



# HELPFUL TIPS FOR EVALUATING TENNIS PROGRAMS

A parent's role in determining their child's sports experience is one of support and guidance. We believe that each child should have a playing experience that is fun, and one that develops playing skills and character.

These tips can help you evaluate programs, have a positive relationship with your child's coach, and give you the tools to help assess your child in their tennis journey.

- Ask to see if your child's coach has their Safe Play certification, which ensures they've had training to safeguard kids on court and have had a background check.
- Tennis is taught to age and ability - seek out age-appropriate programs to promote healthy progression and improving skills before playing competition.
- Especially when starting out, efforts and improvements should be celebrated over wins—watch for this as it supports and models good sportsmanship.
- Keep track of the amount and duration your child is training and competing on a weekly and monthly basis and ask the coach about the right time for rest and recovery.
- Stay connected and follow up with your child's coach so you are aware of your child's progress and development.
- Ensure your child is having fun in tennis and other sports. Fun is a major determinant of continued participation in a sport.