



COOPER PARK TENNIS JUNIOR TENNIS POLICY

The purpose of our Junior Tennis Policy is to ensure the provision of opportunity to all young participants within our organisation to develop and enrich their lives through tennis playing at Cooper Park.

Our objectives:

1. Provide young people with the best possible sporting experience;
2. Encourage life-long and active participation in tennis;
3. Foster supportive environments for enjoyable participation in a wide variety of physical activities, through the development of skills and good sporting behaviour;
4. Encourage the allocation of appropriate and safe resources and facilities;
5. Ensure equal opportunities for all young people to participate in tennis;
6. Actively cater for talented young players; and demonstrate a consistent and coordinated approach to junior tennis

Participation in junior tennis played at Cooper Park Tennis are characterised by:

1. An emphasis on enjoyment and fun;
2. The use of appropriate modified rules, facilities and equipment;
3. The adoption of the Australian Sports Commission's Aussie Sport Codes of Behaviour;
4. A safe, healthy and challenging sporting environment;
5. A level of competition commensurate with age, maturity and ability;
6. A broad development program preceding specialisation in any particular skill and/or position;
7. The recognition of participation, development and improvement; and
8. The influence of role models who are good ambassadors for tennis and who practise appropriate behaviour in the view of junior players.

The nature of junior tennis at Cooper Park Tennis in regards to participation at competitions differs from that experienced by adults as the emphasis is placed on:

1. Participation;
2. Development of skills;
3. Enjoyment; and improvement

Junior tennis participation at Cooper Park provides for involvement in physical activity in a way that promotes immediate and long-term benefits. These benefits include:

1. Higher levels of fitness;



2. Better health;
3. Social interaction; and
4. Satisfaction derived from skilled performance in individual and group activities.

Our junior tennis participation is based on the principles of social justice and provides valuable educational and developmental benefits to both the individual and our local community. This is demonstrated through:

1. Our promotion of tennis for both boys and girls is actively pursued;
2. Access to equipment, facilities and coaches is identical for both sexes;
3. Opportunities for involvement and maximum participation are assured regardless of sex, ethnic background, disability, social or economic circumstances, geographic location, age or skill level;
4. Racial and religious customs are considered so as not to deny young people access to participation programs; and
5. Efforts are made to resolve any conflicting issues in a fair and reasonable way, so as not to preclude access of any young person to programs.

Competition

Our junior participants are taught that “winning” and “losing” are merely results of all sporting competitions. There is not be an overemphasis on winning. The emphasis is on the quality of the experience and its appropriateness to the age and ability of the participant.

All junior participants are encouraged to achieve, do their best and develop their full tennis and sporting potential. Challenging competition is one element of this developmental process. Our team will make adequate provision for appropriate levels of competition for junior participants.

Appropriateness

The level of competition must be appropriate to the age and development of players. A progression of competitive experiences in line with the stages identified in the junior tennis program. Competition can also be conducted on a less formal or social basis, purely for enjoyment.

Mixed-sex/single-sex participation

We will make participation in tennis at Cooper Park available to all young people. Girls and boys will have equal access to the same quality service and our team ensures that these participation opportunities are coordinated and appropriate for the age and development of the young participant.

Participation in modified games

The introduction of children to organised tennis competition at Cooper Park is



gradual and is best achieved through minor games and the use of modified rules.

We have adopted a number of modified versions of playing tennis to:

1. Provide equality of opportunity;
2. Encourage optimum skill development;
3. Promote healthy and enjoyable involvement; and
4. Assist players in the transition from junior tennis to the adult game.

These modified games take into account the level of maturity and physical ability so that junior participants can develop skills in a safe, rewarding and enjoyable environment.

Roles and responsibilities

Our coaches and administrators educate participants in the fundamental techniques of tennis. Accredited coaches are vital to quality junior tennis development. Our junior tennis and administrators:

1. Provide equal encouragement to girls and boys to participate, acquire skills and develop confidence;
2. Recognize and cater for groups with special needs;
3. Make opportunities available for exceptionally talented juniors to develop their full potential;
4. Prepare and conduct sessions based on sound coaching principles;
5. Set realistic standards and objectives for juniors;
6. Provide the safest possible environment for both training and competing;
7. Educate juniors and parents on health and safety in tennis;
8. Ensure that the consequences of inappropriate behaviour are clearly understood and promoted;
9. Keep up to date with junior tennis coaching developments; and
10. Provide a good role model of sporting behaviour.

Quality sport education is dependent on quality coaches and teachers. All junior coaches will undertake the accreditation necessary to provide excellent learning experiences for young people.

Cooper Park Tennis management team has the responsibility to:

1. Foster a "tennis for all" philosophy, including an awareness of groups with special needs;
2. Encourage quality coaching/teaching for juniors through the adoption and promotion of the National Coaching Accreditation Scheme (NCAS) courses;
3. Support the inclusion, in coach education, of an examination of the particular needs of young women;
4. Liaise with education organisations in the development of co-operative professional development
5. Provide access to quality coaching resources;



6. Encourage coaches and administrators to be excellent role models;
7. Provide a supportive environment for coaches and
8. Provide regular updates on rules changes, training methods and safety issues.

Roles of parents and guardians

To ensure that children receive the greatest benefit from their involvement in tennis at Cooper Park, parents and guardians should:

1. Encourage interested young people to play tennis;
2. Focus on the young person's efforts and performances rather than the overall outcome of event/s;
3. Teach young people that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment;
4. Encourage young people to always compete according to the rules;
5. Never ridicule or yell at a young person for making a mistake or losing a game;
6. Remember that young people learn best from positive examples;
7. Support all efforts to remove verbal and physical abuse from the competing arena and
8. Be courteous in communications with athletes, coaches, officials and administrators.

Cooper Park officials

Officials have a significant influence on the enjoyment level of tennis and the continued participation of young people in tennis. When officiating junior tennis activities, our umpires/referees:

1. Use simple language;
2. Care about the players level of enjoyment continued participation;
3. Are consistent, courteous and helpful to all participants;
4. Are a model of good sporting behaviour;
5. Modify rules and regulations consistently to match the skill level and needs of participants and promote fun and enjoyment;
6. Ensure that the spirit of the game is not lost by the strict application of rules and over-calling of violations;
7. Discourage inappropriate behaviour and
8. Promote respect for opponents.

Cooper Park administrators

Our administrators:

1. Develop a positive tennis environment for spectators and participants;
2. Foster leadership opportunities for young people;
3. Involve young people in an appropriate level of decision-making activities relating to the planning and evaluation of tennis competitions and programs;
4. Ensure that equal opportunities for participation in tennis at Cooper Park are made available to all young people, regardless of ability, sex, age, disability or ethnic origin;



5. Insist that equipment, facilities and rules are safe and appropriate to the ability level of participants;
6. De-emphasise the importance of rewards and
7. Prioritise the needs of participants rather than spectators.

Cooper Park safety guidelines

The provision of healthy and safe environments is essential for junior tennis at Cooper Park Tennis. Safety guidelines include procedures for the following areas:

1. Program consideration;
2. Supervision and control;
3. Safe facilities and equipment; and
4. Sun safety.

Cooper Park Tennis:

1. Recognise the physical and emotional differences between young people and adults;
2. Are sensitive to the long or short-term medical conditions of participants including the management of existing illnesses and injuries;
3. Insist that junior tennis facilities and equipment are appropriate and safe;
4. Create quality learning environments by encouraging accredited coaches and teachers;
5. Encourage coaches to maintain current sport first-aid qualifications and
6. Provide access to appropriate first aid facilities and equipment.

Sun safety

Our team realises the need to educate young members about sun protection behaviour and protect them from the sun while playing tennis at Cooper Park, thus reducing the risk of skin damage from exposure to the sun.

Smoking policy

We are committed to the health and optimal performance of those young people under our care and supervision. The impact of significant adults such as coaches on the smoking behaviour of young people is acknowledged. A smoke free policy is adopted by our staff members so that they provide a positive role model for our junior players.

