

Player's Code of Conduct Westway Tennis 2018

1 = fail, 2 = Poor, 3 = Pass, 4 = Good, 5 = Excellent

Physical = Intensity 1-5

1. Turn up on time and be prepared, water, snack, racquet, warm up equipment, correct footwear.
2. Get yourself physically ready to play and train to the best of your ability and work hard at all times.
3. Take responsibility for your physical well-being and safety of yourself and those you are working with.

Mental = Focus 1-5

1. Keep focused and notice when your attention wanders.
2. Stay committed to the task at hand
3. Respect the game, the coaches, officials and your fellow players

Emotional = Self-Management 1-5

1. Be passionate about what you do and enjoy the challenge
2. Recognize when your emotions get the better of you and impact on others
3. Be sensitive to the feelings of those you work with and play against
4. Act with integrity and honesty

Technical = Form 1-5

1. Develop your good habits, recognize what needs to improve and change
2. Focus on the process to deliver the outcome
3. Take responsibility for your learning and development

The code is for you to develop all of the skills required to be the best you can be. You are responsible for your actions and the impact this has on you and with those you train and work with.

At the end of each term we will ask you to score yourself in the 4 areas listed above using the scoring 1 – 5 at the top of the page.

Coaches will also score you and the best scores will be recognized with a player's award in each of the training groups and an overall winner in the u11's and 12+ squads.

If you bring the qualities listed above you will not only improve but others will also benefit from the energy and commitment you bring to your training. If you fail to meet these standards you will receive a warning, 3 warnings will result in a review of your behaviour and your continued involvement in the programme. A minimum of 80% attendance will also be part of the required standard for all players.