



Junior Expectations



ATTENTION TENNIS PLAYERS

This list of expectations has evolved to assist us as Southbourne Tennis Club coaches to improve the structure and maximise value to players during every junior session. We aim to create and maintain the best training environment for each junior to develop and maximise their tennis potential. To do this every player must understand what is expected of them and have clear boundaries.

EXPECTATIONS FOR ALL JUNIOR PLAYERS

- Professional attitude on and off court. As a Club player you must treat all coaches with respect and courtesy. Coaches do not expect to have to say things more than once. All equipment and facilities must also be treated with the same respect. All commands requested from the Coach should be done immediately and without question. Picking up the tennis balls should be done straight away and in a quick and safe manner when asked to do so by the Coach.
- A big group works well when each member is supportive of and positive to others, (consequently bullying is not tolerated).
- Juniors are expected to turn up on time and join in with the whole session including any warm up or cool down (unless the coach is notified on arrival of any satisfactory excuses) .
- If you start a junior session, you should finish it (unless injured or the Coach has been notified prior to the start).
- Players not involved in the session should not wait on the courts during the lesson.
- 100% effort during each session is continually strived for.
- Before every practice you should have a clear picture of what you want to work on during the session. You may be required to discuss this with the Coach.
- Apply yourself to every ball and every task as each does and will matter. Attention to detail is often what separates the successful from the millions of "also rans".
- Be prepared to work with and gain from players who are stronger and weaker than you. Full commitment is required in both situations.
- Try to make practice as close and realistic to matchplay situations as possible.
- Ensure that you have the motivation to improve your tennis skills and knowledge. This is "your journey"; we will assist and search for ways to help you. You must assist the Coach to do his job better.
- Ultimately ATTITUDE needs to be of a high standard (consequently bad language, hitting or throwing balls around and answering back will not be tolerated).

Coaches have the right of refusing any junior member who is constantly breaking these guidelines the opportunity of playing in any session. If a junior is constantly in breach of these guidelines they will be given a warning and will be expected to attend a disciplinary meeting. Any further breaches after this may result in their membership being withdrawn for a period of time or in certain circumstances withdrawn forever.