

Conditions of Training - IA Tennis

We use the demanding vehicle of tennis training to train people for life and tennis.

Understanding the philosophy:

1. Great attitudes
2. Strong work ethic
3. Discipline
4. Commitment

Tennis Philosophy:

1. Tennis is a game of winners and errors
2. Tennis is a game of movement
3. Tennis is a game of problem solving
4. Tennis is a game of mental and emotional toughness

Development of a player:

1. Heart and mind first
2. Develop the athlete first
3. Develop the player - sound technique, footwork, strategy & mental toughness
4. Correct competitive scheduling

PACT

- Parent - Athlete - Coach = Team
- All must work together

Learn – don't just hit balls

- Learn and Grow
- Best players are the fastest learners
- Being coachable is MOST important!

Effective practice:

- Focus – what do you need to improve
- Goals – have them clearly in your mind
- Intensity – this is what takes you to the next level
- Positive mindset – negativity and complaining don't help you. Find the solution
- Helpfulness – be proactive. Don't wait to be asked to do something
- Ball pickups – kick balls to an area already full with balls, then the mower picks them up. Use the mower, not your racket!
- Stretching, rolling, flexibility, strength – understand and use them all
- Compete with fire and passion, but also be in control of your emotions
- Give 100% competing each day. Understand people come from around the world to train here – we demand your best!
- Roll and line the clay after playing on a clay court.
- Please, thank you and respect are keys to great relationships

Preparation for training:

- 2-3 fresh rackets
- Nutrition and hydration in bag
- Spare clothing grips and towels
- Hydrate – 500ml/20 ounces every 20-30 mins.
- Fill jugs before getting to courts

No Nos

- Cussing and swearing
- Whining
- Yelling in a foreign language
- No phones at practice (this includes the gym, - don't even take them there!)
- No checking your phone at practice – focus!
- No leaving your trash/grips/bottles out of the bins
- Please dress appropriately – on and off court. No tank tops.

Discipline:

- 3 strike rule – 3rd strike you are not practicing
- Talking back, gesticulating after coaches advising you is not tolerated!
- Open discussions, advice and communication is very welcomed

Tournaments:

- Minimum 2-3 a month
- Cannot reach your full potential without playing the right tournament for your level and the high-level ones (mental pressure)
- Fairness, sportsmanship, and integrity when competing. Please thank tournament Director and officials when your tournament is done.

We believe the heart is the start! This is a Christian academy with faith and values. We care for you and want the best for you!

I understand and agree to abide by the above statements:

Print: _____ Signed: _____