Introduce yourself to the other child's parents.
- Be cordial and let the kids play.
- Teach all manners for life.
- Show respect and be a GOOD ROLE MODEL.
- If child has cheating problem, help guide them to correct it.
- Create a love for game and life.
- Congratulate the opponent, win or lose.
- Have something to do during the match, like read.
- Don't talk to your kids directly after a match about what they did wrong. Follow the half hour rule.
- No coaching or interference during a match.
- Cheer, but don't do it when an opponent misses.
- Cheer for good shots by either player.
- Congratulate both players at end of match.
- Encourage good behavior on court.
- Stay emotionally out of match.
- Punish poor behavior, you must not allow negative behavior (especially at a young age).
- Be respectful to officials and tournament director.
- No negative interaction with opposing parents.
- Thank tournament director for event, if possible.
- Listen to your child. Don't avoid concerns.
- Lay the foundation for good behavior at an early age.
- Praise your child. Shout words of encouragement not direction.
- Don't assume your children enjoy sports. Make sure they are having fun. Don't expect too much out of them, and do not live your dreams through them.
- Do not get involved with on-court activities.
- Make sure coach is also teaching good sportsmanship habits.
- Work with and support coaches, back them up when dealing with negative behavior.
- Keep the perspective that it's just a game. It's not everything.
- Always expect 100% from your child.
- Never say anything to the other child except nice match.
- Never talk to your child about missed calls.
- Do something fun when at a tournament other than tennis, create a fun atmosphere and environment.
- Use tennis as a way to teach your child values and life's challenges.
- Pull your child off the court if they are doing something you don't approve.
- Try not to get too emotional when they win or low when they lose.
- Never talk to your kid about money. If you can't afford to take them to the next tournament, then just don't go. Parents who take out second mortgages and then burden their kids with the anxiety are pathetic.
- Stay away from getting involved with other parents over disputes.
- Understand tournament rules and structure.



**In monitoring behavior, parents should be able to answer these four questions.**

**Is it right?**

**Is it against the rules?**

**Is it fair for everyone involved?**

**Would my ethical role models do it?**



## **To Our Coaches:**

Below are some helpful tips from top USTA/Midwest Section High Performance Coaches to Coaches concerning ways to demonstrate and instill good sportsmanship:

- Communicate your philosophy to the player and family.
- Demonstrate and be a role model to your philosophy.
- Typically this philosophy should include helping to coach the player on life lessons that are applicable on and off the court.
- Let the parent know his or her role in the developmental team.
- Let the family and player know what you expect from them.
- Be firm but flexible.
- Try to have them “buy in” to you, as well as you “buying in” to them.
- Keep the family updated on the progress and challenges or goals that lie ahead.
- Coach, don’t always criticize. Make sure to praise when deserved.
- Don’t live vicariously through your players. Coaches and parents must avoid saying “we play at 1:00 tomorrow.” Your player plays the matches.
- As a coach, make the game fun while at the same time push them to maximize their gifts and emphasize good sportsmanship, not just winning.
- Listen to your player. Don’t avoid concerns.
- Lay the foundation for good behavior.
- Praise your player. Shout words of encouragement not direction.
- Be a role model with your own sportsmanship.
- Don’t assume your players enjoy sports. Make sure they are having fun. Don’t expect too much out of them.
- Do not get involved with on court activities.
- Do not coach your player during the match in any manner.
- Do not tolerate bad behavior.
- Keep the perspective that it’s just a game. It’s not everything.
- It is also important to find out what the junior wants to get out of playing tennis.
- Coaches should watch their players in tournaments to be able to give feedback to both the player and the parents.
- Coaches should model good sportsmanship and expect it from their students at all times.
- Coaches should spend time in practice to go over how to deal with someone who is cheating.
- Coaches should overrule a junior’s call in practice to make players aware of when they are making bad calls.
- Coaches should sit a player down if they are unable to exhibit good sportsmanship.
- Coaches should ask other coaches and tournament staff about their kids to get another opinion on how they act when they are not around.
- Deal with and correct immature on and off court behavior. **DO NOT LOOK THE OTHER WAY.**
- Motivate them for off-court work if necessary.
- Teach respect for opponents and opponent’s parents.
- Stress wins are result of hard work and proper behavior.
- Help players develop rituals that help them to cope with adversity.
- Be respectful to your players.
- Be a positive role model and empower your players to be role models for other players.
- Care more about the development of players than winning.
- Don’t let best players overstep boundaries.
- Give equal attention to all players and if coaching a team let everyone participate.
- Everything should be constructed in a positive manner.
- Respect players, other coaches and officials.
- Do not come up with blames for losses.
- Treat your player/s the same after wins and losses.
- Listen to players and don’t avoid concerns.

**In monitoring behavior, players should be able to answer these four questions.**

**Is it right?**

**Is it against the rules?**

**Is it fair for everyone involved?**

**Would my ethical role models do it?**



## **Tips for Parents and Coaches**

Anyone on any sideline can influence a child's experience positively by following these simple ideas.

### **\*THE FUN LIES IN BEING ABLE TO PLAY.**

Encourage player development and giving a 100% performance over winning. Ask, "Did you have fun?" rather than "Did you win?" Winning is not a strong motivation if children are not having fun.

### **\*KNOW THE GAME AND THE RULES.**

Tennis looks simple but is complex to play, coach and officiate. It is free flowing and ever changing, and demands constant problem-solving. It is also physically demanding.

### **\*SUPPORT THE ENTIRE TEAM, NOT JUST YOUR CHILD.**

Don't give instructions, or get over-involved; applaud good plays by all.

### **\*PRACTICE GOOD SPORTSMANSHIP.**

Youngsters learn by example. Win gracefully, not boastfully. Lose without being negative.

### **\*LET THE PLAYERS PLAY.**

Tennis is a player's game; they are being trained to make decisions on the field. Things happen quickly; players do not have time to react to sideline instructions. They do hear encouragement; however, so be positive.

### **\*LET THE COACHES COACH.**

Many coaches are volunteers who provide guidance and supervised fun. They give their time and energy to help your child learn skills and the joys of tennis. Respect them and their decisions. Remember, their concern is the whole team---not just your child.

### **\*LET THE OFFICIALS OFFICIATE.**

Some are young and learning. They help teach children about sportsmanship, fair play and the spirit of tennis. Their calls are final. Disputing or disagreeing with a decision never changes it. It just disrupts the players and the match.

### **\*GET INVOLVED WITH TENNIS.**

Help your child's skills and sportsmanship improve. Take him or her to a MATCH, or watch one on TV. Hit the ball around, even if you have no talent.

### **\*BE SUPPORTIVE.**

Volunteer to help with transportation or administrative tasks. Make sure your child is prompt---this teaches responsibility.

### **\*ALLOW YOUR CHILD TO BE A CHILD.**

Young players see tennis as fun. They enjoy learning skills, being with others and running around. They are building character and self-esteem. You'll see wonderful progress--and help your child to grow--if fun and technique developments are your top priorities.





- \_\_\_ 20. Do I try to make tennis fun?
- \_\_\_ 21. Do I avoid focusing the majority of our conversations at home on tennis?
- \_\_\_ 22. Do I act calm and confident in my child as he or she plays the match?
- \_\_\_ 23. Do I avoid considering my child's tennis as an investment and that I should receive something in return?
- \_\_\_ 24. Do I treat my child the same following wins and losses?
- \_\_\_ 25. Do I provide my child ample opportunity and resources to be successful in tennis?
- \_\_\_ 26. Do I allow my child some "say" in tennis-related decisions?
- \_\_\_ 27. Do I attempt to keep my own interests in tennis secondary to my child's?
- \_\_\_ 28. Do I avoid getting caught up in tennis and making it over-important?
- \_\_\_ 29. Do I consider my child my son or daughter first, and an athlete second?
- \_\_\_ 30. Do I avoid critiquing my child immediately following the match or during the car ride home?

**TOTAL SCORE** \_\_\_\_\_

135-150: Great job mom/dad! You are parenting your child in junior tennis very effectively. Keep doing what you're doing!

120-134: You are very effective in parenting your child in tennis. Find any items that you scored 3 or below and set a goal to improve.

105-119: At times you are effective parenting your child in tennis, but there are some behaviors that may be negatively influencing your child's experience in tennis. Review your ratings and then set a goal to improve scores below a 3.

90-104: There is a good chance that you are negatively influencing your child's tennis experience. Review your ratings and then read the USTA's parenting book. This will help you develop ideas for improving your child's tennis experience. You can find the information at [www.usta.com](http://www.usta.com).

89 and below: You are negatively influencing your child's tennis experience. It is important that you think about your child's goals and why he or she plays tennis. Reflect on your perspective of junior tennis and how it differs from a healthy perspective of developing the child and having fun in tennis. Please review the USTA's parenting book, and set a goal every week to improve as a tennis parent. You can find the information at [www.usta.com](http://www.usta.com).



## Section 5: Rules and Regulations



As you and your player enter the competitive world of junior tennis, it is highly recommended that you understand the basic rules of tennis. The USTA Friend at Court is a publication that is produced every year with the rules and regulations for all tournament play. This is the “official” rule book that tournament directors and officials use. You can view the USTA Friend at Court by going to [www.usta.com](http://www.usta.com).

The following is the “*The Code-The Players Guide for Matches when Officials are not Present*” on pages 52-59 of the USTA Friend at Court.

### PREFACE

When your serve hits your partner stationed at the net, is it a let, fault, or loss of point? Likewise, what is the ruling when your serve, before touching the ground, hits an opponent who is standing *back* of the baseline. The answers to these questions are obvious to anyone who knows the fundamentals of tennis, but it is surprising the number of players who don’t know these fundamentals. All players have a responsibility to be familiar with the basic rules and customs of tennis. Further, it can be distressing when a player makes a decision in accordance with a rule and the opponent protests with the remark: “Well, I never heard of that rule before!” Ignorance of the rules constitutes a delinquency on the part of a player and often spoils an otherwise good match.

What is written here constitutes the essentials of *The Code*, a summary of procedures and unwritten rules that custom and tradition dictate all players should follow. No system of rules will cover every specific problem or situation that may arise. If players of good will follow the principles of *The Code*, they should always be able to reach an agreement, while at the same time making tennis more fun and a better game for all. The principles set forth in *The Code* shall apply in cases not specifically covered by the ITF Rules of Tennis and USTA Regulations.

Before reading this you might well ask yourself: Since we have a book that contains all the rules of tennis, why do we need a code? Isn’t it sufficient to know and understand all the rules? There are a number of things not specifically set forth in the rules that are covered by custom and tradition only. For example, if you have a doubt on a line call, your opponent gets the benefit of the doubt. Can you find that in the rules? Further, custom dictates the standard procedures that players will use in reaching decisions.

These are the reasons we need a code.

—Col. Nick Powel

**Note: *The Code* is not part of the official ITF Rules of Tennis. Players shall follow *The Code* in all unofficiated matches. Many of the principles also apply when officials are present. This edition of *The Code* is an adaptation of the original, which was written by Colonel Nicolas E. Powel.**

### PRINCIPLES

1. *Courtesy*. Tennis is a game that requires cooperation and courtesy from all participants. Make tennis a fun game by praising your opponents’ good shots and by not:

- conducting loud postmortems after points;
- complaining about shots like lobs and drop shots;
- embarrassing a weak opponent by being overly gracious or condescending;
- losing your temper, using vile language, throwing your racket, or slamming a ball in anger; or
- sulking when you are losing.

2. *Counting points played in good faith*. All points played in good faith stand. For example, if after losing a point, a player discovers that the net was four inches too high, the point stands. If a point is played from the wrong court, there is no replay. If during a point, a player realizes that a mistake was made at the beginning (for example, service from the wrong court), the player shall continue playing the point.

Corrective action may be taken only after a point has been completed. Shaking hands at end of the match is an acknowledgment by the players that the match is over.

## THE WARM-UP

3. *Warm-up is not practice.* A player should provide the opponent a 5-minute warm-up (ten minutes if there are no ballpersons). If a player refuses to warm up the opponent, the player forfeits the right to a warm-up. Some players confuse warm-up and practice. Each player should make a special effort to hit shots directly to the opponent. (If partners want to warm each other up while their opponents are warming up, they may do so.)
4. *Warm-up serves and returns.* A player should take all warm-up serves before the first serve of the match. A player who returns serves should return them at a moderate pace in a manner that does not disrupt the server.

## MAKING CALLS

5. *Player makes calls on own side of the net.* A player calls all shots landing on, or aimed at, the player's side of the net.
6. *Opponent gets benefit of doubt.* When a match is played without officials, the players are responsible for making decisions, particularly for line calls. There is a subtle difference between player decisions and those of an on-court official. An official impartially resolves a problem involving a call, whereas a player is guided by the unwritten law that any doubt must be resolved in favor of the opponent. A player in attempting to be scrupulously honest on line calls frequently will find himself keeping a ball in play that might have been out or that the player discovers too late was out. *Even so, the game is much better played this way.*
7. *Ball touching any part of line is good.* If any part of the ball touches the line, the ball is good. A ball 99% out is still 100% good.
8. *Ball that cannot be called out is good.* Any ball that cannot be called out is considered to have been good. A player may not claim a let on the basis of not seeing a ball. One of tennis' most infuriating moments occurs after a long hard rally when a player makes a clean placement and the opponent says: "I'm not sure if it was good or out. Let's play a let." Remember, it is each player's responsibility to call all balls landing on, or aimed at, the player's side of the net. If a ball can't be called out with certainty, it is good. When you say your opponent's shot was really out but you offer to replay the point to give your opponent a break, you are deluding yourself because you must have had some doubt.
9. *Calls when looking across a line or when far away.* The call of a player looking down a line is much more likely to be accurate than that of a player looking across a line. When you are looking across a line, don't call a ball out unless you can clearly see part of the court between where the ball hit and the line. It is difficult for a player who stands on one baseline to question a call on a ball that landed near the other baseline.
10. *Treat all points the same regardless of their importance.* All points in a match should be treated the same. There is no justification for considering a match point differently than the first point.
11. *Requesting opponent's help.* When an opponent's opinion is requested and the opponent gives a positive opinion, it must be accepted. If neither player has an opinion, the ball is considered good. Aid from an opponent is available only on a call that ends a point.
12. *Out calls corrected.* If a player mistakenly calls a ball "out" and then realizes it was good, the point shall be replayed if the player returned the ball within the proper court. Nonetheless, if the player's return of the ball results in a "weak sitter," the player should give the opponent the point. If the player failed to make the return, the opponent wins the point. If the mistake was made on the second serve, the server is entitled to two serves.
13. *Player calls own shots out.* With the exception of the first serve, a player should call against himself or herself any ball the player clearly sees out regardless of whether requested to do so by the opponent. The prime objective in making calls is accuracy. All players should cooperate to attain this objective.
14. *Partners' disagreement on calls.* If one partner calls the ball out and the other partner sees the ball good, they shall call it good. It is more important to give your opponents the benefit of the doubt than to avoid possibly hurting your partner's feelings. The tactful way to achieve the desired result is to tell your partner quietly of the mistake and then let your partner concede the point. If a call is changed from out to good, the principles of Code 12 apply.
15. *Audible or visible calls.* No matter how obvious it is to a player that the opponent's ball is out, the opponent is entitled to a prompt audible or visible out call.
16. *Opponent's calls questioned.* When a player genuinely doubts an opponent's call, the player may ask: "Are you sure of your call?" If the opponent reaffirms that the ball was out, the call shall be accepted. If the opponent acknowledges uncertainty, the opponent loses the point. There shall be no further delay or discussion.
17. *Spectators never to make calls.* A player shall not enlist the aid of a spectator in making a call. No spectator has a part in the match.

18. *Prompt calls eliminate two chance option.* A player shall make all calls promptly after the ball has hit the court. A call shall be made either before the player's return shot has gone out of play or before the opponent has had the opportunity to play the return shot. Prompt calls will quickly eliminate the "two chances to win the point" option that some players practice. To illustrate, a player is advancing to the net for an easy put away and sees a ball from an adjoining court rolling toward the court. The player continues to advance and hits the shot, only to have the supposed easy put away fly over the baseline. The player then claims a let. The claim is not valid because the player forfeited the right to call a let by choosing instead to play the ball. The player took a chance to win or lose and is not entitled to a second chance.

19. *Lets called when balls roll on the court.* When a ball from an adjacent court enters the playing area, any player shall call a let as soon as the player becomes aware of the ball. The player loses the right to call a let if the player unreasonably delays in making the call.

20. *Touches, hitting ball before it crosses net, invasion of opponent's court, double hits, and double bounces.* A player shall promptly acknowledge if:

- a ball touches the player;
- the player touches the net;
- the player touches the player's opponent's court;
- the player hits a ball before it crosses the net;
- the player deliberately carries or double hits the ball; or
- the ball bounces more than once in the player's court.

21. *Balls hit through the net or into the ground.* A player shall make the ruling on a ball that the player's opponent hits:

- through the net; or
- into the ground before it goes over the net.

22. *Calling balls on clay courts.* If any part of the ball mark touches the line on a clay court, the ball shall be called good. If you can see only part of the mark on the court, this means that the missing part is on the line or tape. A player should take a careful second look at any point-ending placement that is close to a line on a clay court. Occasionally a ball will strike the tape, jump, and then leave a full mark behind the line. This does not mean that a player is required to show the opponent the mark. The opponent shall not cross the net to inspect a mark. See **USTA Regulation IV.C.8**. If the player hears the sound of the ball striking the tape and sees a clean spot on the tape near the mark, the player should give the point to the opponent.

## **SERVING**

23. *Server's request for third ball.* When a server requests three balls, the receiver shall comply when the third ball is readily available. Distant balls shall be retrieved at the end of a game.

24. *Foot Faults.* A player may warn an opponent that the opponent has committed a flagrant foot fault. If the foot faulting continues, the player may attempt to locate an official. If no official is available, the player may call flagrant foot faults. Compliance with the foot fault rule is very much a function of a player's personal honor system. The plea that a Server should not be penalized because the server only just touched the line and did not rush the net is not acceptable. Habitual foot faulting, whether intentional or careless, is just as surely cheating as is making a deliberate bad line call.

25. *Service calls in doubles.* In doubles the receiver's partner should call the service line, and the receiver should call the sideline and the center service line. Nonetheless, either partner may call a ball that either clearly sees.

26. *Service calls by serving team.* Neither the server nor server's partner shall make a fault call on the first service even if they think it is out because the receiver may be giving the server the benefit of the doubt. There is one exception. If the receiver plays a first service that is a fault and does not put the return in play, the server or server's partner may make the fault call. The server and the server's partner shall call out any second serve that either clearly sees out.

27. *Service let calls.* Any player may call a service let. The call shall be made before the return of serve goes out of play or is hit by the server or the server's partner. If the serve is an apparent or near ace, any let shall be called promptly.

28. *Obvious faults.* A player shall not put into play or hit over the net an obvious fault. To do so constitutes rudeness and may even be a form of gamesmanship. On the other hand, if a player does not call a serve a fault and gives the opponent the benefit of a close call, the server is not entitled to replay the point.

29. *Receiver readiness.* The receiver shall play to the reasonable pace of the server. The receiver should make no effort to return a serve when the receiver is not ready. If a player attempts to return a serve (even if it is a "quick" serve), then the receiver (or Receiving team) is presumed to be ready.

30. *Delays during service.* When the server's second service motion is interrupted by a ball coming onto the court, the server is entitled to two serves. When there is a delay between the first and second serves:

- the server gets one serve if the server was the cause of the delay;
  - the server gets two serves if the delay was caused by the receiver or if there was outside interference.
- The time it takes to clear a ball that comes onto the court between the first and second serves is not considered sufficient time to warrant the server receiving two serves unless this time is so prolonged as to constitute an interruption. The receiver is the judge of whether the delay is sufficiently prolonged to justify giving the server two serves.

## SCORING

31. *Server announces score.* The server shall announce the game score before the first point of the game and the point score before each subsequent point of the game.

32. *Disputes.* Disputes over the score shall be resolved by using one of the following methods, which are listed in the order of preference:

- count all points and games agreed upon by the players and replay only the disputed points or games;
- play from a score mutually agreeable to all players;
- spin a racket or toss a coin.

## HINDRANCE ISSUES

33. *Talking during a point.* A player shall not talk while the ball is moving toward the opponent's side of the court. If the player's talking interferes with an opponent's ability to play the ball, the player loses the point. Consider the situation where a player hits a weak lob and loudly yells at his or her partner to get back. If the shout is loud enough to distract an opponent, then the opponent may claim the point based on a deliberate hindrance. If the opponent chooses to hit the lob and misses it, the opponent loses the point because the opponent did not make a timely claim of hindrance.

34. *Body movement.* A player may feint with the body while the ball is in play. A player may change position at any time, including while the server is tossing the ball. Any other movement or any sound that is made solely to distract an opponent, including, but not limited to, waving the arms or racket or stamping the feet, is not allowed.

35. *Lets due to hindrance.* A let is not automatically granted because of hindrance. A let is authorized only if the player could have made the shot had the player not been hindered. A let is also not authorized for a hindrance caused by something within a player's control. For example, a request for a let because the player tripped over the player's own hat should be denied.

36. *Grunting.* A player should avoid grunting and making other loud noises. Grunting and other loud noises may bother not only opponents but also players on adjacent courts. In an extreme case, an opponent or a player on an adjacent court may seek the assistance of the Referee or a Roving Umpire. The Referee or official may treat grunting and the making of loud noises as a hindrance. Depending upon the circumstance, this could result in a let or loss of point.

37. *Injury caused by a player.* When a player accidentally injures an opponent, the opponent suffers the consequences. Consider the situation where the server's racket accidentally strikes the receiver and incapacitates the receiver. The receiver is unable to resume play within the time limit. Even though the server caused the injury, the server wins the match by retirement. On the other hand, when a player deliberately injures an opponent and affects the opponent's ability to play, then the opponent wins the match by default. Hitting a ball or throwing a racket in anger is considered a deliberate act.

## WHEN TO CONTACT AN OFFICIAL

38. *Withdrawing from a match or tournament.* A player shall not enter a tournament and then withdraw when the player discovers that tough opponents have also entered. A player may withdraw from a match or tournament only because of injury, illness, or personal emergency. A player who cannot play a match shall notify the Referee at once so that the opponent may be saved a trip. A player who withdraws from a tournament is not entitled to the return of the entry fee unless the player withdrew more than six days before the start of the tournament.

39. *Stalling.* The following actions constitute stalling:

- warming up longer than the allotted time;
- playing at about one-third a player's normal pace;
- taking more than 90 seconds on the odd-game changeover; or more than 120 seconds on the Set Break.
- taking longer than the authorized 10 minutes during a rest period;
- starting a discussion or argument in order for a player to catch his or her breath;
- clearing a missed first service that doesn't need to be cleared; and
- excessive bouncing of the ball before any serve.

A player who encounters a problem with stalling should contact an official. Stalling is subject to penalty under the Point Penalty System.

40. *Requesting an official.* While normally a player may not leave the playing area, the player may contact the Referee or a Roving Umpire to request assistance. Some reasons for visiting the Referee include:

- stalling;
- chronic flagrant foot faults;
- a Medical Time-Out
- a scoring dispute; and
- a pattern of bad calls.

A player may refuse to play until an official responds.

### **BALL ISSUES**

41. *Retrieving stray balls.* Each player is responsible for removing stray balls and other objects from the player's end of the court. A player's request to remove a ball from the opponent's court must be honored. A player shall not go behind an adjacent court to retrieve a ball, nor ask a player for return of a ball from players on an adjacent court until their point is over. When a player returns a ball that comes from an adjacent court, the player shall wait until their point is over and then return it directly to one of the players, preferably the server.

42. *Catching a ball.* If a player catches a ball before it bounces, the player loses the point regardless of where the player is standing.

43. *New balls for a third set.* When a tournament specifies new balls for a third set, new balls shall be used unless all players agree otherwise.

### **MISCELLANEOUS**

44. *Clothing and equipment malfunction.* If clothing or equipment, other than a racket, becomes unusable through circumstances outside the control of the player, play may be suspended for a reasonable period. The player may leave the court after the point is over to correct the problem. If a racket or string is broken, the player may leave the court to get a replacement, but the player is subject to code violations under the Point Penalty System.

45. *Placement of towels.* Place towels on the ground outside the net post or at the back fence. Clothing and towels should never be placed on the net.



## Section 6: USTA/Midwest Section Suspension Point System and USTA/Midwest Section Junior Sportsmanship Agreement

### PLAYER RESPONSIBILITIES AND CONDUCT

#### Point Penalty System

a. Application. The Suspension Point System shall apply to all singles and doubles matches (main draw, consolation, and qualifying) in a District Qualifier for the USTA/Midwest Section Junior Closed Outdoor Championships, USTA/Midwest Section Championships, Designated tournaments, USTA/Midwest Section Level 4 and 5 events for the USTA National Rankings, and USTA National Junior Scheduled events. Suspension points will not be assessed against a player for the action of that player's doubles partner.

b. Suspension Points. Suspension Points will be assessed against a player for the following:

**Point Penalty System:** For each violation under the Point Penalty System (USTA Regulation I.P.) (excluding Time Violations for delay between points, after warm-up, after 90-second changeover, after a Set Break), Suspension Points shall be assessed for the following:

- Point..... 2
- Game..... 2
- Default..... 2

In addition to the Suspension Points assessed under USTA Regulation III.A.8.b.i., Suspension Points shall be assessed for the following:

#### Defaults:

Default for a flagrantly unsportsmanlike act on or off the court	<b>8</b>
Default for refusal to play or continue to play for any reason other than illness, injury, or personal emergency	<b>5</b>
Default because of an adult decision	<b>5</b>
Default for no-show	<b>5</b>
Default due to later arrival for a match	<b>1</b>
Disqualification for ineligibility	<b>3</b>

#### Withdrawals:

Entering two or more tournaments, matches or exhibitions scheduled to take place at the same time, in whole or in part, unless each Tournament Committee involved approves the multiple entries in writing	<b>5</b>
Withdrawal from a tournament (singles or doubles) after entries have closed for any reason other than injury, illness or personal emergency	<b>4</b>

#### Unsportsmanlike conduct:

Unsportsmanlike or inappropriate conduct off court at locations such as the tournament site, hotel or housing	<b>5</b>
Not using best efforts to win	<b>2</b>

#### Gross misconduct:

Physical act of violence against another person on or off the court by a player, parent, relative, coach or other person associated with a player	<b>10</b>
Illegal use of drugs or possession of illegal drugs	<b>8</b>
Possession or consumption of alcohol beverages	<b>8</b>
Gambling activity (as defined in USTA Regulation I.N. 18)	<b>8</b>
Destruction of property	<b>8</b>
Playing while under suspension. Competing in any sanctioned tournament while under suspension by the USTA or one of its Sectional Associations	<b>10</b>
Suspension points received at international tournaments. Each suspension point assessed a player by the International Tennis Federation at tournaments not on the National Junior Schedule	<b>1</b>

c. Persons authorized to file suspension point reports with the Referee. The following persons are authorized to file suspension point reports with the referee for offenses they personally witness:

- Tournament Committee members;
- Chief Umpire;
- Deputy Referees;
- on-court officials (including Roving Officials);
- Court Monitors, is specifically authorized by the Referee;
- club or facility managers;
- hotel or dormitory managers
- families housing players; and
- player development staff.



d. Notification of points levied. Tournament committees of a District Qualifier for the USTA/Midwest Section Junior Closed Outdoor Championships, USTA/Midwest Section Championships, Designated tournaments, USTA/Midwest Section Level 4 and 5 events for the USTA National Rankings, and USTA National Junior Scheduled events shall promptly notify the USTA/Midwest Section office of any points levied against any player. It shall be the responsibility of the player to be aware of the number of points the player has accumulated. The player may submit any additional information to the USTA/Midwest Section office for consideration. A player may only appeal a point which is an issue of law.

e. Player shall be suspended if he receives 10 points within a 12 month period. Any player who receives 10 or more suspension points during a 12 month period shall be suspended for 12 consecutive weeks from competing in any USTA sanctioned events.

As a consequence of the suspension:

- i. During the effective dates of the suspension period a player shall not be endorsed, and any prior endorsement shall be withdrawn to any or all USTA National Championships that require USTA/Midwest Section endorsement and occur during the suspension period.
- ii. If no USTA National Championship requiring USTA/Midwest Section endorsement is held during the effective dates of a player's suspension period, then that player shall not be eligible for endorsement to the next USTA National Championship that is held following the expiration of the suspension period. At the conclusion of the suspension period 10 Suspension Points shall be removed from the player's suspension point record.

f. Notification of suspension. When a player has accumulated 10 or more suspension points, the player will be notified of the suspension via an overnight delivery service that documents receipt of the letter by the addressee. All District Associations in the USTA/Midwest Section will also be notified in writing when the suspension becomes effective.

g. Right to appeal suspension to USTA/Midwest Section Grievance Committee. The player shall have the right to a hearing before the USTA/Midwest Section Grievance Committee if the player requests a hearing within ten days of receipt of the notice of suspension. Such a request for a hearing must be in writing and received at the USTA/Midwest Section office within ten days of the receipt of the notice of suspension.

h. Effective date of suspension:

- i. If a hearing before the USTA/Midwest Section Grievance Committee is not requested, the suspension will begin on the day following the ten day period during which the player may appeal.
- ii. If a hearing before the USTA/Midwest Section Grievance Committee is requested and if the committee affirms the suspension, then the suspension will begin one day after the date of the order of the USTA/Midwest Section Grievance Committee affirming the suspension.
- iii. If any appeal from a decision of the USTA/Midwest Section Grievance Committee is made to the USTA/Midwest Section Board of Directors and if they affirm the suspension, then the suspension will begin on the date of the order of the USTA/Midwest Section Board of Directors affirming the suspension.

i. No Suspension Points assessed for withdrawals due to illness, injury, or personal emergency. No Suspension Points shall be levied for a default or withdrawal that is due to illness, injury or personal emergency.

j. The USTA/Midwest Section Board of Directors shall adopt such rules as may be appropriate for the implementation of the Point Penalty Suspension System.

*USTA/Midwest Section Recognition of Suspended Players.*

The USTA/Midwest Section shall maintain a record of suspended players. The sharing of information regarding player suspensions includes, but it is not limited to, tournament directors, tournament referees, tournament committees, districts, sections, and the USTA.

*USTA/Midwest Section Recognition of a Suspension From Another Section.*

The USTA/Midwest Section shall recognize a suspension of a player from another section provided that the affected player has exhausted all appeals in connection with the suspension.

**Responsible  
Educated  
Sportsmen  
Promoting  
Ethical  
Conduct  
Together  
Respect The GAME!**



**USTA/Midwest Section Junior Sportsmanship Agreement:**

The USTA/Midwest Section asks your cooperation in abiding by the rules and regulations as stated in the USTA Friend at Court. The rules and regulations are for players, coaches, and spectators. The following Point Penalties shall be imposed against a player for unsportsmanlike conduct during a tournament such as but not limited too:

- Unreasonable delays after the warm-up period, between points and when changing ends, and otherwise unreasonably delaying a match due to unsportsmanlike behavior;
- Audible obscenity;
- Visible obscenity;
- Violently, or with anger, hitting, kicking, or throwing a tennis ball or other equipment;
- Verbal or physical abuse of any official, opponent, spectator or other person;
- Coaching by a captain or any other accompanying person;
- Any unsportsmanlike conduct including disrespecting your opponent

As a parent or player, I agree to the following:

- **I WILL BE POSITIVE**-I will express support and encouragement for my child/player and his/her opponent.
- **I WILL RESPECT MY OPPONENT**- I respect my opponent for their skills and effort.
- **I WILL RESPECT THE TOURNAMENT STAFF** -I will give professional respect before, during and after the match to the tournament staff.
- **I WILL RESPECT OFFICIALS**- I understand that tennis has rules and regulations and the officials will enforce them to the best of their ability.
- **I WILL BE A GOOD SPORT**-By my example, I will teach my child/player good sportsmanship toward the opposing opponent and parents.
- **I WILL ACCEPT THE CONSEQUENCES IF I OR MY CHILD/PLAYER BEHAVES IMPROPERLY** : These consequences may include being told by the officials or tournament staff to leave the facility and/or my child may receive suspension points that could lead to my child being suspended from participating in junior tennis.

Name of Tournament: \_\_\_\_\_ Age Division: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_

Print Player Name: \_\_\_\_\_

Sign Player Name: \_\_\_\_\_

Print Parent/Coach/Chaperone Name: \_\_\_\_\_

Sign Parent/Coach/Chaperone Name: \_\_\_\_\_

Date: \_\_\_\_\_



## **Resource Section**

**Coaching and Parent Resources**

**USTA/Midwest Section & District Contact Information**

## Coaching Resources

### Books

#### **General Coaching and Sport Science**

*ITF Advanced Coaches Manual*

(Crespo and Miley—ITF, ISBN: 0-9514175-1-7)

*ITF Developing Young Tennis Players*

(Crespo, Granitto and Miley—ITF, ISBN: 1-903013-05-4)

*Competitive Tennis for Young Players*

(Grosser/Schonborn—ITF, ISBN: 1-841226-075-4)

*Coaching Tennis Successfully, 2nd Edition*

(USTA—Human Kinetics, ISBN: 0736048294)

*Applied Sport Science for High Performance Tennis*

(Crespo, Reid, Miley—ITF, ISBN: 1-903013-27-5)

*Total Tennis: The Ultimate Tennis Encyclopedia*

(Collins—SportClassic Books, ISBN: 0973144343)

*Coaching Youth Tennis*(ASEP—Human Kinetics, ISBN: 0873229665)

*Learn to Rally and Play*(USTA—USTA Publishing, 888-832-8291)

*Maximum Tennis: 10 Keys to Releasing Your*

*On-Court Potential*(Saviano—Human Kinetics, ISBN: 0736042008)

#### **Sport Psychology**

*In Pursuit of Excellence, 3rd Edition*

(Orlick—Human Kinetics, ISBN: 0736031863)

*Mental Toughness Training for Sports*

(Loehr—Stephen Green Press, ISBN: 0-8289-0574-6)

*Psyching for Sport: Mental Training for Athletes*

(Orlick—Human Kinetics, ISBN: 0880112735)

*Winning Ugly: Mental Warfare in Tennis*

(Gilbert and Jamison—Fireside, ISBN: 067188400X)

*Visual Tennis*

(Yandell—Human Kinetics, ISBN: 0880118032)

*Foundations of Sport and Exercise Psychology, 3rd Edition*(Weinberg and Gould—Human Kinetics ISBN:

0736044191)

*Enhancing Recovery: Preventing Underperformance in Athletes*(Kellerman—Human Kinetics, ISBN:

0736034005)

*Emotions in Sport*(Hanin—Human Kinetics, ISBN: 0880118792)

#### **Strength and Conditioning**

*Designing Resistance Training Programs*

(Fleck and Kraemer—Human Kinetics, ISBN: 0736042571)

*Power Tennis Training*

(Chu—Human Kinetics, ISBN: 087322616X)

*Core Performance*(Veretegen—Rodale Books, ISBN: 157954908X)

*Strength Training Anatomy*

(Delavier—Human Kinetics, ISBN: 0-7360-4185-0)

*Strength Training for Young Athletes, 2nd Edition*

(Kraemer—Human Kinetics, ISBN: 0736051031)

*Speed Training for Tennis*

(Grosser/Kraft/Schonborn—ITF, ISBN: 1-84126-030-4)

*The Scientific and Clinical Application of Elastic Resistance* (Ellenbecker—Human Kinetics, ISBN:

0736036881)

#### **Physiology/Growth and Development/ Nutrition**

*Physiology of Sport and Exercise, 3rd Edition*

(Willmore and Costill, Human Kinetics, ISBN: 0736044892)

*Exertional Heat Illnesses*

(Armstrong—Human Kinetics, ISBN: 0736037713)

*Physiological Tests for Elite Athletes*

(Australian Sports Commission—Human Kinetics, ISBN: 0736003266)

*Growth, Maturation and Physical Activity*

(Malina—Human Kinetics, ISBN: 0880118822)

#### **Biomechanics/Sports Medicine/Motor Control**

*Advanced Techniques for Competitive Tennis*

(Schonborn—Meyer & Meyer Sport, ISBN: 3-89124-534-3)

*Biodynamic Tennis System*

(Segal—Tennis Club Argentino, ISBN: 987-43-5191-8)



*Clinics in Sports Medicine*  
(Harcourt Brace & Co, ISBN: 0278-5919)  
*Motor Learning and Performance, 3rd Edition*  
(Schmidt and Wrisberg—Human Kinetics, ISBN: 073604566X)  
*American Red Cross for First Aid and CPR Training*  
([www.redcross.org/services/hss/](http://www.redcross.org/services/hss/))

#### **Nutrition**

*Nutrition for Serious Athletes*  
(Bernadot—Human Kinetics, ISBN: 0880118334)  
*The Complete Guide to Food for Sport Performance: A Guide to Peak Performance for Your Sport*  
(Burke—Independent Publishing Group, ISBN: 1863739165)  
*Clinical Sports Nutrition, 2nd Edition*  
(Burke and Deakin—McGraw-Hill, ISBN: 0-074-70828-7)

#### **Technology in Tennis**

*The Physics and Technology of Tennis*  
(Brody, Cross and Lindsey—USRSA, ISBN: 0972275908)  
*Tennis Science for Tennis Players*  
(Brody—University of Pennsylvania Press, ISBN: 081221238X)



### **Newsletters and Journals**

#### **USTA Tennis High Performance Coaching E-newsletter**

Every month USTA Tennis High Performance publishes an e-newsletter that presents short, easily-digestible articles ranging from research summaries to new coaching resources to announcements of opportunities that arise in USTA Tennis. Past editions, which are available on the website, have featured articles on such topics as overcoming jet lag, nutritional supplements information, fluid replacement guidelines for tennis players, and exercise descriptions for optimizing performance and preventing injury. To be added to the mailing list for the *USTA Tennis High Performance Coaching e-newsletter*, e-mail [sportscience@usta.com](mailto:sportscience@usta.com) or sign-up in the e-newsletter section of the High Performance website.

#### **Olympic Coach Magazine**

The US Olympic Committee produces a quarterly publication for elite level coaches entitled *Olympic Coach*. This magazine applies science to sport in a form that coaches can use. While the information contained in *Olympic Coach* is typically not tailored specifically to tennis, many of the articles cross over sport “boundaries” to provide information that is relevant to all sports. Each edition of *Olympic Coach* highlights several feature articles that usually relate to a theme, like periodization or athlete recovery. The publication also provides regular columns such as “60-Second Summaries,” which highlights findings from recent research, and “Mind Games,” which looks at ways to develop the mental side of the game. *Olympic Coach* is available as a downloadable file. To receive an electronic subscription to *Olympic Coach*, please visit [www.usolympicteam.com/12688.htm](http://www.usolympicteam.com/12688.htm) and sign up for your subscription.

### **Other Newsletters and Online Journals**

There are many other online journals and newsletters you can subscribe to in order to receive great information related to coaching and the sport sciences. While it would be impossible to list them all, here are several others you can consider: **Medicine and Science in Tennis ([www.stms.nl/](http://www.stms.nl/))** This online journal is published by the Society for Tennis Medicine and Science and contains various scientific and medical articles that relate to tennis.

#### **NSCA Performance Training Journal**

**([www.nasca-lift.org/Perform/](http://www.nasca-lift.org/Perform/))** This online journal contains applied strength and conditioning information that can help tennis coaches develop off court training programs.

#### **ITF Monthly E-newsletter and Coach Publication**

This monthly newsletter contains a number of pieces of information about the world of international tennis. You can subscribe by signing up on the ITF Coaching page. **Sports Coach** is an Australian coaching publication that provides both general and sport-specific information to coaches on topics ranging from nutrition to sport psychology or working with disabled athletes. *Sports Coach* can be ordered from [www.ausport.gov.au/coach/spcoach.asp](http://www.ausport.gov.au/coach/spcoach.asp).

## **Sport Science and Coaching Education Books Publishers**

While we would like to provide you with a comprehensive list, there are just too many books on tennis, training and sport performance to list here. So we will do the next best thing—provide you with the names of some of the biggest publishers of books on tennis and athletics. The largest publisher of books on sport and fitness is Human Kinetics ([www.humankinetics.com](http://www.humankinetics.com)). The International Tennis Federation ([www.itftennis.com](http://www.itftennis.com)) also offers a large number of books on tennis. Log onto these sites and you will find many books in addition to the ones profiled here.

### **Biomechanics of Advanced Tennis**

Edited by Dr. Bruce Elliott, and published by the ITF, *Biomechanics of Advanced Tennis* is perhaps the best biomechanics resource available to coaches. This book covers topics that range from the fundamentals of biomechanics to understanding momentum in tennis to understanding how equipment affects performance. What makes this book unique is that it bridges the gap between science and application. Each chapter not only presents scientific explanations and theories of biomechanics, but also discusses the application when it comes time for a coach to integrate this information into his or her program. This book can be purchased through the ITF (ISBN# 1-903013-23-2).

### **Strength and Conditioning for Tennis**

Strength and conditioning is an area of tennis that is receiving more and more attention, especially as the game becomes faster and more powerful. Published by the ITF, *Strength and Conditioning for Tennis* is one of the most comprehensive resources currently available on the topic of training players to be able to meet the demands of today's tennis game. The book begins with arguably the two most important chapters on "Screening and Testing" and "Athlete Development." The remainder of the book focuses on the different components of a player's game, such as coordination, power and agility, and addresses how they can be developed. Finally, the book concludes with several chapters that deal with considerations to take into account when dealing with female, elderly or professional players. This book presents views from a wide range of experts, and can serve as a comprehensive resource to assist any coach in developing a strength and conditioning program for their players. This book can be purchased through the ITF (ISBN# 1-903013-19-4).

## **Resources for the USTA Sport Science Exams**

The USTA recommends certain texts to use when preparing for the Level I and Level II Sport Science exams. These are provided below.

### **Level I: Foundations of Coaching**

- *Successful Coaching, Third Edition*  
ISBN # 0-7360-4012-9

### **Level IIA: Motor Learning & Sport Psychology**

- *Coaches Guide to Teaching Sport Skills*  
ISBN # 0-87322-020-X
- *Coaches Guide to Sport Psychology*  
ISBN # 0-87322-022-6

### **Level IIB: Sport Physiology & Nutrition**

- *Complete Conditioning for Tennis*  
ISBN # 0-88011-734-6
- *Nancy Clark's Sports Nutrition Guidebook*  
ISBN # 0-87322-730-1
- *IOC Handbook of Sports Medicine and Science: Tennis*  
ISBN # 0-632-05034-9

### **Level IIC: Sports Medicine & Biomechanics**

- *Sport First Aid, 3rd Edition*  
ISBN # 0-7360-3786-1
- *World Class Tennis Technique*  
ISBN # 0-7360-3747-0

All of these books can be purchased through Human Kinetics with the exception of the *IOC Handbook of Sports Medicine and Science: Tennis*, which can be purchased from Blackwell Publishing at 1-781-388-8250.

## **Sport Science and Coaching Education DVDs and Videos**

### **Dynamic Tennis Warm-Ups DVD**

*Dynamic Tennis Warm-Ups* is a new DVD produced by the USTA that focuses on dynamic warm-up and flexibility training. More and more research is showing that dynamic warm-up is important to sport performance and it is quickly replacing static stretching as the preferred method of warming-up. *Dynamic Tennis Warm-Ups* presents three 10-minute dynamic warm-up routines that have been designed specifically for tennis. Each of these routines can be used “right out of the box” or it shows you how you can use these exercises to develop your own routines that target the individual needs of your players. Warming up properly with a dynamic movement routine, like those presented in this DVD, will help your players prepare to play their best whenever they step on the court. *Dynamic Tennis Warm-Ups* DVD from Human Kinetics can be purchased at [www.humankinetics.com](http://www.humankinetics.com).

### **Other DVDs and Videos**

*USTA’s High Performance Tennis: The Serve* (USTA—Human Kinetics, ISBN: 0736032967)

*Games Approach to Coaching Tennis* (USTA—Human Kinetics, ISBN: 0736044027)

*USTA’s Teaching Group Tennis* (USTA—Human Kinetics, ISBN: 073600050X)

*USTA’s Backboard Tennis* (USTA—Human Kinetics, ISBN: 0736000410)

**Important Websites:** [www.midwest.usta.com](http://www.midwest.usta.com) [www.usta.com](http://www.usta.com) [www.tenniswelcomecenter.com](http://www.tenniswelcomecenter.com)  
[www.uspta.org](http://www.uspta.org) [www.ptrtennis.org](http://www.ptrtennis.org) [www.atptennis.com](http://www.atptennis.com) [www.wtatour.com](http://www.wtatour.com) [www.usopen.org](http://www.usopen.org)  
[www.ltfennis.com](http://www.ltfennis.com) [oncourtoffcourt.com](http://oncourtoffcourt.com) [www.itatennis.com](http://www.itatennis.com) [www.thetennischannel.com](http://www.thetennischannel.com) PE4Life:  
[www.4life.org](http://www.4life.org) Human Kinetics: [www.humankinetics.com](http://www.humankinetics.com) High School Associations: Illinois:  
[www.ihsa.org](http://www.ihsa.org) Indiana: [www.ihsaa.org](http://www.ihsaa.org) Michigan: [www.mhsaa.com](http://www.mhsaa.com) Ohio: [www.ohsaa.org](http://www.ohsaa.org) Wisconsin:  
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