



# SUPPORTING PARENTS & CARERS OF COMPETITIVE PLAYERS – A GUIDE FOR REFEREES AND COMPETITION ORGANISERS

2024 (V2 10 07 2024)



# SUPPORTING PARENTS & CARERS OF COMPETITIVE TENNIS PLAYERS

Referees and Competition Organisers play a vital role in delivering competition and importantly, supporting the parents and carers of competitive tennis players.

This guide is designed to help Referees and Organisers to understand the resources available so they can signpost parents and carers to valuable information and guidance.

Various workshops and courses are detailed, providing valuable opportunities for parents and carers to become better equipped to support their child and therefore helping to make sure that more players, parents, referees and organisers have a positive competitive experience.

We also have a [template email](#) that you may wish to send to parents and carers when their child enters one of your competitions for the first time to help highlight the resources available.

Further information for parents can be found on the LTA website:

[LTA Parent Support](#)





# ‘READY, PLAY’ – AN INTRODUCTORY GUIDE TO COMPETITION

“Ready, Play” is an online, interactive guide to competition for parents and carers. This is an ideal guide for referees and organisers to signpost parents to when their child is just starting to compete.

The guide covers:

- The benefits of playing tennis and the life skills your child can develop through competing
- Things to consider before your child starts competing
- What to expect at tennis competitions and how to positively support your child
- What happens after your child has played a competition

You can signpost parents & carers to this guide by using the following link:

[“Ready, Play” – An Introductory Guide to Competition](#)

# COMPETITION PARENTING WORKSHOP

Our Competition Parenting Workshop is aimed at parents with kids aged 9-14 years who have just started competing or compete regularly.

This interactive, two-hour session is free to attend and will provide parents with the knowledge and skills they need to support their child at tennis competitions.

Topics covered include:

- Parents' roles during tennis competitions
- Communicating effectively with children before, during and after a match
- Managing the emotional demands of competition

The following workshops are scheduled to take place in 2024 (click to book):

[Tuesday 23 July 7-9pm](#)

[Thursday 22 August 7-9pm](#)

[Tuesday 24 September 7-9pm](#)

*“This was an excellent session. I totally loved all of it. What an amazing course which I recommend to all tennis parents.”*



# COMPETITION PARENTING COURSE

We have now taken the valuable content from our Competition Parenting Workshop and launched our 'Competition Parenting Course' so that parents can access the great content from the workshops at a convenient time for them.

The course is free of charge and is interactive, with quizzes, videos and activities throughout. It should take parents approximately one-hour to complete.

We cover the same key topics in the online course as we do in the workshops, so after completing the course parents will have a much better understanding of how they can support their child to manage the emotional demands of competition and how they can communicate effectively with their child and provide positive support before, during and after a match.

Parents can book online and complete the course here:

[Competition Parenting Course](#)



# MENTAL & EMOTIONAL SKILLS GUIDE

This guide builds on the content from the Competition Parenting Course/Workshop and provides more expert advice around how parents can help the development of their child's mental and emotional skills.

**Professor Chris Harwood PhD** (Nottingham Trent University) and **Sam Thrower PhD** (Oxford Brookes University) provide guidance on topics such as 'understanding pre-match thought and feelings' and 'helping your child with the meaning of competition'.

Parents and carers can download the guide here:

[Mental and Emotional Skills Guide](#)





# ‘NURTURING YOUR CHILD’S PSYCHOSOCIAL SKILLS THROUGH TENNIS: APPLYING THE 5CS APPROACH’

A follow-on to the LTA Competition Parenting Workshop. 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).

Parents should ensure they have attended the Competition Parenting workshop before joining this session.

[Further dates will be added online soon](#)

*“Lots of things to reflect on and implement. Really useful to refocus the tennis process as one of whole-person development.”*



# ‘WORKING TOGETHER FOR A MENTAL ADVANTAGE’ – A PARENT/CARER & CHILD SESSION

Following consistent requests to host a parent-child session after the Competition Parenting Workshop and the 5Cs workshop, this session is a new opportunity for parents and their children to work together on helping and supporting the player’s mental skills.

**Professor Chris Harwood** and **Dr. Sam Thrower** will take parents and players through a set of pre-match, during match and post-match tasks and exercises, including an activity to explore their between-point routines. This session aims to help players feel motivated and supported in terms of ideas focused on their concentration, emotional control, and confidence on court.

[Further dates will be added online soon](#)



# USEFUL RESOURCES

[Tennis Parents Community Facebook group](#) – A peer to peer supportive group for the parents/carers of tennis players of all abilities in Britain. Encourage parents and carers to join this useful group.

[University Tennis](#) – Lots of useful information for parents, carers and players about the opportunities available through University Tennis

[County and Local Tour calendars](#) – Help parents and carers to find Grade 4 and Grade 5 competitions in their area by directing them to the online calendars.

[Lexus Junior National Tour calendar](#) – 2024 dates for the National Tour