



# SUPPORT FOR PARENTS & CARERS OF COMPETITIVE PLAYERS

2024 Q1



# SUPPORT FOR PARENTS & CARERS OF COMPETITIVE TENNIS PLAYERS

The LTA Competitions Team have worked in conjunction with leading experts from Nottingham Trent and Oxford Brookes Universities to develop a number of resources to support the parents and carers of competitive tennis players.

There is a pathway of support available, starting with [‘Ready, Play’](#) – our introductory guide to competition, and progressing to online workshops to equip parents with the skills they need to support their child in a positive way.

You can read more about the resources and workshops available in this document and check out our webpage for further information – [LTA Parent Support](#).

**LTA Competitions Team**





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

“Ready, Play” is an online, interactive guide to competition for parents and carers.

It can feel like there’s lots to understand when your child first starts competing, so we’ve put together this guide containing key information to help parents/carers support their child.

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

[Read “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 will be taking place in early 2024 (click to book):

[Thursday 1 February 7 – 9pm](#)

[Thursday 7 March 7 – 9pm](#)

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





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

**TUESDAY 27 FEBRUARY 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.”*



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

**THURSDAY 14 MARCH 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](#)

# USEFUL RESOURCES

[University Tennis](#) – Learn more about University Tennis

[Mental and Emotional Skills Guide](#) – Download the Mental and Emotional Skills guide, written by Professor Chris Harwood and Dr. Sam Thrower, for expert advice on how you can help the development of your child's mental and emotional skills.

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

[County and Local Tour calendars](#) – Find Grade 4 and Grade 5 competitions in your region.

[Regional Tour calendars](#) – Find Grade 3 Winter Regional Tour competitions

[Lexus Junior National Tour calendar](#) – 2024 dates will be published here as soon as they are confirmed.