PERFORMANCE PLAYER AND PARENT HANDBOOK

CONTACT INFORMATION

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Team Bath Tennis Tennis - Team Bath

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OUR VISION

To create the **finest tennis programme** in the UK and to be looked upon for **excellence in everything we do** and at **every stage of development**, be it touring professionals, student tennis players, RPDC players or young players within the community.

OUR MISSION STATEMENT

To create an environment of **high challenge and high support**. We will expect lots from you in order to reach your potential but will **support you every step of the way** to reach your specific goals.

OUR SAFEGUARDING MISSION STATEMENT

Our mission is to ensure that **all tennis players are safe from harm at all times** and can thrive in an environment which is secure and free from abuse and bullying of any kind.

We work hard to proactively create a **welcoming atmosphere** which develops the sporting, social and emotional needs of everyone. Within our centre **people are nurtured, valued and treated equally**. Worries, concerns and thoughts are listened to and addressed in an environment of mutual respect.

OUR VALUES

As a member of TeamBath Tennis, all players and parents **must agree to and commit to upholding the highest standards of behaviour**;

Appreciation: appreciate the programme, opportunities and respect those that make it possible – be grateful for the opportunity to be involved and make the most of and have gratitude for every opportunity available to you.

Teamwork: you are part of something bigger than yourself – work with others to make the most stimulating, enjoyable and collaborative environment you can.

Trust: have integrity, be reliable, punctual and honest.

Inspirational: Be ambitious and aspire to be the best you can be, each and every session. Be a role model to yourself and those around you.

Excellence: Demonstrate professionalism and attention to detail. Show discipline and commitment to goals.

WHO WE ARE

Team Bath is a recognised LTA Regional Player Development Centre (RPDC).

Current and former senior Academy players include Sam Murray, Anna Smith and Liam Broady, World University Games silver-medallist Luke Johnson and New Zealand Davis Cup player Marcus Daniell, a Tokyo 2020 Olympic bronze-medallist and regular on the Grand Slam circuit.

As RPDC for the South West and LPDC for Bath, we work with the LTA to develop the top players aged 7-14 years in the region. Click here to find out more.

Players have access to world-class coaching on our outstanding indoor and outdoor tennis courts at the £35 million Team Bath Sports Training Village. A high-performance gym, indoor and outdoor athletics tracks, Olympic-sized swimming pool and Physio and Sport Science support are among the other facilities available on site.

OUR PROGRAMMES:

RPDC:

- This is a program for players that are selected by the LTA. This is the age range of 10-14.

ACADEMY:

- This is a program that runs for secondary school children from 12–18.

UNIVERSITY:

- This is a program for students who are enrolled in The University of Bath.

PRO TEAM:

- This is a program for professional players.

OUR COACHING TEAM

Ian MacDonald: Head of Performance Tennis: jim21@bath.ac.uk

Chris Starkey: RPDC Head coach.

Alicia Barnett: RPDC Assistant Head Coach

Jordan Frederick: Head of U18 Academy:

Sam Hopper: U18 Academy Assistant Head coach.

Craig Procter: Head of Pro Team and University:

Tiarnan Brady: Pro Team Assistant Head coach.

Matt Doe: University Assistant.

Rachel Shaw: S & C coach.

Gabe Fishlock: S & C coach.

Katy Williams: Lead Physio

ON COURT BELIEFS

Playing Philosophy:

As an academy we have core beliefs on some key areas that are vital to play high level tennis. These are obviously not just what we coach but these will be incorporated into all the work players do:

1: Top of the bounce:
- Use all the energy in the ball to create easy power.
- Take opponents time away.

2: Move through the ball:
- Sequence the body to drive up.
- Overtake the contact point after the hit with two steps.

3: Follow a good hit:
- Look to move up the court when see your opponent struggling.
- Pressurise and rush opponents when they are defending.

4: Attack the second serve:
- Take the serve before it gets above the shoulder.
- Move around to attack with strength.
- Make opponent feel pressurised on the serve.

Academy Curriculum:

Although programs are individualised as much as possible, we do run a curriculum that coaches use to track a player's progression, plans sessions and use as a teaching guide. The curriculum has 5 key strands, and we tend to change the theme every half-term/term.:

1: Rally Skills

2: Attack v Defence

3: Start of the Point

4: Recap & Transition to outdoors

5: Being an Effective Tennis Player.

OUR PROGRAMMES

Pro team:

The pro team is a squad of male and female players that are playing professionally with the aim of reaching the ATP and WTA tours. This often involves players starting out on the ITF futures tours, working through the challengers to get to the main tour.

1: Program

Their program is based around the individual. Generally, this consists of between 10-16 hours tennis a week. As well as the tennis, players will do movement, strength, cardio, and prehab sessions. Each player has a team of coaches that they work with, tennis and s & c.
Players will be looking to compete for 25-30 weeks a year. These will mainly consist of futures, challengers, and tour events.

3: Travel:

Our aim is to support players by getting to the tournaments where possible with the players. This is done at an additional cost of:

- The coaches' expenses split between all the players on the trip.
- A day rate paid by each player for the days they are at the tournament.

4: Physio:

We have a team of physio's that we work with. These physio's work closely with the s & C and tennis coaches on any aspect a player needs.

Due to their being a charge for physio we can work with a players existing/private physio if a player wishes.

5: Mental skills:

Our coaching team use the Universities sports psychologist to help upskill the team to create a common language and approach to up skilling the players. However, we are in support of players using their own sports psychologists and can be involved in this as much as a player would like.

6: Accommodation:

We have no set accommodation for our players. The players tend to either rent accommodation in Bath; stay with friends/other players; hotel or Air BnB when here; use a local tennis playing family to stay with.

U18 Academy:

Our Under 18 academy offers a high-performance environment to continue a player's development. The aim is to take a player to the top of the junior game, introduce them to the professional tournaments and prepare them to transition into a university program or the professional game.

1: The program:

A player's 38 week program is based around their academic timetable and what is appropriate for their age and stage. Players will tend to train for between 10-16 hours a week. This will consist of individuals, small groups, squads, and match play. They will have a lead coach but also a team around them, which means sessions could be with a few coaches. As well as the tennis, players will do movement, strength, cardio, and prehab sessions.

Players will be looking to compete in domestic events, ITF's and looking to being able to play pro events.

Scholarships are awarded based upon:

- Tennis level
- Extenuating circumstances.

Fees are paid by monthly direct debit.

This includes all the tennis and strength & conditioning in a player's program. It also includes transport from schools, academic mentor and the possibility of free courts at the weekend.

3: Access players:

Players can access our program for days or sessions to help compliment their program at home.

Players will be set up on a Direct Debit and pay monthly for these sessions.

4: Travel:

Our aim is to support players by getting to the tournaments where possible with the players. This is done at an additional cost of:

- The coaches' expenses split between all the players on the trip.
- A day rate paid by each player for the days they are at the tournament. (This is £40 for full time players. £20 for first year out of RPDC. £60 for access players)

5: Physio:

We have a team of physio's that we work with. These physio's work closely with the s & C and tennis coaches on any aspect a player needs.

Due to their being a charge for physio we can work with a players existing/private physio if a player wishes.

6: Mental skills:

Our coaching team use the Universities sports psychologist to help upskill the team to create a common language and approach to up skilling the players. However, we are in support of players using their own sports psychologists and can be involved in this as much as a player would like.

7: Education

We have links with 4 schools:

- Minerva Virtual Academy- online school
- Ralph Allen- Comprehensive school
- Prior Park- Private school- day and boarding
- Monkton Combe- Private school- day and boarding

We work with a local taxi company that provides transport back and forth from the schools. Players will be able to use the university facilities to sit and do their online schooling.

8: Accommodation:

Our players have a few different set ups and we hold no responsibility for arrangements made by our players.

- Live locally
- Board at the schools
- Stay with a local family through the week. This arrangement is between the player and family, which means prices are set by the family.

Regional Player Development Centre (RPDC):

The mission of the Bath RPDC programme is to create a transformational development environment. Ultimately, we strive to deliver world class coaching and support to increase the number of national players, who can be set to transition effectively to the International Junior Stage of the LTA Player Pathway by 14.
To be an RPDC player, a player must be put on the list by the LTA. We do accept players who are not on the RPDC list if we deem them to be of an appropriate level.

1: The Program:

A player's program is based around their academic timetable and what is appropriate for their age and stage. Players will tend to train for between 8-14 hours a week. This will consist of individuals, small groups, squads, and match play. They will have a lead coach but also a team around them, which means sessions could be with a few coaches. As well as the tennis, players will do movement, strength, cardio, and prehab sessions.
Players will be looking to compete in domestic events as well as playing the Tennis Europe events.

Scholarships are awarded based upon:

- Tennis level
- Extenuating circumstances.

Fees are paid by monthly direct debit.

This includes all the tennis and strength & conditioning in a player's program. It also includes transport from our partner schools, academic mentor at our partner schools and the possibility of free courts at the weekend.

3: Access players:

Players can access our program for days or sessions to help compliment their program at home.

This is charged at:

RPDC player:

- £10.00 per hour
- £23 for an individual

Non- RPDC player:

- £16.50 per hour.

Players will be set up on a Direct Debit and pay monthly for these sessions.

4: Travel:

Our aim is to support players by getting to the tournaments where possible with the players. This is done at an additional cost of:

- The coaches' expenses split between all the players on the trip.
- For non- RPDC players a day rate will be paid by each player for the days they are at the tournament.

5: Physio:

We have a team of physio's that we work with. These physio's work closely with the s & C and tennis coaches on any aspect a player needs.

Due to their being a charge for physio we can work with a players existing/private physio if a player wishes.

6: Mental skills:

Our coaching team use the Universities sports psychologist to help upskill the team to create a common language and approach to up skilling the players. However, we are in support of players using their own sports psychologists and can be involved in this as much as a player would like.

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We work with a local taxi company that provides transport back and forth from the schools. Players will be able to use the university facilities to sit and do their online schooling.

8: Accommodation:

Our players have a few different set ups and we hold no responsibility for arrangements made by our players.

- Live locally
- Board at the schools
- Stay with a host family through the week. This arrangement is between the player and family, which means prices are set by the family.
-

9. Selection

The below outlines a step-by-step process for the selection (from initial correspondence) and acceptance of players into the TeamBath RPDC Programme.

- Initial enquiry either physically or by email/phone correspondence

- RPDC staff to check if player on RPDC list
- Head/Assistant coach of RPDC, or Head of Performance Tennis meets physically or virtually parents and player to discuss enquiry and programme
– assess full-time/access possibilities and schooling options
- Player invited to attend RPDC session; to understand more about the programme and for assessment - Should the player be on the RPDC list and be deemed an appropriate fit to demonstrate TeamBath RPDC values and the player agreement, a place will be offered.
- If player not on the RPDC list, the staff will assess whether the player has the short-term potential to rapidly improve to the required level, or an appropriate timeframe dependant on age and in the confines of the 11-14 age group. If staff deem appropriate, a place will be offered.
- An offer of a place or if the required criteria are not met and a place is not offered, will be communicated in a physical meeting, if possible, with player and parent. An official offer letter and pack will also be given (including the player agreement, fee's explanation, code of conduct, all information regarding training schedules).
- RPDC to assist player with relocation (host family, boarding options) and schooling admission to one of our two partner schools

KEY UNIVERSITY DOCUMENTS

As part of the Performance Programme it is vital that you closely read through (and return to us where required) all of the below documents.

Without these documents you will not be able to start training with us.

Each of these documents will have been sent to you by the Team Bath Tennis Administrator but you can also use the view these documents on this website:

Team Bath Tennis Performance Programme Terms and Conditions

Team Bath Tennis Offer Letter

Team Bath Tennis Code of Conduct (Player, Parents & Coaches)

Team Bath Tennis Performance Programme Information Form (online)

KEY UNIVERSITY POLICIES

Please refer to and read the Team Bath Child Protection and Safeguarding Policy:

Child Protection and Safeguarding Policy - Team Bath

This policy should be read in conjunction with the following policies:

University of Bath Safeguarding Policy
University of Bath Health and Safety Policy
University of Bath Equality and Diversity Policies
University of Bath Dignity and Respect Policy
STV Changing Room Policy
LTA Travel and Transport Policy
LTA Mental Health and Wellbeing Advice
Team Bath Tennis Anti Bullying Policy
Team Bath Tennis Online and Social Media Policy

Please also read through the following Risk Assessments

Venue (STV) Safeguarding
RPDC Safeguarding
Events
Indoor Tennis
Outdoor Tennis

If in doubt, please contact Juliet Dormer jgh21@bath.ac.uk in the first instance for all Safeguarding concerns and reports.

HOW STAFF WILL COMMUNICATE WITH YOU

Website:www.teambath.com/sport/tennis/ | **Email**: teambath-tennis@bath.ac.uk
Social Media: *Facebook*: /teambathtennis | *Twitter*: @teambathtennis

Please note that social media pages / groups (e.g. Facebook pages / groups) used to communicate with children must be an organisation, community or sports group and not personal.

All University staff will receive a work email and all communication between staff and parents should be conducted via email or Microsoft Teams in the first instance.

All staff are expected to follow the Online and Social Media Policy which can be found here.

The main tenets related to the coaches can be found below:

Personal devices may be used for phone calls, WhatsApp groups etc providing the below pointers are implemented:

- When using mobile phone or other devices to communicate, we will take the following precautions to help keep children safe:
  - staff, coaches and volunteers will communicate through parents directly or copy them into all messages to children;
  - messages will be used for professional communication, such as reminders about lesson times, meeting points etc;
  - if a child tries to engage a member of staff, coach or volunteer in a conversation which is not of a professional manner (for example, their personal life), the member of staff, coach or volunteer will:
    - End the conversation or not reply,
    - Inform the Welfare officer as soon as possible and arrange to address the matter.

What we expect of staff, coaches and volunteers

- They should seek the advice from the Welfare Officer or County Safeguarding Officer and the LTA if they have any concerns about the use of the internet or social media;
- They must not 'friend' or 'follow' children from personal accounts on social media;
- They must make sure any content posted is accurate and appropriate;
- They must not communicate with children via personal accounts or private messages;
- They must communicate with parents through email or in writing, or use an organisational account, profile or website rather than via personal social media accounts;
- They must copy in parents to any communications sent to children;
- They must avoid communication with children beyond dedicated event or activity timings , unless it is necessary for professional purposes (i.e. emergencies, whilst on a trip, etc.) and contacting the parents is not possible;
- They must sign off any communication in a professional manner, avoiding the use of emojis or symbols such as kisses (“X’s”);

- They must respond to any disclosure of abuse in line with LTA policy (ie report to the Welfare Officer);
- They must not engage in sexting, or send pictures or messages that are abusive, obscene, inappropriate, indecent or menacing to anyone.

CODE OF CONDUCT

Introduction

This code of conduct and policy on court etiquette sets out what Team Bath Tennis regards as good practice for all users to follow and is available so that every user is clear as to what is expected of them in order to create the right playing environment in which everyone can enjoy their tennis.

Both the code of conduct and the policy on court etiquette reflect the friendly and co-operative spirit which customers at the Sports Training Village have enjoyed for many years, as well as guidance from the LTA.

The Code of Conduct sets out minimum standards of behaviour, which all users are expected to follow, and seeks to avoid any serious issues arising. The policy on court etiquette then sits alongside the code of conduct and sets out a range of actions and behaviours which are considered acceptable or unacceptable on and around the tennis court.

Should a breach of the code of conduct or a serious breach of the policy on court etiquette occur, a complaints and sanctions process is set out below.

This code of conduct and policy on court etiquette comes into effect on 1st January 2023.

The code of conduct can be found here and will also be sent to your as an electronic copy.

Aims of the Code of Conduct

The aims of the code of conduct and policy on court etiquette are to:

1. Ensure that all users are treated fairly and with respect.

2. Advise all users of the standards of behaviour which they are expected to meet so that an environment is created within which users can enjoy their tennis and the club can continue to flourish.

3. Provide a complaints and sanctions process so that any issues can be addressed.

SAFEGUARDING & WELFARE

We will proactively ensure that all pupils:

- Have a positive and enjoyable experience of sport at The University of Bath in a safe and child centred environment.
- Are protected from abuse whilst participating in activities provided by the University or outside of the activity.



WHEN TO REPORT A CONCERN

If a child or adult discloses that they are being abused, or you suspect someone is being abused it is imperative that you report this to the Welfare Officer at the earliest opportunity.

The different types of abuse are:

Emotional
Sexual
Radicalisation
Neglect
Physical
Financial
Self-neglect
Discrimination
Organisational
Modern slavery
Domestic abuse

Possible signs of abuse may include:

- Slight or marked changes in behaviour;
- Withdrawal;
- Depression;
- Paranoia;
- Low Self Esteem;
- Excessive confusion or agitation;
- Anger;
- Tearfulness;
- Overt Sexual Behaviour or Language;
- Reluctance or fear of being alone with someone.

Please view the two flowcharts below to see the step by step process on how to report a concern.

Ultimately it starts by contacting the Welfare Officer at the earliest opportunity.

- Please be aware of the **Rule of Optimism** which is a tendency for people to think 'everything is OK' and there is no abuse. Try to remain professionally curious and report any concerns at the earliest opportunity.

HELP FOR PLAYERS

Coping with the demands of tennis

Tennis is a fun way for young people to compete in sport as well as meet new people and develop skill sets.
We know playing tennis can be hard work, both physically and mentally, especially when there are added pressures such as exams. Here are some tips on how to handle these pressures:

- If the stress of playing tennis is getting too much, tell someone. This could be your parent, coach, teacher or club welfare officer - don't deal with it alone.
- This is especially important if someone is putting pressure on you – let them know how they are making you feel and that they are not helping you or your tennis.
- Everyone has days when they're not on top form. If you have a bad tennis match or practice, the best thing to do is get back out there and keep going, try not to dwell on it.
- Give yourself time to improve your game. In all sports there is a pattern of quick development at first, and as you get better and more experienced, it's harder to keep seeing the same level of progression.
- Try not to take it too hard if you're not picked for a team.
- Tennis can give you fantastic opportunities to travel for matches and training, but this also means time away from home and family which is sometimes not easy. If you find it tough being away, try to keep in touch with those back home as much as you can by text, phone or video call.

Tennis match nerves

Tennis match nerves are when you feel worried, stressed or uneasy on court during competitive situations. You can experience nerves before, during or after being on court and they are totally normal – they can even have some positive effects to your performance!
If you feel too nervous try:

- Breathing slowly
- Slow down, don't rush yourself
- Look at your friends and family for support
- Don't think about past points and don't be too hard on yourself – if you hit a bad shot don't dwell on it, move on to the next point
- Grounding techniques - these are little rituals that can take your mind off nerves, e.g. bounce the ball before a serve, have a drink, towel off, eat a banana. Anything that makes you feel in the present.

- **Dealing with failure**

- Failing can often be difficult to deal with but it is something that all tennis players experience throughout their time playing. Even the most successful tennis players in the world have experienced failure in their lifetime. One of the best ways to deal with failure and success is to treat them both as a learning opportunity.
- A way you can ensure you are learning from failures is to talk through your experiences with your support group. From there, you and your team can create goals to maximise from your learnings and continue improving your game.

MENTAL HEALTH AND WELL-BEING ADVICE & SUPPORT

In some ways, mental health is just like physical health; everybody has it and we need to take care of it when there is something wrong.

Positive mental health is a state of well-being, when you are able to think, feel and react in the ways that enable you to engage in the work and activities that you enjoy, whilst being able to cope with the normal stresses of life. All of us experience ups and downs in our mental health at some point in our lives and this may include feelings of intense worry (anxiety), low mood, negative or racing thoughts, appetite (eating) and sleep problems being some of the most common experiences.

Self-Care

Often day to day self-care techniques and a few general lifestyle changes can help to promote positive mental wellbeing. Here are some tops tips for looking after your mental health:

· Talk to someone – Talking is a great way to help ease the feelings of low mood, worry or stress.
· Connect with others – Try to spend time with friends and family
· Eat well – A good, balanced diet incorporating lots of fruit and vegetables is very beneficial
· Get a good nights sleep – Ensure that you establish a good sleep routine, including trying to go to bed and waking up at roughly the same time every day and having some 'screen-free' time.
· Take regular exercise – It's likely if you are reading this that you are exercising through your tennis, but it is worth saying that regular exercise is helpful in promoting well-being and positive mental health
· Relaxing activities – find some 'me-time' and engage in activities that you enjoy and help you to relax, and that are not linked to work, performance or competition.

Seeking support

Whilst sport and exercise can be extremely positive for mental health and well-being, striving for high performance can at times create a lot of pressure, whether you are playing, coaching or watching from the stands, and it is often normal to feel a degree of anxiety - especially around competition. However, if you experience prolonged periods of worry, low mood or unexpected changes in your sleep pattern, appetite, feelings or behaviour, it could indicate a need to seek additional support.

We recommend that if you are experiencing any feelings of continued low mood or worry, that you seek help from your GP initially.

If you feel unable to go to your GP for any reason, it is important you let someone know how you are feeling. You can always call the Samaritans or Childline in confidence, who are available 24/7.
· Samaritans - 116 123 · Childline - 0800 1111

Athletes are central to clean sport. Their actions, behaviours and choices determine how clean sport is. To make the global anti-doping system work, you together with other athletes around the world need to commit to your anti-doping responsibilities.

The **World Anti-Doping Code** states the roles and responsibilities that athletes have in relation to anti-doping. These are set out in the **Athletes Anti-Doping Rights Act**.

So, players must:

- Know and abide by the Anti-Doping Rules, policies and practices
- Be available for testing at all times
- Take responsibility for what you ingest or use
- Tell medical professionals that you should not use prohibited substances or methods, as per the **WADA Prohibited List**, and that any advice or treatment given to an athlete should not violate the Anti-Doping Rules
- Tell UKAD and the ITIA if you have committed an Anti-Doping Rule Violation within the last 10 years
- Co-operate in any doping investigations when asked to do so by the LTA, ITIA, UKAD or other Anti-Doping organisation
- Disclose the identity of your support personnel upon request

A few of the key points from the Clean Tennis section of the LTA website:

- **Strict Liability**: Players are solely responsible for any banned substance found in their body;
- The **Prohibited List** contains all those substances and methods that are banned in sport;
- **Medicine:** Before taking a medication check the status on Global DRO. If your medication is prohibited, you may need to apply for a TUE (Therapeutic Use Exemption);
- The LTA supports a **'food first' approach to nutrition**. Supplements have been the cause of many anti-doping violations; players should be very cautious about taking them;
- **Testing:** Any player can be tested anywhere, at any-time, with no advance notice. Refusal to submit to a test can result in a ban from all sport;
- **ADRVs:** There are many different anti-doping violations. Most apply to support personnel (including coaches and trainers) as well as players;
- **Social Drugs:** Social drugs are also on the Prohibited List and are banned in sport. You could receive a ban from all sport if you test positive.

For help, advice and support regarding social drug use contact - Frank:
www.talktofrank.com | 0300 123 66

If in doubt, please contact Chris Starkey cls96@bath.ac.uk in the first instance for all Clean Tennis questions. All concerns should be reported directly to UKAD.

UKAD
Protecting Sport

University of Bath Advice Card

Remember: You are solely responsible for any banned substance you use or that is found in your system, regardless of how it got there and whether there was an intention to cheat or not.

If you compete in BUCS or NGB competitions, you could be tested!

Do you know what's on the list?

The WADA prohibited list is published each October and implemented in January. It sets out the substances and methods prohibited in sport

https://www.ukad.org.uk/violations/whats-banned-sport-prohibited-list

Do you need to take the supplements?

Assess the need, assess the consequences and access the risk. Check supplements using www.informed-sport.com

You should check each item you buy.

INFORMED-SPORT .com

Are you sure your medications are free of banned substances?

You can check all your medications are free of banned substances online using www.globaldro.com

global DRO

Do you know the different Anti-doping Rule Violations (ADRV)?

Do you know there are 10 ADRVs and they don't just cover taking a banned substance?

Read the full list at www.ukad.org.uk/violations

What is a TUE?

Therapeutic Use Exception

In some cases, an athlete with a legitimate medical condition may need to use a prohibited substance or method if there are no other suitable permitted medications or treatments they can be used. In this case they will need to apply for a TUE.

Noticed or heard of any suspicious behaviour?

If you're concerned doping may be taking place, you can share your concerns, however small they seem, in confidence with UK Anti-Doping

Report anonymously, 24hr a day by calling 08000 32 23 32 or intelligence@ukad.org.uk

Stay updated, download the 100% me app

www.teambath.com/cleansport

ANDROID APP ON Google play

Available on the App Store

HELP FOR PARENTS

Parents play a key role in sport and kids need their support and encouragement.

The LTA works closely with sports psychology experts from Loughborough University and the University of Roehampton to offer help – what is called the Parent Support Programme.

You can find all about the programme on the LTA website.

The Parent Support Programme is made up of three parts:

Stage One: Start Competing Guide is packed with expert information on finding the right tennis competition and preparing your child for tournaments: Start Competing Guide PDF (lta.org.uk)

Stage Two: Competition Parenting Workshops: Competition Parenting Workshops are aimed at parents with kids aged 9-14 who have just started competing or compete regularly.
Topics covered include: Parents' roles, effective communication and managing demands

Having attended the Competition Parenting Workshop, parents can attend our follow-on workshop - 'Nurturing your child's psychosocial skills through Tennis: Applying the 5Cs approach'.

This two hour webinar provides further guidance for parents to support their experiences in tennis and explain how they can support their child using the 5Cs model (**Commitment, Communication, Concentration, Control and Confidence**).

Stage Three: Mental and Emotional Skills Guide

- This guide builds on stages one and two – and provides more expert advice around how you can help the development of your child's mental and emotional skills.
- Professor Chris Howard PhD (Loughborough University) and Sam Thrower PhD (University of Roehampton) will guide you through such topics as 'understand pre-match thoughts and feelings' and 'help your child with the meaning of competition'.
- Download the Mental and Emotional Skills Guide to find out more.