



PARENTS IN TENNIS MONTH: OCTOBER 2023



PARENTS IN TENNIS 2023

Welcome to our second-ever 'Parents in Tennis' month.

Building on the success of the first 'Parents in Tennis' month in 2022, we will again deliver a series of online workshops/webinars designed to support the parents of competitive tennis players. Our interactive sessions will be delivered by experts, giving you the opportunity to ask questions and make suggestions.

We will also be promoting the NSPCC Child Protection in Sport Unit's 'Keeping Your Child Safe in Sport' week, running from 2-6 October. View their information resources [online](#).

All sessions must be booked in advance and each session has a maximum capacity so book early to secure your space.

Read on for the full timetable and booking information.

We look forward to seeing you (virtually!)

LTA Competitions Team



PARENTS IN TENNIS MONTH - TIMETABLE

Date	Time	Session	Booking Link
2 – 6 October	N/A	CPSU 'Keeping Your Child Safe in Sport week'	Keeping Your Child Safe in Sport E-Learning Course
Monday 9 October	7-8pm	"Game On" – The LTA Disability Pathway	Book online
Tuesday 10 October	7-9pm	Competition Parenting Workshop	Book online
Wednesday 11 October	7-9pm	Competition Parenting Workshop – National Tennis Centre	Book online
Monday 16 October	7-8pm	'Competition Opened Up 2023'	Book online
Wednesday 18 October	7-9pm	5Cs Workshop – Nurturing your child's psychosocial skills through Tennis: Applying the 5Cs approach	Book online
Thursday 19 October	7-8pm	British Universities Opened Up	Book online
Monday 23 October	7-8pm	'Working Together for a Mental Advantage' – a Parent & Child Session	Book online
Wednesday 25 October	7:30-9pm	'Everything you want to know about Sport Psychology but were afraid to ask!'	Book online
Monday 30 October	7-8pm	Optimising Lifestyle and Wellbeing	Book online

KEEPING YOUR CHILD SAFE IN SPORT

2-6 OCTOBER 2023

This campaign, led by the NSPCC Child Protection in Sport Unit, brings together parents/carers, sports clubs, activity providers and NSPCC supporters to help parents and carers keep children safe in sport.

Here's how parents/carer can learn more:

1. **Be a great sports parent or carer** by taking a look at the resources available online – [Keeping Children Safe](#).
2. **Understand their role in keeping children safe in sport** by completing the [e-learning course](#).
3. **Watch their brand-new video** - [Be their No. 1 Fan](#)
4. **Spread the word** by talking about Keeping Your Child Safe in Sport on social media. Use [#SafeinSport](#) and tag [@NSPCC](#) and [@TheCPSU](#).

**We are proud
to support**

Keeping

Your Child Safe 
in Sport

NSPCC



Child Protection
in Sport Unit

“GAME ON” – THE LTA DISABILITY PATHWAY

MONDAY 9 OCTOBER 7-8PM

This will be an online session delivered by the LTA Disability Competitions Manager, **Sophie Hall**, to help players and parents understand the opportunities available on the LTA Disability Performance Pathway.

The session will raise awareness of opportunities to play, compete and develop within the formats of Wheelchair Tennis, Learning Disability Tennis, Deaf Tennis and Visually Impaired (VI) Tennis.

[Book a space on this online session](#)



COMPETITION PARENTING WORKSHOP

ONLINE - TUESDAY 10 OCTOBER 7-9PM

NATIONAL TENNIS CENTRE – WEDNESDAY 11 OCTOBER 7-9PM

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 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

There will be two sessions taking place – one online on Tuesday 10 October, and one in-person at the National Tennis Centre, Roehampton.

[Book a space on the online webinar - 10 October](#)

[Book to attend the in-person session - 11 October](#)

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





'COMPETITION OPENED UP 2023'

MONDAY 16 OCTOBER 7-8PM

Join members of the LTA Competitions Team, including the new Head of Competition, **Jenny McAneny-Vincent**, for a live Q & A giving parents the chance to ask questions, learn more about the competition pathway and give their feedback.

Whether your child is just starting out, or competing regularly, parents have an important role in supporting their child and there's lots to discuss about both individual and team competition at all levels.

The session will be led by **Kay Gilbert** from the [Tennis Parents Community Facebook group](#).

You can submit questions in advance, so if you want help understanding the variety of competitions offered by the LTA, to hear the latest about World Tennis Number, to share your experience, or to feedback ideas for improvement, please register now!

[Book a space on the 'Competition Opened Up' session](#)



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

WEDNESDAY 18 OCTOBER 7-9PM

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.

[Book a space on the 5Cs workshop](#)

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

'BRITISH UNIVERSITIES OPENED UP'

THURSDAY 19 OCTOBER 7-8PM

This online session is for parents and players aged 14+ who are keen on tennis and thinking about attending university in the future.

Choosing a university is a big decision, and it can be hard to know the differences between universities from a tennis perspective. We'll discuss key considerations tennis players may wish to make when choosing their university, whether in Great Britain or abroad, including US college tennis. The aim of the talk is to help future students and their parents/coaches understand the extent of the opportunities on offer across our network of partnership universities, and provide you with the information you need to help you make the right decision for you from a tennis perspective.

Tennis really opens up for people at university to play and compete at all levels, from beginners to world-ranked players. The transformation of tennis in British Universities in recent years has been phenomenal, with club membership booming and elite success being achieved on the international stage, making it an exciting place to develop your tennis. There are also fantastic opportunities to develop transferable skills through workforce development programmes.

[Book a space on the British Universities session](#)





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

MONDAY 23 OCTOBER 7-8PM

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.

[Book a space on this parent and child session](#)

EVERYTHING YOU'VE EVER WANTED TO KNOW ABOUT SPORT PSYCHOLOGY BUT WERE AFRAID TO ASK!

WEDNESDAY 25 OCTOBER 7:30-9PM



Professor Chris Harwood,
Nottingham Trent University



Dr. Sam Thrower,
Oxford Brookes University

In this session, **Professor Chris Harwood** from Nottingham Trent University, will explain why and how sport psychology fits in as an important discipline within youth player development. He will explain the different types and topics of work covered by sport psychologists, their roles and services, as well as the education, training and qualifications that parents should look out for. The second half of this session will allow Chris to answer questions fielded by parents about sport psychology, with support from **Dr Sam Thrower** from Oxford Brookes University.

[Book a space on this online session](#)

“OPTIMISING LIFESTYLE AND WELLBEING”

MONDAY 30 OCTOBER 7-8PM

This session will be led by **Rachel Newnham**, LTA Performance Lifestyle National Lead, and will offer parents the opportunity to think about their child’s lifestyle and wellbeing.

Regularly competing players have many off-court factors to consider and optimising these can be hugely beneficial to performance.

This session aims to provide information, advice and tools to help you maximise how you support your child’s off-court lifestyle to enable positive wellbeing. We will cover areas such as managing stress, tennis/school balance, social media and wellbeing.

[Book a space on this online session](#)

