

## How can you help as a parent?

### SUPPORT

Be supportive, don't coach! Be your child's best fan, unconditionally, and remember that your child is NOT the sum of their performance. Make your first question after the match "did you have fun?" NOT "what was the score?"

### RESPECT

Talk and act respectfully of coaches, organisers, other players and parents.

### LOVE

"I love to watch you play"  
- If you only say one thing before, during or after your child's matches, make it this.

### LEARN

Stress the process, not the outcome. Supportive parents de-emphasise winning and instead stress learning the skills, playing the game, participating and enjoying the journey.

### VOLUNTEER

If you feel comfortable and confident to do so, volunteer yourself to assist on court. This role is all about helping players to understand scoring, in and out, and where to start the points from.



## Competitions

## What Parents Need to Know



## Why Tennis Hot Shots?

Tennis Hot Shots (THS) is New Zealand's national kids' tennis programme. Based on a 'learning through play' philosophy and using smaller courts, shorter racquets and super hittable balls means kids can play and enjoy tennis from their first try!

## Tennis Hot Shots Competitions:

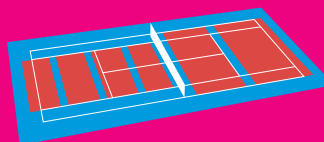
The competitions component is made up of Tournaments and Leagues which align with the philosophy and development stages of the THS programme. Tournament and Leagues have been designed to be time friendly; present appropriate competition through shorter multi-match formats and simple scoring systems and; recognise effort and participation over outcome or results.

If you want to know more about being the best 'tennis parent' you can be, visit

[www.tennishotshots.kiwi/competition](http://www.tennishotshots.kiwi/competition)



Smaller courts, red balls that travel slower and bounce lower, 19-23" racquets. Kids play timed matches (5 minutes) or first to 7 points. Serves can be underarm and pegs or cones can be used to help with scoring. Call out the score and call if the ball is out (with help if needed) and don't forget to shake hands after the match!



AGE  
5-8

## RED STAGE

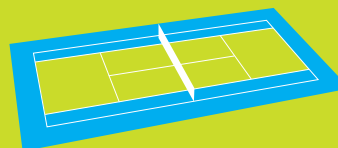
3/4 length courts, orange balls that are 50% pressure of a yellow ball, 23 or 25" racquets. Kids play timed matches (7 minutes) or first to 10 points. First serve must be overarm, second serve can be underarm. Pegs or cones can be used to help with scoring. Kids call out the score and when the ball is out (let them figure this out themselves). Don't forget to shake hands after the match!



AGE  
8-10

## ORANGE STAGE

Full length courts, green balls that are 75% pressure of a yellow ball, 25 or 26" racquets. Kids play timed matches (10 minutes) or first to four games. First serve must be overarm, second serve can be underarm. Kids should keep their own scores, call them out loud and call if the ball is out (let them figure this out themselves). As always, shake hands after the match!



AGE  
9+

## GREEN STAGE

Find out more about Parents and Competitions. Visit [www.tennishotshots.kiwi/competition](http://www.tennishotshots.kiwi/competition)