

# O'Halloran Hill Tennis Club

## NEWSLETTER



# JUNE 2021

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### A MESSAGE FROM THE COACH

Being a tennis parent can be a tough job. I've put together some of my favourite guidelines to make being a tennis parent a little bit easier. It's important to remember to be a supporter of your child and not cross that fine line where the players start becoming disturbed by parents body language or behaviour.

1. Watch your child's match from wherever he/she feels most comfortable having you near the court, from the Clubhouse, or ten kilometres away. With matches, your child is the most important, not you. You are just a spectator that tries to enjoy watching the efforts of your child.
2. Do not speak or signal to your child during the match. Simply, it is against the rules and can get you reported. It's important that your child learn to be independent, and to solve his/her problems on court by himself/herself.
3. If the players lose the score, let the players work it out. It's important for the kids to work out their score by talking to each other. If they can't work out the score they will go back to the score that they both agree upon. For example if they both remember and agree that it was 15 all, that will be the score they return to.
4. Remain calm during play, whether 'your side' is 5-0 up, or 0-5 down. Your child is aware of your reactions and finds this disturbing. Even when you say nothing, your body language says enough. When you put your head down with your hands on top, your child recognises immediately your negative body language.
5. Do not rush to your son/daughter at the end of a match to give him/her your in-depth analysis. Win or lose, most players need time for themselves after competing. Really in-depth analysis is for the coach, but just ask your child after a while if he/she enjoyed the match.
6. Judge a match based on your child's performance, effort and fair play, not on whether she/he won or lost. Sometimes a player will put their best effort in but have an off day. It's important to remember that effort, attitude and fair play are the only things that a player can fully control in a match.
7. Keep in mind that what your child has just worked on at coaching may not immediately be seen during competition matches. It takes a lot of focus to change and adapt techniques and movements at coaching and these may take time to be seen during match play.
8. Compare your child's abilities with his/her abilities and goals. Avoid comparing your child's abilities with that of other players.
9. Make sure your child respects the principles of sportsmanship, correct and polite behaviour. If your child behaves badly on court, you have the right to intervene as does the team manager.
10. Stay quiet during a point. You're not allowed to make any line calls for your child (you really can't see the lines clearly from the sidelines anyway). You also can't tell them to run or call nice shot during the middle of the point. You are however allowed to say nice shot or well played after the point is completed.
11. Avoid clapping the mistake made by the opponent of your team. You're allowed to clap a great rally that ends with an error but follow it up with "great rally guys!" to let them know you're not clapping a player framing a ball into the fence on the sideline. Make sure you clap great shots from both players, not just your own team.
12. Enjoy it! Your child is out playing a sport against other kids and learning. Enjoy seeing their improvements and, as they get older it will hopefully encourage them to play for longer.

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# COMPETITION TENNIS

## WINTER TEAMS (JUNIORS)

### Results After Round 7

#### Boys

Division 4: 1st

Division 5 Blue: 6th

Division 5 White: 7th

Division 7: 5th

#### Girls

Division 2: 2nd



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# COMPETITION TENNIS

## WINTER TEAMS (SENIORS)

### Results After Round 7

#### Women

Division 3 (Combined with McLaren Vale)

**6th**

#### Men

Division 6: **4th**

Division 7: **7th**

Division 12: **4th**

#### Mixed Doubles Open Division

**2nd**



# HOLIDAY COACHING

## CLINIC

**July 6th/7th**

ORANGE/GREEN BALL -

9am - 10:30am

Yellow ball -

11:30am - 1:30pm

**\$20 per child per day**

To book, contact Cameron on 0492 848 065 or email  
[oncourtcoaching@outlook.com.au](mailto:oncourtcoaching@outlook.com.au)



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## LAST MONTHS ANSWERS

### Question 1:

Who is the only player to win all four grand slams and an Olympic gold medal in the same year?

**Steffi Graff**

### Question 2:

How long was the longest singles tennis match ever played?

**11 Hours & 5 Minutes: John Isner and Nicholas Mahut, Wimbledon 2010.**

### Question 3:

Who is the only player to win two singles gold medals at the Olympics?

**Andy Murray, 2012 and 2016.**

### Question 4:

Who has spent the most weeks at world number 1 for both men and women?

**Novak Djokovic (321 Weeks) & Steffi Graff (377 Weeks)**

### Question 5:

In what year did tennis first become an Olympic sport?

**(Bonus point if you can name the year it returned a second time)**

**1896, dropped after 1924 Paris games, returned in 1988 in Seoul.**

**/5**

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## 1V1 DICE TENNIS

### RULES

#### Before the Game

Player who roles the highest can choose to serve or receive.

#### Starting a Point (Server)

- 1= Serve lands in
- 2= Fault
- 3= Serve lands in
- 4= Fault
- 5= Serve lands in
- 6= Let

#### Return of Serve

- 1= Hit a winner
- 2= You've been aced!
- 3= Return for rally
- 4= Return for rally
- 5= Return for rally
- 6= Hit the ball into the back fence

#### During a Rally

Take in turns rolling the dice to determine how the point plays out.

- 1= Hit a winner
- 2= Return for rally
- 3= Hit ball in and approach the net (see further instructions if a player goes to net)
- 4= Return for rally
- 5= Hit the ball out
- 6= Return for rally

#### If a Player Comes to Net

The opposing player has to roll from the following:

- 1= Hit a shot straight back to the net player and lose the point
- 2= Hit a winner past the net player
- 3= Hit the ball out
- 4= Lob the net player successfully and win the point
- 5= Hit a shot straight back to the net player and lose the point
- 6= Hit a winner past the net player