



PARENTS IN TENNIS

OCTOBER 2022



PARENTS IN TENNIS 2022

Thank you to everyone who attended sessions that took place as part of our inaugural 'Parents in Tennis' month. 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 will signpost you to other resources to support you and your child on their tennis journey.

LTA Competitions Team



SUMMARY OF SESSIONS

| Date | Time | Session | Location | Links |
|---------------------|----------|-----------------------------------------------------------------------------------------------------|----------------------------|------------------------------------------------------------------------------------|
| 3 – 9 October | N/A | CPSU 'Keeping Your Child Safe in Sport week' | Online | Keeping Your Child Safe in Sport |
| Tuesday 11 October | 7-9pm | Competition Parenting Workshop | Online In person at NTC | Next workshop taking place on 1 December at 7pm – Book online here |
| Monday 17 October | 7-8pm | 'Competition Opened Up' | Online | View a recording of the session |
| Thursday 20 October | 7-8pm | 'British Universities Opened Up' | Online | View a recording of the session |
| Tuesday 25 October | 7-8:30pm | Developing and sustaining parenting expertise in Youth Tennis: Where next for support and research? | Online | View a recording of the session |
| Sunday 30 October | 7-9pm | Nurturing your child's psychosocial skills through Tennis: Applying the 5Cs approach | Online | Next working taking place on 11 December at 7pm – book online here |

COMPETITION PARENTING WORKSHOP

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

This interactive two-hour session provides 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

Our next Competition Parenting Workshop will be taking place online on

Thursday 1 December at 7pm

[Book a space on the Competition Parenting Workshop](#)

“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'

MONDAY 17 OCTOBER 7-8PM

This interactive 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 Keith Carder (LTA Head of Competition) and Amanda Morrissey (LTA Competition Manager).

[View a recording of the session](#)



'BRITISH UNIVERSITIES OPENED UP'

THURSDAY 20 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](#)



DEVELOPING AND SUSTAINING PARENTING EXPERTISE IN YOUTH TENNIS: WHERE NEXT FOR SUPPORT AND RESEARCH? TUESDAY 25 OCTOBER 7-8:30PM



Professor Chris Harwood,
Loughborough University



Professor Camilla Knight,
Swansea University



Dr. Sam Thrower,
University of Roehampton

This collaborative and educational evening session brought together three of the world leaders in tennis parenting research upon whose work the LTA program is based. During the session Professor Harwood was ‘In Conversation’ with Professor Knight and Dr. Thrower and parents were invited to share their thoughts via the Zoom chat function. The session also gave parents the opportunity to collaborate on what ways and topics they would like to receive more education, and what research they feel is important to grow the support programme.

[View a recording of the session](#)



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

A follow-on to the LTA Competition Parenting Workshop. This two hour webinar provides further guidance to 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 **Sunday 11 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.”

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

[National Tour calendar](#) – 2023 dates will be published as soon as they are confirmed.

PARENTS IN SPORT WEEK 2021

As well as revisiting some of the sessions from 2022, make sure you also take a look at the fantastic sessions that were delivered during Parents in Sport Week 2021:

[Panel with Judy Murray, OBE \(John Dolan host\)](#)

[Panel with Carolyn Salisbury \(mother of Joe Salisbury\) and Yvonne Burrage \(mother of Jodie Burrage\)](#)

[The Science behind the strategy: what was learnt from recording and analysing parent-child interactions during car journeys \(Dr Sam Thrower and Prof. Chris Harwood\)](#)

