# Parenting *My Champion*: Talent Development

**A Guide for Successful Tennis Parenting**

USA TENNIS

# Session Purposes

- **To Identify What You and Your Player Want from Junior Tennis**
- **To Examine the Stages of Tennis Talent Development**
- **To Review Guidelines for Parenting Across the Stages of Talent Development**

# What Do You and Your Player Want from Junior Tennis?

# What Do You As a "Parent" Want from Your Child's Junior Tennis Experience?

# What Do You Think Your "Child" Wants from His or Her Junior Tennis Experience?

# General Objectives for Junior Tennis Participation

- Development
  -physical - social - psychological
- Fun
- Winning/Rankings

# Key Points About Junior Tennis Objectives

- Everyone wants to (or should want to win), but only a relatively few will achieve scholarships and go pro.
- However, all participants can and should have a great “developmental” experience in junior tennis learning a life long sport, achieving fitness, and developing numerous social-emotional skills. It can also be a heck of a lot of fun!
- So make sure you stress fun and development objectives, as well as winning and rankings.

# Understanding Stages of Tennis Talent Development

# Why Understand Talent Development

- To Maximize The Fun and Developmental Benefits of Your Child's Tennis Involvement
- To Allow Your Child To Develop To His or Her Fullest Tennis Potential

# Why Understand Talent Development

- USTA Benefit: Grow the Game
- USTA Benefit: Produce Top Tennis Players

# Why Understand Talent Development : The Importance Of Perceived Competence

- Youth sport research convincingly shows that children who stay with sport have high levels of “perceived” competence.
- In the early years (prior to the teen years) parental feedback and motivational orientations are a primary source of children’s perceived competence.
- In the teenage years peers and coaches are the primary sources of competence.
- Throughout one’s career skill improvement and performance success determine perceived competence.

# Why Understand Talent Development
# USTA Goal: Grow the Game

- Therefore, to “grow the game” and keep kids involved (so they reap the developmental benefits of tennis) we need to help all junior players improve their skills and maximize their individual potential.
- They must develop their individual talent!

# Why Understand Talent Development
# USTA Goal: Produce Top Tennis Players

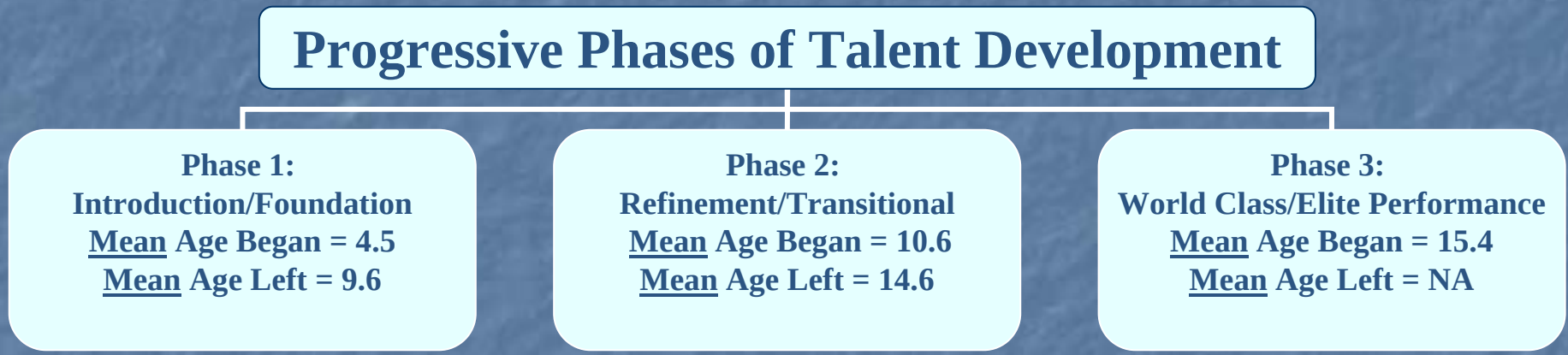
- While a small minority of junior tennis players will become top players, some will and must develop their talents to the fullest to successfully compete at the highest levels of tournament tennis.

# Parents MUST Understand The Talent Development Process

# Athletes Move Through Phases of Talent Development (Adapted from Bloom, 1985)

- **Phase 1: Introduction/Foundation**
  - fun and participation focus
- **Phase 2: Refinement/Transitional:**
  - showed talent, became more committed and involved, and received more specialized coaching
- **Phase 3: World Class/Elite Performance:**
  - worked many hours striving for excellence/perfecting skills

# Progressive Phases of Talent Development




Adapted from Bloom (1985)

# Parenting During The Phases of Tennis Talent Development

- USTA Research Has Shown That The Parenting Process Differs in Each of the Phases of Talent Development.
- How do you think your role as a parent should differ in each stage of the talent development process?

# Successfully Parenting My Child Through the Phases of Talent Development

| **INTRODUCTION/ FOUNDATION**<br>**Phase One**<br>***Age of Player: 4.5-9.6***<br>***Years in Phase: 5.1*** | **REFINEMENT/ TRANSITIONAL**<br>**Phase Two**<br>***Age of Player: 10.6-14.6***<br>***Years in Phase: 4.0*** | **WORLD CLASS/ELITE PERFORMANCE**<br>**Phase Three**<br>***Age of Player: 15.4+***<br>***Years in Phase: NA*** |
|---|---|---|
| Help make the tennis experience fun | Do things to ensure tennis remains fun as pressure to perform increases | Believe in child and his or her ability |

# Parenting During The Phases of Tennis Talent Development

- **What Top Pros, Their Parents and Coaches Recommend About Parenting Across the Progressive Phases of Talent Development**: Recommended Guidelines for Successful Junior Tennis Parenting

The Role of Parents in Junior Tennis Success

# Summary/Question & Answer

**“Behind every great player is a supportive parent.”**