

Coaches Tip 19

Tennis Program - Code of Respect

The essence of good discipline is: RESPECT

Respect for Authority: Means to listen to the coaches and others in a position of leadership. Be coachable and willing to listen to advice about your game or about your self as a person.

Respect for Others: Means to respect other players at the club and in your class. Do not talk bad about others or engage in gossip. Do not cheat with your score in class or during a match.

Respect for Self: Means no negative self-talk. Do not cut your self or your abilities down. Do not demean your self or talk to yourself in a manner that you would not want others to do. Be aware and proud of your strengths.

Respect for Rules: Means to know and obey the rules of the Tennis Center. Do not look for ways to undermine or avoid the rules. Accept responsibility for your own actions and do not blame others for your mistakes.

Rules for Practice:

- 1) No Swearing.
- 2) No Racket Throwing.
- 3) No Smashing a Ball in Frustration.
- 4) No "Head Hunting" ... (coaches are the judge)
- 5) No Talking during Demos.
- 6) No Disrespecting the Coaches. (coaches are the judge)
- 7) No Tanking a drill (poor effort)

Penalties:

- **1st Offense:** verbal warning and/or 25 Push-Ups.
- **2nd Offense:** Sit out of class for a time 30 minutes.
- **3rd Offense:** Done for the rest of the day and/or session.
- **Fourth Offense:** Done at the DeWitt Tennis Center.

If you reach the second offense level ...

Parents automatically get a call.