# MISSISSIPPI TENNIS ASSOCIATION 

 JUNIOR TENNIS PATHWAY

## A GUIDEBOOK FOR PARENTS

Dear USTA Mississippi Players, Parents, and Coaches:
This USTA Mississippi Junior Tennis Guidebook is an effort to provide you with the general information your youth may need as they enter the world of junior tennis. The intent of the Guidebook is not to answer every question you may have, but to highlight USTA programs as well as the areas of junior recreational and competitive tennis that you need to know.

While every effort has been made to give you the most up-to-date information, if you have additional questions or comments about any of the information provided, please contact our district office at 601-9814421 or email questions@mstennis.com.

Sincerely
Mississippi Tennis Association


WTA / ATP Tour

JUNIOR GRAND SLAMS, ITF FUTURES EVENTS, CHALLENGER EVENTS, DIVISION COMPETITION


NATIONAL 18 U EVENTS, ITF TOURNAMENTS (ITF G3, G2, G1 \& A), ITF FUTURE EVENTS
Continue to develop and refine technical skills

STATE TOP TIER EVENTS, SOUTHERN EVENTS, NATIONAL EVENTS \& INTERNATIONAL EVENTS (ITF G5 \& G4)
Monitor player's growth through frequent measurements in all physical skills

USTA JR. TEAM TENNIS, STATE TOURNAMENTS, SOUTHERN EVENTS \& SOUTHERN CUP
Develop and consolidate tennis competencies
Develop basic psychological skills Develop basic competitive skills

USTA JR. TEAM TENNIS, STATE 8U \& 10 U TOURNAMENTS, LOCAL CAMPS Develop basic tennis skills
Further development of fundamental motor skills
Further development of movement skills


TENNIS FESTIVALS, P.E. CLASSES
Introducing tennis with age appropriate equipment
Hand-eye coordination
Variety of fundamental movement skills
Promote confidence in a safe \&
enjoyable environment.
Introduce fundamental motor skills


## RECREATION/ PARTICIPATION RECREATION PATHWAY

ADULT LEAGUES 18-40, 55, 65 ADULT TOURNAMENTS/EVENTS

HIGH SCHOOL TEAM/LEAGUE, TENNIS ON CAMPUS, ADULT LEAGUE 18+, COLLEGIATE DIVISION 2-3, COLLEGIATE NAIA

USTA JR. TEAM TENNIS, HIGH SCHOOL TEAM/LEAGUE
Develop and consolidate tennis competencies
Develop basic psychological skills
Develop basic competitive skills Develop decision making

USTA JR. TEAM TENNIS, NOVICE STATE TOURNAMENTS \& MIDDLE/HIGH SCHOOL TEAM/LEAGUE
Develop and consolidate tennis competencies
Develop basic psychological skills, competitive skills, decision making \& consolidate tennis competencies

USTA JR. TEAM TENNIS, NOVICE STATE (L4/L5) TOURNAMENTS
Develop and consolidate tennis competencies
Develop basic psychological skills
Develop basic competitive skills
Develop decision making

AFTER SCHOOL PROGRAMMING \& USTA JR. TEAM TENNIS
Develop basic tennis skills
Further development of fundamental motor skills
Further development of movement skills

TENNIS FESTIVALS, P.E. CLASSES
Introducing tennis with age appropriate equipment
Hand-eye coordination
Variety of fundamental movement skills
Promote confidence in a safe \&
enjoyable environment
Introduce fundamental motor skills



## DEVELOPING TENNIS PLAYERS

Ages 4-11

| PLAYER AGE | $4-6$ YEARS | $6-8$ YEARS | 7-10 YEARS | 9-11 YEARS |
| :---: | :---: | :---: | :---: | :---: |
| Court and ball | - RED court (36x18) or smaller <br> - Tape as net <br> - Red foam and red felt bal <br> - Larger ball can be used as a teacting ald | - RED court (35 $3^{\prime} \times 18^{\prime}$ ) <br> - $29^{*}$ net or tape as net <br> - hes ball | - ORANGE court (EN' x21'] ( $600^{2} \times 27$ doubles) <br> $-7^{\prime}$ net <br> - Orange ball | - GREEN court (78 x 27 ) <br> (78 $\times 27$ doubles) <br> - $7^{\text {r net }}$ <br> - Green bal |
| Player-centered ewifroment | Fun, active, relaxed, Inclusive, positive with frequent changes of activity | Pun, active, relaxed, inclusive, positive and encouraging with emphasis on leaning new skills | Enjopable, active, inclusve, positive with progressve development of exsiting and new skill bsse | Enjoyable, active, Incluske, positive leaming and relntorcing of new and existing skells |
| Coach/player rallo | 1.4 | 1:6 | 1.4 | 12.46 |
| Goals to ilt stage of development | To develop baslc skills of movement, catching, throwing and hltting | To develop athletic skills, tectrical and game sellls for the tennls environment | To develop tennils-appropitite attietic, technical, game and compettlve stills | To combine ternis-spproprtste technical tacticas, plysical and psychological sallis for compettion |

PLAYER DEVELOPMENT

| Anliettc development | Ruming, Jumping, hopping, twisting, tuming, stopping, starting, static balance, catching wth two hands | Agility, dynamic balance, bllateral coordination, skipping, hopping, throwing/lossing and catching away from body with elther hand, flexbillit, strength. |
| :---: | :---: | :---: |
| Technical development | - Hanaling racquet <br> - Increasing understanding of ball fight (height, depth and with) <br> - Hitting on forehand and backhand silde <br> - Underiand or ovemand serve | - Handiling the racquet <br> - Tracking the ball with incressed anticipation of bounce position <br> - Increasing understanaing of height, depth and with of ball filight <br> - Basic forehand and backhand [GPS: Gifp, Preparation, Swing Path) <br> - Overiand serve (gtip, stance, ammaction, filythm, contact) <br> - Service retum <br> - Basic volley |
| Movement | Developing balance in different movement pattems | - Fowards, sidewzys and dlagonaly forward <br> - Baslc recovery movement |
| Psychologlcal development | Trying new chalenges, effort, following instructions | Concentration, willingness to leam, leaming to make choices, respectful, understanding rules, coping with wirring and losing, leaning to solve problems |

Agility, ojnamic belance, complex coordination, Ilinear speed, speed of coordination, strength, flextblity. tootwork.

- Developing understanding of pace and spin on ball flight
- Forehand and backiand |stance grip, shape of shot, types of spin)
- Serve Igrip, stance, amm action,
nyythm, contact, rotation, types of spin)
- Senvice retunt with change of alrection
- Approach shot to volley
- Ovemead

Mult--alrectional movement Including dagonally backwards with loading and recovery

Love of the sport teachabllity. concentration, problem solving. becoming confisent, making cholces, leaming faimess, taking responsiblity

Agilty, tymamic balance, complex coordination, mutt-directional speed, strength core strengh flexblily.

- Forehand and bacithand fracquet speed and change of spin, hill bsil at top of bounce or falling)
- Serve istance, speed, spin on second serve, placement to move opponent, hit ball to thse off court)
- Service return: hit tising or falling ball
- Approach shot to hilt high or low volley

Movement, losing and recovery In all directions

Competiliveness, focus, simple goarsetting, self- motivation, confiddence, leaming to make decisions, developing selfrellance, unterstanding winning and losing

## SPORTSMANSHIP PLAYER EXPECTATIONS

Follow the rules of tennis and The Code described in the Friends At Court handbook.

Show respect to coaches, opponents, spectators
and officials at all times.
Avoid unacceptable conduct on and off the court:
Verbal or physical abuse of another player or official
Abuse of rackets, balls and other equipment
Visible or audible use of obscenities

End matches smoothly and accept the results.
The point penalty system will be in effect:
lst offense: POINT LOST
2nd offense: GAME LOST
3rd offense: MATCH DEFAULTED

NOTE: Players may ask for an official to assist with any issues that arise.

GREAT SPORTS MAKE A SPORT GREAT

## Futures Rules \& Regulations

## FUTURES RANKING REGULATIONS

Future rankings will be computed on the Points Per Round System

- All future and grand prix tournaments will be Level 5 events. (See Point Charts .pdf)
- To play in a 12-18 division future tournament a Player must not have received a 1-40 Junior Competition Standing list rank in the month prior to entering the tournament. In the 12-18 age division, 1-40 standings list players may not play outside their age division.
- To play in a 10 's age division future tournament a player must not have received a 1-20 Junior Competition Standing list rank in the month prior to entering the tournament. In the 10 's age division, 1-20 standings list players may not play outside their age division. (No playing up a division)
- Green Dot non-compression tennis balls will be used in all 12 and under futures tournaments.
- Bonus points will not be awarded.
- There are no tie-break procedures for a year-end ranking.
- These regulations apply to both doubles and singles.
- Future tournaments do not count toward a junior competition ranking.
- Year-end rankings will be calculated on a player's best two (2) tournament results.
- Players must earn a minimum of two (2) ranking points during the calendar year for a final ranking.


## 10 and Under Tournament Scoring

60 Ft Courts
Singles

- Played on a $60^{\prime}$ X $21^{\prime}$ Court
- Scoring: Best of two short sets to 4-4 (regular scoring) with a Set Tie break (7 Point Tie Break) for the third set
- Set tie break's at 4-4 in first two short sets "At 4 all not 3 all" Score should be EXAMPLE 5-4 (7-2), 4-2
- Use orange non compression balls
- Must use 25 " or less inch racket


## Doubles

- Played on a $60^{\prime}$ x $27^{\prime}$ court
- Doubles: one regular set to 6 and tie break at 6-6(7 Point Tie Break)
- Must use 25 " or less inch racket
- Use orange non compression balls


## 8U \& Under

36 Ft Courts
There are 7 points in a game; the first to score 7 points wins the game.
Players will play the best of 3 games; the first to win 2 games wins the match. Use the red non compression ball and 36 ft court.

- Players should greet one another and spin a racquet to determine first serve.
- Service begins from the either court, and the server is allowed 2 serves (if needed) per point.
- The server will serve 2 points then the opponent will serve 2 points.
- The first player to win 7 points wins the game.
- The player to win 2 games wins the match.


## Positive Conduct for a Tennis Parent and FYI's

$\checkmark$ Remain in the spectator area during competitions.
$\checkmark$ Become familiar with the rules of tennis by reading the "Friend at Court".
$\checkmark$ Don't advise the administration, coach or other parents on how to do the job.
$\checkmark$ Don't coach your child during the contest in any USTA sanctioned tournament or match.
$\checkmark$ Show interest, enthusiasm, and support for your child.
$\checkmark$ Don't make insulting comments to players, parents, officials, or coaches of either team or individual.
$\checkmark$ Keep control of your emotions.
$\checkmark$ Thank the coaches, officials, tournament director, and other volunteers who conducted the event.
$\checkmark$ Courtesy is expected

## FYl's

$\checkmark$ Players make calls on their own side of the net, spectators may never make calls.
$\checkmark$ Opponent gets benefit of doubt.
$\checkmark$ Ball touches any part of the line is good and a ball that cannot be called out is good.
$\checkmark$ Either player may make the call in doubles.
$\checkmark$ All points are treated the same, regardless of their importance.
$\checkmark$ Out calls reversed. A player who calls a ball out shall reverse the call if the player becomes uncertain or realizes that the ball was good.
$\checkmark$ Always make prompt audible or visible calls.
$\checkmark$ Ball marks can only be used for making calls on clay courts; never under any circumstance can it be used on a hard court surface.

## How to be a Great Tennis Parent

Most internet users have stumbled upon videos of unruly parents losing their cool at their youngster's athletic event. Most viewers cover their eyes to shield themselves from a rowdy parent spitting in an officials' face before charging the playing field. While these internet sensations are extreme examples, the parents' behaviors reveals how much emphasis people put on sports. And with so many great junior tennis players across the globe, it's easy for both players and parents to get caught up in this competitive atmosphere.
This tennis guide outlines several ways for parents to make their child's junior tennis experience a great one.

## Don't Sweat the Outcome

Winning is the one and only goal for nearly every athlete, even if scratching and clawing for a victory leaves you scratched and clawed. Most competitive tennis players would welcome an overhead smash landing directly in their gut if it somehow separated a win from a loss. But, this gung ho attitude needs to cool off from time to time especially if you're a parent of a junior player.
Instead of focusing solely on the outcome of the match, try to consider your child's performance as a whole. Take mental note of his attitude throughout the match. Pay attention to how he handles adversity, and track areas of the game where he shows improvement. The scoreboard doesn't always indicate effort, so try to distance yourself from the final result. You should be proud of your child if he makes attitudinal improvements, exudes confidence, and displays a general interest in the game. On a week-to-week basis, track these developments and point them out to your child after the match.

## Stress Assessment

Because most juniors feel pressured to win, many young players experience serious amounts of stress both on and off the court. As a parent, you have more worldly knowledge and you know that tennis is "just a game;" this can make overlooking their concerns fairly easy. Youngsters without much "real-world" experience, though, can't always relate to a parent's outlook. To them, their strain is very real. Without children of their own, major monetary responsibilities, and other parental concerns, tennis can very easily become the biggest stressor in your child's life.
Try to understand their points of view, and make their experiences relatable. Compare their pressure to succeed to something from your own life - whether it's work-related or a story from your past - and give your child some space. You don't want to contribute to his anxiety and turn him off to the game altogether.

## Be Their Biggest Fan

Most juniors have conflicting opinions about their parent(s) watching their match: Some embrace it, others are indifferent, and certain players won't stand for it. Either way, don't leave your child glancing at an empty fan section every week. And more importantly, stay for the entire match! If you walked out of a movie halfway through, it's safe to assume you didn't fancy the flick. Although certain circumstances won't always allow it, show that you're genuinely interested and stay for the full match.

## Hot Tip: Observe \& Report

You don't need to coach your kid during the match - just be an observer. Loud parents can sometimes embarrass junior players, so kick back in your chair and enjoy the match. Take some mental notes, cheer him on, clap your hands after an impressive shot, and talk to him when the match is over. Simply showing up and staying proves you're interested in his performance, so there's no need to overwhelm your child with comments and pointers throughout the match.

## Positive Contact

Ultimately, your goal as a parent should be to make your child's tennis experience a positive one. How you do this varies from one family to the next, but the strategies outlined in this guide should start you off in the right direction. Don't force your kid to love the game. He'll stay involved with tennis if he's genuinely interested in it - possibly for the rest of his life.

Read more at: http://tennis.isport.com/tennis-guides/how-to-be-a-great-tennis-parent


## THE BENEFITS

We give you everything you need to start and maintain a school program:


For schools with a community partner: an equipment starter kit including racquets, balls, rolls of tape, chalk, and apparel for class leadersDigital communications providing new program information, educational content, and support to build Net Generation in your school
( A print or online suite of teaching materials
to help build lessons and continue education

## NET GENERATIONTEACHER

A Net Generation Teacher who registers an account and identifies themselves as an Elementary School teacher receives the turnkey Elementary Schools Digital Tennis Manual featuring curricula written by SHAPE America and the USTA.

## NET GENERAIONSCHOOLS

Teachers who sign up for Net Generation and register their school information into the Program Management Center will be able to take advantage of a suite of digital tools. This is a value proposition for schools, students and all members of the school community.

## NET GENERATION WTTH COMNUNTTY PARTNER

Along with all the digital and physical tools, signing up for Net Generation Schools and adding a Community Partner will trigger an equipment pack sent to the school valued at $\$ 1000$, for free! This value pack features 30 racquets, 56 balls, 4 rolls of barrier tape, Chalk, as well as some very special gifts for the teacher implementing the program. Also a tablet, with curricula pre-loaded, will be available for the first 1000 Schools that sign up with a Community Partner

## BEFORE PLAYING A JUNIOR TOURNAMENT

## 1. Ask: Is My Child Ready To Play Tournaments?

This is a tough question. Parents know their children and can best decide whether their child has the interest, demeanor, and maturity to play tournaments. Consultation with your child's tennis coach is also a great place to start. If your child wants to play a tournament, has a basic understanding of the game (including keeping score and being able to hit the three fundamental strokes: serve, forehand and backhand, and sustain rallies over the net), then the time may be right to compete. Tennessee has tournaments for every age and skill level. Our hope is that your child enjoys the experience and will want to play more and more tennis as he/she gets older. Therefore, it is important that the tournament experience is fun and rewarding regardless of wins or losses.

## 2. Choose A Tournament To Enter

Review the above types of tournaments before you select the type of tournament that is most appropriate for your level of play.

## 3. Finding a USTA Sanctioned Tournament

a. Go to http://tennislink.usta.com/Tournaments/Common/Default.aspx

b. Under 'Find a Tournament' Input the Tournament ID number, if known.
c. If you do not know the ID number, click on 'Tournament Advanced Search

a. Refine the search by entering in the Zipcode of the tournament location or keyword search
b. Under 'Age Groups' select 'Youth' for Junior Tournaments
c. Select the Month and/or Year of the tournament(s) you wish to register
d. Under 'National/Section/District' select the Section where you wish to play a tournament. (if you are wanting to look for all tournaments in the Southern Section, select 'Southern' but if you want a tournament in Tennessee, select 'Southern-Tennessee')
e. Once you have entered in your desired fields, click 'Search

## 4. Register For A USTA Sanctioned Tournament

a. Click on the Tournament name of the tournament for which you wish to register to go to the Tournament Home Page
b. Confirm that you are registering for the correct level appropriate event (MS L4 -STA L5)
c. Tournament Home Page - Here you will see all of the information about that tournament. (example)

## JUNIOR SPRING CLASSIC AT TUNICA NATIONAL MS L4-STA L5


d. Click on the RED 'Register Now' button to register for the tournament

# Register for JUNIOR SPRING CLASSIC AT TUNICA NATIONAL MS L4-STA L5 

Tournament ID:
700007915

Location:
Tunica Resorts, MS

Dates:
April 24-26, 2015

Entries Close:
Monday Apr, 202015 11:59 PM (Central Time)

Enter the USTA \# of the player you wish to enter in this tournament. For instructions regarding how to use the registration system, to select and pay for doubles partners, withdrawal, etc, please click here.

Please note that the player's membership must be current through the end of the tournament to register online. If you are not a USTA member but would like to become one, please click here to JOIN USTA NOW.

e. Register Player Page - enter the USTA number of the person you wish to register for the tournament. The registration system will validate the player's eligibility and USTA membership status, and will only allow entry into the appropriate events/ divisions. If the player is not a member or the membership has expired, you must apply or renew the membership before continuing.
f. Choose Event Page - verify that the information about the selected player is accurate. If not, follow instructions to contact the USTA Membership Dept. Then, select the events/divisions for which you wish to register, taking note of the message regarding the number of events for which a player is allowed to enter.
g. When the information is accurate, Click 'Continue'
h. Cart Summary Page - shows a summary of the entries and the costs. If you wish to edit your entry, or continue searching for another tournament to register, you may click the appropriate button to do so. Otherwise, Click 'Proceed' to Checkout
i. Credit Card Page - input the cardholder name, credit card type and number, and expiration date, as well as the statement mailing address zip-code. Then, place the order.

## 5. Familiarize Yourself With The Rules

* Rules of Tennis - You are expected to know the rules of playing a tennis match including keeping score and how to play a tiebreak
* Tournament Website-Each tournament will publish information about its event on the online tournament page including directions to the tournament and start times


## 6. Obtain Your Match Start Time

You are responsible for obtaining the start times for your matches. Tournaments are required to post the draws, including start times, to the online tournament page no later than 48 hours before the start time of the first match of the event. If you cannot locate your start time, call or email the tournament director. The contact information can be found on the online tournament page. Always check the tournament website and your start time the night before you play.

## 7. What To Bring With You To The Tournament

In addition to tennis racquets, you should bring your USTA card, a water bottle, sunscreen, a towel, and extra tennis clothes. If you think that you

## WHAT HAPPENS AT A JUNIOR TOURNAMENT

## Checking In For Your First Match

When you arrive at the tournament, you should first locate the tournament desk. Unless otherwise instructed, players should check in at the Tournament Desk at least 15 minutes prior to their first match time. Once you have checked in, you are indicating that you are ready to play. If courts are available, you may play earlier than your scheduled time. First match times are given by the Tournament Director. Make sure you know the directions to the tournament site ahead of time, allowing for traffic and any "uncontrollable" situation.

## Enjoy Your Match

When a court is available, the tournament desk will give you balls and send you and your opponent to your assigned court. You will be expected to limit your warm-up to five minutes. Be sure to call the score clearly before every point as this will eliminate any confusion. Please use the scorecards if they are provided. Tennis is a sport that entrusts sportsmanship and fair play to the players on the court, so be sure to keep that in mind while you're playing. Unsportsmanlike conduct on the court, by you as well as by your family and friends, is subject to the Point Penalty Suspension System. You may be suspended from playing tournaments if your bad behavior persists. The best way to understand what is expected of you is to read "The Code," - the general rules of sportsmanship and fair play that is located in "Friend at Court" the USTA Handbook of Tennis Rules and Regulations.

## Be Courteous

Every player should show respect for the tournament director, referee, officials, volunteers and tournament sites. Remember the workers at the tournament desk are usually volunteers. Please show your consideration and appreciation for the hospitality extended by thanking the tournament desk staff before you leave or sending the tournament director a thank you note or email once the tournament is over.

## Be Flexible

Be prepared for changes in weather. Bring extra clothes and jackets, an umbrella, food, books, cards and games, blanket, folding chair, first-aid kit, extra racquet, water jug, ice chest, towels, and practice balls. Some matches are played at alternate sites so you will need to stay flexible and make the best of the situation, especially when the weather becomes unpredictable.

## Problems With line Calls During A Match

Tennis one of the few sports in which the amateur participants umpire themselves. Your child will need to call whether balls on his/her side of the court are in or out. If the ball hits any part of the line, it must be called "good." A player only makes calls on their own side of the court. If you feel that your opponent is not making calls correctly, you may warn them; and only when necessary, request a line judge (player should go to the net and raise their racquet above their head to get the Umpire's attention). Parents never act as line judges, nor call the Umpire to the court themselves-this is the player's responsibility.

## Other Issues That Arise During Tournament Play

If at any time during a match you have any issue (i.e. bathroom break, water, etc.), or a potential conflict that requires a resolution that you or your opponent cannot agree on (i.e. score, etc.), you should summon an Umpire. Players should walk to the net and raise their racquets above their head to get the Umpire's attention

## Coaching During A Match

Coaching is NOT allowed by ANYONE once a match has begun. You (or anyone) may coach a player before a match, or during the either 3 or 10 mi nute break between the second and third sets. Otherwise, coaching is prohibited and the player will be subject to the Point Penalty System. Coaching (according to "The Friend at Court") is defined as "communication, advice or instruction of any kind, audible or visible, to a player."

## Tournament Evaluation

In an effort to provide quality tournaments to our juniors, USTA NorCal would appreciate it if you would complete the online tournament evaluation form on the tournament home page. If you have a serious complaint that needs to be brought to the attention of USTA Tennessee, please contact the Director of Junior Competition by email to kents@mstennis.com


## USTA PLAYER OATH

I recognize that tennis is a sport that places the responsibility for fair play on me.

I promise to abide by the rules of the game, which require me to give the benefit of the doubt to my opponent.

At all times I shall strive to compete with the true spirit of sportsmanship, recognizing that my behavior on the court is a direct reflection of my character.

Whether my matches end with my victory or defeat, I promise to conduct myself in a way that honors my opponents, those who support me, and the game of tennis.

