



# POP PARENTS OF PLAYERS newsletter

June 2022

## CODE VIOLATIONS: IT'S NOT JUST BETWEEN THE LINES ANYMORE

Tennis players come with all sorts of temperament. Some are especially quiet and reserved. Others are fiery and energetic competitors, while some find a perfect balance. Truth be told, parents are much the same, and for every calm and collected parent on the sidelines, we don't have to look far for the oft-overzealous mom or dad who makes it crystal clear whose fan club they subscribe to.

But along with the balance of enthusiasm and engagement comes sportsmanship. Unfortunately, we've all witnessed those who toe the line when it comes to good sportsmanship - both on the court and on the sidelines. With this in mind, the USTA developed the Friend at Court



rule book (available at [USTAsocal.com](http://USTAsocal.com)) including a Suspension Point System that applies to all sanctioned tournaments. It is important that all players and tournament attendees understand these rules and expectations.

This year, the USTA Suspension Point System and Point Penalty System has been updated to evolve suspension points and/or Code Violations assessed to a player for unsportsmanlike conduct. The code now states that **a player can be assessed suspension points when they, the player, or anyone associated with the player engages in unsportsmanlike conduct regardless of location and medium. This includes, but is not limited to, conduct at tournament sites - both when the player is on or off the court - as well as tournament-related activities, host hotels or other housing, and all forms of communication, including online medium or otherwise.** The violations have been updated as follows in the "unsportsmanlike conduct" and "physical violence" categories. These changes apply to USTA Regulation IV. and Table 17; Friend at Court 2022: pages 103-117.



## Six Ways To Set An Example

- 1  
Keep sideline comments positive and encouraging.
- 2  
Don't bad-mouth coaches, players, other parents, or officials. If you have a serious concern, talk privately with the coach or official.
- 3  
Congratulate the winners, no matter who wins.
- 4  
Look for examples of good sportsmanship in professional athletes and point them out to your child. Talk about the bad examples, too, and how they could have (re)acted differently.
- 5  
Applaud good plays, no matter who makes them.
- 6  
After a competition, don't focus on who won or lost. Instead, try asking, "What did you do well during the match?" "Was there something you wish you could have done better?" "If your child feels there was something that could have gone better, offer to work on it together before the next game. Keeping a positive outlook encourages rather than discourages.

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# WHAT IS IN YOUR CONTROL?

WRITTEN BY BRITTNEY ACERON

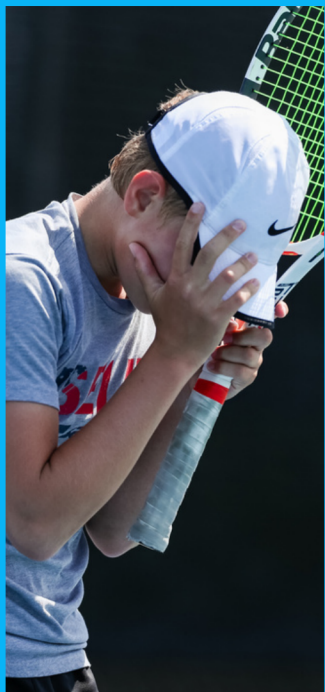


Photo: Derrick Tuskan

If there is anything that we've learned in the past couple of years, it's that in life, we are continuously faced with unforeseeable situations that have the potential to negatively affect us. While we may not always be able to change our situations, fortunately, we have the ability to change how we respond to situations. Athletes will face many obstacles and hardships throughout their athletic career. So often, athletes are too focused on things outside of their control when faced with challenges (i.e. opponents, the weather, the past, other people's thoughts and opinions, or change). These thoughts can have negative consequences, including feelings of fear, anxiety, blame, or a decrease in motivation. Alternatively, athletes who focus on what they can control when faced with challenges are more likely to stay motivated, focused, and enjoy themselves. This can be achieved by asking and responding to a simple question when faced with a challenge, "Is what I am thinking about something I can control?"

For example, if you are fixated on an unforced error you made and it's hindering your current performance, ask yourself, "Is what I am thinking about something I can control?" The correct answer is no. The unforced error is in the past; therefore, it's not something you can control. Acknowledge its effects on you, and instead of beating yourself up about it, remind yourself of what you can control. Some things you can control can be broken down into your A's, P's, and E's:

**A'S- ATTITUDE, ATTENTION, ACTIONS**

**P'S- PASSION, PURPOSE, PREPARATION**

**E'S- EFFORT, ENERGY, EMOTIONS**

While you're not able to control your past mistakes, you can control your attitude toward the situation and see the unforced error as mere feedback to learn from for the rest of the match. Instead of fixating on the past, you can also refocus your attention on what is happening right in front of you.

When you choose to focus on the things you can control, you allow yourself to stay on track with your goals and perform at your best. When you get caught up in your thoughts, ask yourself, "Is what I am thinking about something I can control?"

## ENCOURAGE YOUR KIDS TO COMPETE LIKE A CHAMPION WITH THE CHAMPION'S PLEDGE

**C**ompete with true spirit of sportsmanship

**H**ave fun!

**A**lways give the benefit of the doubt to my opponent

**M**anage my emotions and be respectful to my opponent, officials, and parents

**P**lay to win with grace and lose with dignity

**I**nvest time in knowing the rules

**O**bey the rules and respect officials' decisions

**N**EVER QUIT!

Parents!  
Sign up now  
for a career in

Modeling!



**"Kids tend to COPY your actions and IGNORE your wishes."**

This is called modeling.  
The way you handle situations speaks volumes to your children.

FRANK GIAMPAOLO

## TAKE THE PARENT, SPECTATOR, & COACH'S PLEDGE

- Model good sportsmanship to my player and fellow parents, including honesty, integrity, and kindness
  - Be knowledgeable and obey the rules of the game
  - Hold my child accountable for their behavior at ALL times
- Treat officials, tournament personnel, parents, and players with respect • Allow tournament staff to address conflicts and issues that may arise without getting involved
  - Support my child/player whether they win or lose



# TEAMWORK MAKES THE DREAM WORK IN FINDING THE RIGHT FIT FOR COLLEGE

The college recruiting process can be an intimidating challenge, however, with the right guidance and tools, your child will find the right fit for them. As former Stanford tennis player and author of "The Student-Athlete's College Tennis Recruiting Workbook" Marianne Werdel says, "You're on the hunt for the schools that will push you, support you, prepare you, and make you happy." It's important that as a parent, you act as a supportive and enthusiastic force during this time, without being overbearing. Here are some tips to help your kids confidently navigate this overall experience:

## 1. STAY ORGANIZED

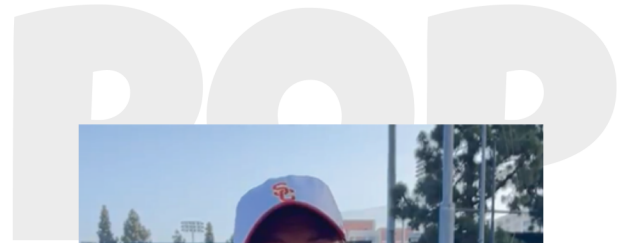
It's important for the athlete to have clear goals, objectives, and timelines. Encourage your child to develop a checklist of important tasks such as researching colleges, scheduling tournaments, calling the coach, visiting campus, and signing the national letter of intent.

## 2. ENCOURAGE INDEPENDENCE

College coaches will handle questions from Mom and Dad, but they want to get to know the athlete. Encourage children to be active and independent players in the recruiting process, so they develop communication skills and learn to think (and stand up) for themselves. Your child should be the one contacting as they're the ones being recruited. Remember, college coaches are looking for three key ingredients in a prospect: Strong academics, impactful athletic ability, and a personal character that demonstrates self-confidence, leadership, and good sportsmanship.

## 3. COMMUNICATE, COMMUNICATE, COMMUNICATE

There are times during the process when parents must be actively involved. Whether it is negotiating financial aid, requesting a preliminary read in admissions or asking questions concerning on-campus safety, parents should not hesitate to respectfully inquire on behalf of their children.



"How you conduct yourself on the court is also a reflection of how you conduct yourself off the court."

Alison Swain - Head Coach, USC Women's Tennis

For tips on build a list of tennis schools, meeting with college coaches, creating a journal of the visits, and more, visit Marianne Werdel's website.



**"COLLEGE IS A MATCH TO BE MADE, NOT A PRIZE TO BE WON."  
- MARIANNE WERDEL**



Throughout the year, we host College Knowledge sessions throughout the year, featuring college coaches and staff who offer first-hand advice and guidance for parents and players alike. Hear from some of SoCal's NCAA coaches, as well as Community college programs and Tennis On Campus club sports. Find out what coaches look for in players, how to navigate recruitment, and what priorities should guide the selection process.

Learn more about SoCal Collegiate Programs and College Knowledge sessions at [ustasocal.com/college](http://ustasocal.com/college).

## COLLEGE KNOWLEDGE IN 2022

June 18 (Sat)  
Junior Sectionals at Los Caballeros

July 8 (Fri)  
Gar Glenney Cup at Templeton

July 29/30 (Fri or Sat)  
USTA Girls Intersectionals at Claremont

December 9 (Fri)  
JTT Fall Championships in Palm Desert



# PARENTAL PRE-MATCH PREPARATION

TOP TIPS FROM FRANK GIAMPAOLO

## AS A PARENT,

you're pretty much resigned to the sidelines while your kids are on the court learning, playing, and competing. But there's plenty you can do to prepare your youngster before they step on the court. Here's ten easy things to remember that will help you play a positive role in your child's tennis development and performance.

### MAINTAIN PROPER HYDRATING.

Even a 1% loss in hydration can result in impaired cognitive reasoning and problem-solving skills. Be sure to remember pre-match, match time, post-match hydration including both water and electrolyte drinks.

### MAINTAIN PROPER NUTRITION.

A pre-match diet should be full of good carbohydrates, and maybe a small amount of lean protein and fat. Ready to play? Consume quick energy carbs like bananas, sports drinks, energy gels, etc. Once the player is colling down post-match, consider lean proteins, good fats, and carbohydrates. Timing of nutrition is also important- be sure to feed your athlete 1-2 hours before competition, and prepare snacks to stay fueled in case of match delays!

### REVIEW THE FUNDAMENTAL RULES OF THE GAME, TENNIS COURT SUBDIVISIONS, AND THE NAMES OF THE COURT LINE.

This is a prerequisite for competitive play.

### THE ATHLETE, THE LINESMAN, AND THE SCOREKEEPER.

Learn about each role, which requires its own specific skill set. Calling the lines and the score out loud will prevent confusion and gamesmanship.



Lexie Wanninger | USTA



Chris Quinn | Newgait Productions

### OVERCOMING THE FEAR OF COMPETITION.

In order to master a new skill and better results: your athlete has to be willing to step out of their comfort zone and into their fear zone. Success is often found on the other side of fear. Playing to win is very different than playing not to lose.

### HAVE KIDS PACK THEIR TENNIS BAG FOR COMPETITION.

Examples include 3 racquets, extra string, grips, dampeners, water, electrolyte beverage, snacks, towel, Band-Aids, sunscreen, extra shirt, bands, and jump rope.

### DISCUSS PERFORMANCE GOALS, NOT OUTCOME GOALS.

What will we accomplish and quantify today? Sample Performance Goals include serving to the backhand, keep deep balls deep, and attacking short balls.

### PSYCHE THEM UP ...DON'T PSYCHE THEM OUT.

All too often, on the drive to the event; the uneducated tennis parent will unknowingly sabotage the athlete's performance by obsessing about the outcome. Avoid talking the opponents rankings/ratings and win/losses- this only distracts the athlete from their performance goals.

### CHECK THE EVENTS SCORING SYSTEM.

Events may utilize different scoring systems. Examples: regular scoring/no-ad scoring, pro sets/short sets, tiebreakers/super tiebreakers.

### QUANTIFYING MATCH PERFORMANCES.

It is a great bonus for the athlete's progression if the parent can take performance notes, stats, or charts. If so, please do not "coach" your child in the car on the way home. Simply text your findings to their coach. Ask them to tackle the topics in next week's lessons.