



# Junior Tennis Competition

## Advice for Parents

This sheet is designed to help parents ensure all players get the most out of competing. By taking part in competitions (winning or losing) players assess their current ability and know what to work on with their coach. Parents can help in this process and I hope that you will find this useful to help make all competition fun for both players and their parents!

### General:

The key priority is to provide good quality competition in an environment all players feel comfortable in. Parents can help by:

- Making sure players have water
- Allowing players to compete without distracting them by talking or gesturing to them during a match
- Allowing the competition organiser or referee to deal with any dispute over a line call or score
- Pointing out any potential problems to the organiser before they develop
- Support players whether they win or lose
- If you have any queries or suggestions do not hesitate to ask!

### Match Charting:

Coaches can't always travel to competitions but players benefit enormously from knowing where they lost points in matches. Parents can assist by recording simple facts such as percentage of points won when the first serve was in. This not only makes watching the match more enjoyable but allows the player to focus on the match. Ask your son or daughters coach for more information. You can either look at one particular shot or download a form to record every point. Please contact me if you need any help.

### Scoring:

**Mini Red** - tie-break scoring. First to 10 must win by two clear points. Parents help to score matches.

**Mini Orange** - best of 3 tie-breaks. First to 7 must win by two clear points. Players score and call their own lines with supervision from the tournament organiser.

**Mini Green** - 1 short set. First to win 4 games; if 4-4 is reached, play a tie-break to 7 points. For longer competition, best of 3 short sets may be played.

**Junior** - various scoring methods for one day competition - generally 2 short sets and a match tie-break.

**'Win or lose, do it fairly.'**

*Knute Rockne*

**BLT & SRC runs junior competitions throughout the year, for more information please contact Hugo Allen on 07929 581206 or email [hugoallen@btinternet.com](mailto:hugoallen@btinternet.com) [www.bltsrc.co.uk](http://www.bltsrc.co.uk)**



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## Advice for Players

I hope that you will enjoy all competitions you take part in. Below are a few hints to help you get the most out of competing. Remember that all of the top players lost many matches on their way to the top and if you stop to think about the matches you play you can learn from both your wins and losses.

### General:

The key is to enjoy competing, you will have fun if you:

- Make sure you have water and anything else you need before the match
- Try to play against players of a similar ability
- Play practice matches with friends
- Allow the competition organiser or referee to deal with any dispute over a line call or score
- Try to sleep well the night before a competition and ensure you arrive in time to warm up before your matches
- If you have any queries or suggestions please ask!

### Play like a champion:

- Always call the score before you serve and call lines quickly and clearly. If you are not sure then you should replay the point.
- If you can't agree with your opponent call the competition organiser over rather than ask your parents if the ball was in or out.
- Whether you are winning or losing, play fairly and try to remain calm. If you respect your opponent they will respect you as well.
- Shake hands at the end of the match - you have both played well.

### Scoring:

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**'You have to expect things of yourself before you can do them.'**

*Michael Jordan*

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