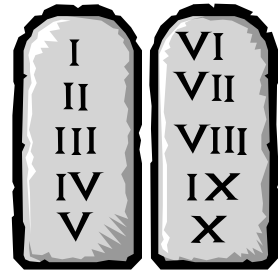


**THE TEN COMMANDMENTS FOR TENNIS  
PARENTS!**

*by Peter Farrell.*



**ONE .**

You shall watch your child's match from wherever she feels most comfortable having you – near the court, from the Clubhouse, or ten miles away.

**TWO .**

You shall not speak or signal to your child during the match. Quite simply, it is against the rules.

**THREE .**

You shall remain calm during play, whether `your side` is 5-0 up, or 0-5 down.

**FOUR .**

You shall not rush to your son at the end of a match to give him your in-depth analysis. Win or lose, most players need time to themselves after competing.

**FIVE .**

You shall judge a match based on your child's performance, effort and sportsmanship – not on whether she won or lost.

**SIX .**

You shall not make your child practice when he really does not want to – unless your aim is to turn him off tennis...

**SEVEN .**

You shall encourage your daughter to be as independent as possible in organising her tennis schedule. Success at tennis requires independent thought and action.

**EIGHT .**

You shall not go to every practice session, lesson or match. He needs to get used to playing without you around.

**NINE .**

You shall allow your child and his coach to decide what to do during lessons. Your influence in this specialist area should be minimal.

**TEN :**

You shall be a loved, respected and welcomed tennis parent, should you obey the first nine commandments!