### Form 1: USA Tennis “Parenting My Champion: Developing Talent”
Recommended Guidelines for Successful Junior Tennis Parenting

<table>
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<th>INTRODUCTION/FOUNDATION</th>
<th>REFINEMENT/TRANSITIONAL</th>
<th>WORLD CLASS PERFORMANCE</th>
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<td><strong>Phase Three</strong></td>
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**INTRODUCTION/FOUNDATION Phase One**
- Allow your child to dream big
- Ensure lessons focus on fun and fundamentals
- Recognize child’s interest and provide the opportunities and support to help him/her be successful
- Help make the tennis experience fun
- Focus little attention on winning/rankings
- Expose and encourage participation in multiple sports and activities
- Focus on the positive (cheer for your child)
- Focus on ways to develop a good person (emphasize positive attitude and life skills)
- Stay calm during matches and games—try not to show nervousness or negative emotions (remember that tennis is just a sport)
- Let the coach do his or her job
- Emphasize good behavior and sportsmanship
- Don’t constantly talk about tennis at home
- Emphasize activities outside of tennis
- Put limits on amounts of practice and play (avoid burning out child)
- Stand by your child, provide unconditional love and support
- Believe in your child
- Provide transportation
- Provide the opportunity to play tennis

**REFINEMENT/TRANSITIONAL Phase Two**
- Provide transportation, logistical & financial support
- Do things to ensure tennis remains fun as pressure to perform increases
- Focus on ways to develop a good person (emphasize positive attitude and life skills)
- Stay calm during matches and games; try not to show nervousness or negative emotions (develop your coping skills – as a parent take a “cleansing” deep breath when emotions are high)
- Identify a knowledgeable coach who understands what it takes to develop an elite player while working with a teen
- Let the coach do his or her job
- Emphasize good behavior and sportsmanship
- Encourage your child to win, but more importantly encourage him or her to give it their best effort
- Infrequently talk about tennis at home
- Do not try to coach—simply provide general encouragement
- Ensure the coach is doing a good job of coaching your child & assist in their development
- As your child experiences more success keep success in perspective by emphasizing normal childhood chores and responsibilities
- Do non-tennis family activities (especially at tournaments)
- Involve child in decision making

**WORLD CLASS PERFORMANCE Phase Three**
- Be careful to care about your child as a person and not just as a tennis player
- Lessen optimal parent push as player learns to push self
- Be ready to lessen your involvement as your child becomes more independent (travel without you more often, defer to the coach for tennis decisions)
- Provide emotional support and encouragement
- Facilitate independence in your child by making him or her more responsible for equipment, practice partners, and scheduling.
- Believe in child and his or her ability
- Stay out of coaching/technical analysis of game
- Stay calm during matches and games—try not to show nervousness or negative emotions (continue to develop coping skills)
- Let the coach do his or her job
- Emphasize good behavior and sportsmanship
- Encourage your child to win, but don’t push them to win
- Help player recognize tennis as a game of highs and lows—work to stay emotionally even
- Reassure/relax your child
- Provide honest feedback to your child
- Don’t pressure player to win/be careful not to become too outcome focused
- Help child do some other non-tennis activities to maintain normalcy
- Provide unconditional love and support
- Do non-tennis family activities
- Avoid pressuring your child
- Hit with your child
- Provide basic instruction (if have the ability to do so)

- Believe in your child while having appropriate tennis expectations
- Stress basic values: work hard, if do it do it well, take responsibility for self and actions, need to make sacrifices if want to be good
- Give your child time to recover after a match before talking to them about it
- Avoid extensive post match critiques
- Try to have non-emotional reactions to mistakes/losses
- As your child becomes more successful and gains notoriety be careful not to begin to judge your ability as a parent by your child’s success
- Discipline child for poor sportsmanship or disrespectful actions
- Discuss serious issues with coach in private—not in front of player
- Admit mistakes if you are wrong
- Never interrupt lessons
- If you are a parent-coach, be careful not to confuse the dual roles (when you’re off-court you are no longer providing tennis instruction or critiquing your child)
- Provide optimal push: make sure your “child” really wants to play tennis and, if so then hold him or her accountable to living up to practice and training commitments
- Focus on long-term development not winning
- Don’t pressure your child to win
- Don’t tie your approval as a parent to your child’s play
- Make your child more responsible for their tennis preparation (i.e., equipment, partners)

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