



PARENTS IN TENNIS MONTH: OCTOBER 2023



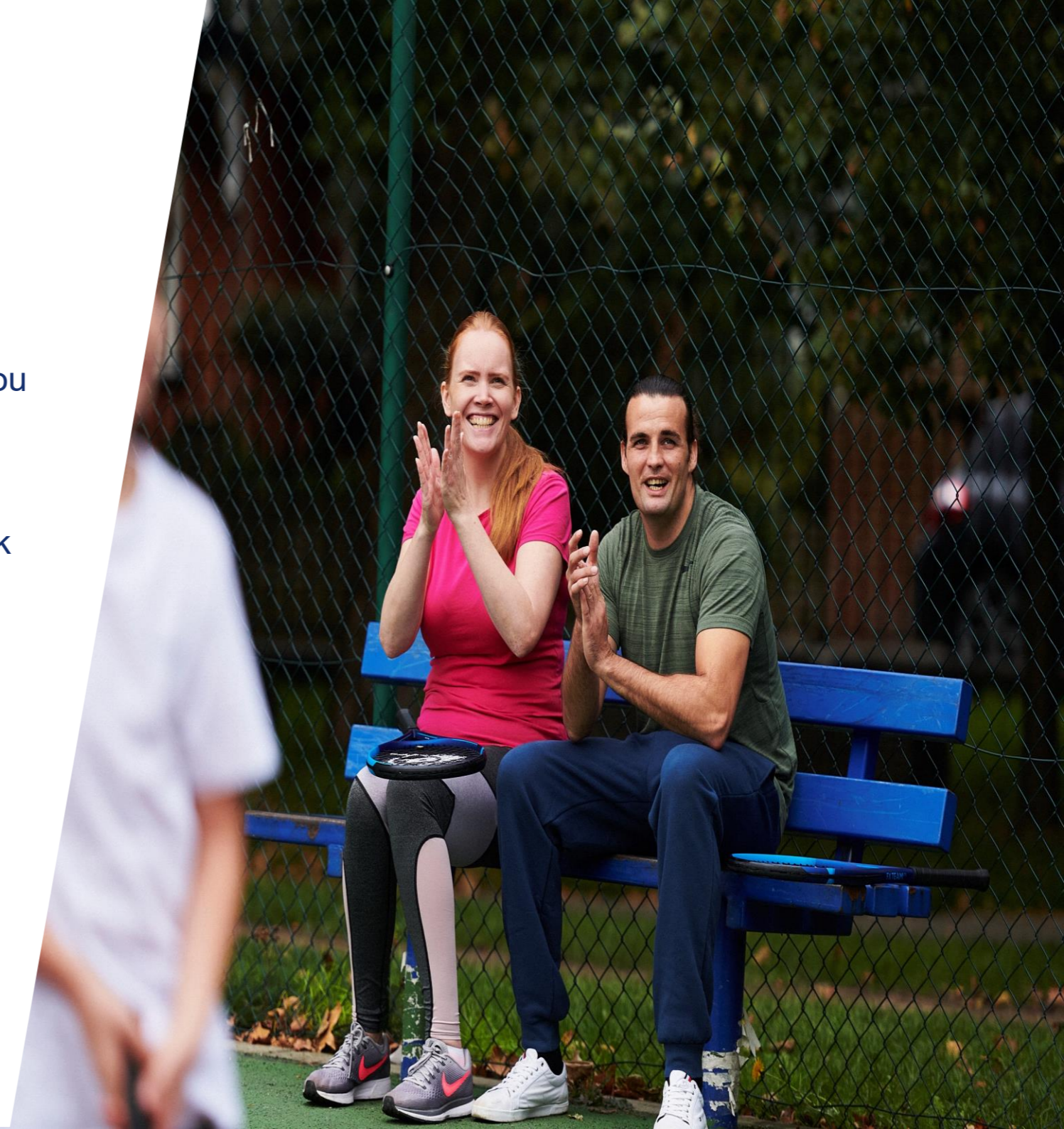
PARENTS IN TENNIS 2023

Thank you to everyone who attended sessions that place during our 'Parents in Tennis' month in October. We hope you found the sessions informative and engaging.

Please take a few moments to complete our [short survey](#) – this will give us useful feedback about the sessions that took place and will help us to plan future parent support and education.

The following pages will give you a useful summary of the 'Parents in Tennis' month sessions and links to watch the recordings of some of the sessions.

LTA Competitions Team



SUMMARY OF SESSIONS

Date	Time	Session	Recordings/Booking Links
2 – 6 October	N/A	CPSU 'Keeping Your Child Safe in Sport week'	Keeping Your Child Safe in Sport E-Learning Course
Monday 9 October	7-8pm	"Game On" – The LTA Disability Pathway	'Game On' – The LTA Disability Tennis Performance Pathway
Tuesday 10 October	7-9pm	Competition Parenting Workshop	More sessions will be running in 2024 – click here to book.
Wednesday 11 October	7-9pm	Competition Parenting Workshop – National Tennis Centre	
Monday 16 October	7-8pm	'Competition Opened Up 2023'	View a recording of the session
Wednesday 18 October	7-9pm	5Cs Workshop – Nurturing your child's psychosocial skills through Tennis: Applying the 5Cs approach	Next workshop on Wednesday 6 December – book online
Thursday 19 October	7-8pm	British Universities Opened Up	View a recording of the session
Monday 23 October	7-8pm	'Working Together for a Mental Advantage' – a Parent & Child Session	More sessions to come in 2024!
Wednesday 25 October	7:30-9pm	'Everything you want to know about Sport Psychology but were afraid to ask!'	View a recording of the session
Monday 30 October	7-8pm	Optimising Lifestyle and Wellbeing	View of a recording of the session

KEEPING YOUR CHILD SAFE IN SPORT

2-6 OCTOBER 2023

This campaign, led by the NSPCC Child Protection in Sport Unit, brings together parents/carers, sports clubs, activity providers and NSPCC supporters to help parents and carers keep children safe in sport.

Here's how parents/carer can learn more:

1. **Be a great sports parent or carer** by taking a look at the resources available online – [Keeping Children Safe](#).
2. **Understand their role in keeping children safe in sport** by completing the [e-learning course](#).
3. **Watch their brand-new video** - [Be their No. 1 Fan](#)
4. **Spread the word** by talking about Keeping Your Child Safe in Sport on social media. Use [#SafeinSport](#) and tag [@NSPCC](#) and [@TheCPSU](#).

**We are proud
to support**

Keeping

Your Child Safe 
in Sport

NSPCC



Child Protection
in Sport Unit

“GAME ON” – THE LTA DISABILITY PATHWAY

MONDAY 9 OCTOBER 7-8PM

This online session was delivered by the LTA Disability Competitions Manager, **Sophie Hall**, and gave players and parents an overview of the opportunities available on the LTA Disability Performance Pathway.

The session explained the pathway to compete and develop within the formats of Wheelchair Tennis, Learning Disability Tennis, Deaf Tennis and Visually Impaired (VI) Tennis.

[Read ‘Game On’ - the LTA’s guide to the Disability Tennis Performance Pathway](#)



COMPETITION PARENTING WORKSHOP

ONLINE - TUESDAY 10 OCTOBER 7-9PM

NATIONAL TENNIS CENTRE – WEDNESDAY 11 OCTOBER 7-9PM

Our Competition Parenting Workshop is aimed at parents with kids aged 9-14 years who have just started competing or compete regularly.

The interactive two-hour sessions provide parents with the knowledge and skills they need to support their child at tennis competitions.

Topics covered include:

- Parents' roles during tennis competitions
- Communicating effectively with children before, during and after a match
- Managing the emotional demands of competition

We will be running more workshops in early 2024, dates will be published online soon – [LTA Parent Support](#)

“This was an excellent session. I totally loved all of it. What an amazing course which I recommend to all tennis parents.”





'COMPETITION OPENED UP 2023'

MONDAY 16 OCTOBER 7-8PM

This session gave parents of junior players the opportunity to find out more about competition and give their feedback.

The session was led by Kay Gilbert from the Tennis Parents Community Facebook group, with Jenny McAneny-Vincent (LTA Head of Competition), Chris Mann (LTA Competition Support Manager) and Amanda Morrissey (LTA Competition Manager).

[View a recording of the session](#)

[Join the Tennis Parents Community Facebook group](#)



‘NURTURING YOUR CHILD’S PSYCHOSOCIAL SKILLS THROUGH TENNIS: APPLYING THE 5CS APPROACH’

WEDNESDAY 18 OCTOBER 7-9PM

A follow-on to the LTA Competition Parenting Workshop. This two-hour webinar provides further guidance for parents to support their experiences in tennis and explain how they can support their child using the 5Cs model (Commitment, Communication, Concentration, Control and Confidence).

Parents should ensure they have attended the Competition Parenting workshop before joining this session.

Our next 5Cs workshop will be taking place on **Wednesday 6 December at 7pm**

[Book a space on the 5Cs workshop](#)

“Lots of things to reflect on and implement. Really useful to refocus the tennis process as one of whole-person development.”

'BRITISH UNIVERSITIES OPENED UP'

THURSDAY 19 OCTOBER 7-8PM

This online session was aimed at parents and players aged 14+ who are keen on tennis and thinking about attending university in the future.

The session covered key considerations tennis players may wish to make when choosing their university, whether in Great Britain or abroad, and helped players and their parents/coaches understand the extent of the opportunities on offer across our network of partnership universities.

[View a recording of the session](#)

The LTA have also developed an online course for players and parents to support them with learning more about University Tennis. This online module can be completed in your own time and is free to access:

[British University Tennis: a player/parent guide](#)





‘WORKING TOGETHER FOR A MENTAL ADVANTAGE’ – A PARENT/CARER & CHILD SESSION

MONDAY 23 OCTOBER 7-8PM

This session provided a new opportunity for parents and their children to work together on helping and supporting the player’s mental skills.

Professor Chris Harwood and **Dr. Sam Thrower** took parents and players through a set of pre-match, during match and post-match tasks and exercises, including an activity to explore their between-point routines. The aim of the session was to help players feel motivated and supported in terms of ideas focused on their concentration, emotional control, and confidence on court.

We’ve received really positive feedback about this session and will be looking to run more Parent/Carer and Child sessions in early 2024. Dates will be published [online](#).

EVERYTHING YOU'VE EVER WANTED TO KNOW ABOUT SPORT PSYCHOLOGY BUT WERE AFRAID TO ASK!

WEDNESDAY 25 OCTOBER 7:30-9PM



Professor Chris Harwood,
Nottingham Trent University



Dr. Sam Thrower,
Oxford Brookes University

In this session, **Professor Chris Harwood** from Nottingham Trent University, explained why and how sport psychology fits in as an important discipline within youth player development. He covered the different types and topics of work covered by sport psychologists, their roles and services, as well as the education, training and qualifications that parents should look out for. The second half of the session saw Chris answering questions fielded by parents about sport psychology, with support from **Dr Sam Thrower** from Oxford Brookes University.

[View a recording of this session](#)

“OPTIMISING LIFESTYLE AND WELLBEING”

MONDAY 30 OCTOBER 7-8PM

This session was led by **Rachel Newnham**, LTA Performance Lifestyle National Lead, and gave parents the opportunity to think about their child’s lifestyle and wellbeing.

Regularly competing players have many off-court factors to consider and optimising these can be hugely beneficial to performance.

The session provided information, advice and tools to help you maximise how you support your child’s off-court lifestyle to enable positive wellbeing.

[View a recording of this session](#)



USEFUL RESOURCES

[University Tennis](#) – Learn more about University Tennis

[Mental and Emotional Skills Guide](#) – Download the Mental and Emotional Skills guide, written by Professor Chris Harwood and Dr. Sam Thrower, for expert advice on how you can help the development of your child's mental and emotional skills.

[Tennis Parents Community Facebook group](#) – A peer to peer supportive group for the parents/carers of tennis players of all abilities in Britain.

[County and Local Tour calendars](#) – Find Grade 4 and Grade 5 competitions in your region.

[Regional Tour calendars](#) – Find Grade 3 Winter Regional Tour competitions

[Lexus Junior National Tour calendar](#) – 2024 dates will be published as soon as they are confirmed.