

INSPIRE AND SUPPORT YOUR NEW PLAYER

In each question, rate yourself on a scale of 1-5. Think about how your child and his or her coach would rate you, too. Total your scores to assess how effective you are acting as a tennis parent. If you have a spouse or significant other, have them take the test as well.

Do I...

1. Emphasize and reward effort over outcome?
2. Provide encouragement when my child exerts full effort and good sportsmanship?
3. Try to make tennis fun?
4. Emphasize core values such as "if you are going to do it, do your best?"
5. Allow the coach to coach so I can function as a fully supportive and loving parent?
6. Keep in perspective the pressure to win and succeed in tennis?
7. Avoid viewing my child's tennis as an investment from which I need a return (for me)?
8. Exhibit a calm and confident body language, thus showing my belief in my child as s/he plays a match?
9. Model and instill a healthy, active lifestyle?
10. Teach my child how to handle perceived cheating and bad line calls in a positive manner (that does not include cheating in retaliation)?
11. Treat my child the same regardless of a win or a loss?
12. Avoid critiquing my child during the first 3 hours after a match?
13. Avoid constantly making the topic of conversation at home about tennis?
14. Emphasize the progressive long-term development of my child and having fun more than winning?
15. Allow my child to be responsible for tennis-related and age-appropriate decisions including carrying equipment, getting water and reporting their scores?
16. Emphasize hard work, effort and the importance of persevering through adversity?
17. Talk to my child and emphasize fair play if s/he displays bad sportsmanship on court?
18. Does my child participate in other sports and activities?
19. Display a positive and optimistic parenting style?
20. Support a coach's decision to stay with a certain ball and court longer in order to fully develop my child's skills?

Total Score _____