



PARENT TRAVEL GUIDE

At TTA we are firm believers that it is essential to have the parent, coach, and player roles clearly defined. When this triangle functions properly the player feels more relaxed, confident and generally enjoys their tennis experience much more. I have put together these guidelines based off my time with the Usta coaches and many other trusted resources. We all share the same goals of raising kids who are mature, independent thinkers, respectful, and can play tennis at a high level.

Here are some great tips for maximizing your role as a tennis parent at tournaments.

- 1. Love unconditionally** - tennis is super hard and full of hard moments, they need their parents to be their rock and love them not criticize them. They are probably doing that to themselves anyways. Don't be an extra stress.
- 2. Discipline** as a parent should but do not discipline for tennis issues/performance, that is why you pay and trust the coach. Of course every family has their behavioral standards and you should hold your child to your standards on issues that may occur.
- 3. Be organized and on time** - give players a good role model. Help and teach them to be professional which will help them all of their lives.
- 4. Do not coach under any circumstances.** Be there to assist when needed with rides, food, love and support, encouragement, etc. Be a parent not a coach.
- 5. Encourage the player to contact the coach** - teach the player to discuss before and after matches with a coach. This way players can receive love from parents and coaching from coaches.
- 6. NO hovering whatsoever on or around the court during warm ups!** This is a time for players to get focused and prepare on their own. Parents can't help the player cram for the test. Additionally- I challenge you to show up to your child's matches after a few games of the match have already been played. They must learn to play for themselves.
- 7. Do not engage in or create social drama-** try to diffuse any issues that may distract your child and their energy from what is important. Teach them to ignore these situations. Be a become of positivity for the Academy.
- 8. NEVER carry your child's equipment or make excuses** for their lack of preparation. Obviously- if they are hungry they can ask for food but they can certainly pack their own tennis bag and fill their own jug of water. Teach them to be independent and responsible. We must allow them to fail in order to learn.
- 9. Love your child before, during, and after the event.** They need you to be their parents.

Sincerely,
Trent Tucker

*Missouri Valley Coach Of The Year
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