

PARENT BEHAVIOR AT COMPETITIONS

Parents! Children love you watching them play tennis competition. Your behavior at competition makes a big difference in their experience.

As a suggestion, try the following practical tips:

- Take the time before, during, and after your child's practices and competitions to reflect on your parenting behaviors.
- Ask your spouse or partner, or other parents to provide feedback on your behavior around competitions.

Scan me for the full Parent Support Guide!



WHAT CHILDREN DON'T WANT FROM PARENTS

WHAT CHILDREN DO WANT FROM PARENTS

BEFORE COMPETITION	<ul style="list-style-type: none">• Comments focused on child's performance• Communicating expectations about winning• Tactical advice with no knowledge	<ul style="list-style-type: none">• Helping athlete be physically prepared• Attend to child's needs for mental preparation
DURING COMPETITION	<ul style="list-style-type: none">• Intimidation towards opponents• Drawing attention towards themselves• Criticizing/coaching child or team• Disputes with officials, coaches, or parents• Contradicting coach instructions• Repeating instructions• Booing opposing team	<ul style="list-style-type: none">• Etiquette and compliance with guidelines• Positive tone and body language• Control over emotions• Praising good performance• Encouragement after poor execution
AFTER COMPETITION	<ul style="list-style-type: none">• Criticism of performance• Blaming outcomes on referee or others• Focusing on negatives of performance	<ul style="list-style-type: none">• Positive feedback on effort and attitude• Realistic feedback• Give feedback when child is ready for it

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