

THE SW SPOTLIGHT

Jul – Sep 2023

Pelham Tennis Association

Club of the Quarter

After a slow start in 2022 due to court resurfacing, we are excited to share that the Pelham Tennis Association membership is growing! Members have been enjoying league play and tennis camps, and the number of new young members is on the rise.



Ben Giles

Ben is from Niagara on the Lake, and plays at Welland, NOTL, St. Davids, and Niagara Academy of Tennis. He started playing tennis with his dad at the park and began formal lessons in October 2022. Playing at various clubs has allowed him to establish a network of coaches and friends who provide support, challenge one another, and have a passion for the game.

“I like the challenge of playing tennis because it is an individual sport. Tennis puts less pressure on me compared to team sports.”

Ben plays tennis as much as he can and is motivated to reach his goal of being top 10 in the OTA!

Parent-Coaches Article Review

By Toni Ormond of Rosedale Tennis Club

[Coaching Your Own Children: Get the most out of being a parent-coach!](#)

“As someone who is always looking for ways to develop as a coach, I love finding an article that is easy to read, while still packed with applicable information. In tennis especially, there are many parents involved in the coaching process. This is a great article that shares some tangible tips to get the most out of parent-coaching!”



Chatting it up with our SW Chair, Rosemary:

We have so much to be grateful for in this very special corner of the world. Chasing fluffy yellow balls as we swing into September and enjoy the US Open matches on TV. It doesn't get much better than this. As I hit balls on one local court, I'm thinking about the hundreds of courts, and the thousands of players, doing exactly the same thing across SouthWest Region. After 150 years, tennis is as challenging and as captivating as ever... enriching lives as it always has.

The brilliant NBO tournaments were a great reminder of our connection to so many other tennis fans, with packed stadiums in both Toronto and Montreal. In these days of overwhelming distractions, it's not always easy to see that we're part of a large community of tennis players. The ITF proposes to change that by bringing worldwide tennis into the digital age and connecting us with a World Tennis Number. You've seen WTN pop up in conversations, articles, and TV promotions. Start asking questions at your club and be ready to hop on board in 2024, if not before.

Kudos to the Milton TC for hosting the Fischer National Under 16 Championships. What a fabulous event! And congratulations to SWR stars, Andrea Cabio and Bianca Ceroni, our new Canadian Under-16 Doubles Champions. And they both have their WTN ratings: Andrea is 21.0 in singles and 22.6 in doubles. Bianca is 21.4 in singles and 24.8 in doubles. What will your number turn out to be?



2nd Edition Answers:

- 1) John Isner holds the ATP's record for the fastest serve.
- 2) The United States has won the most titles in the Billie Jean King Cup!
- 3) The standard size of an adult tennis racket is 27 inches.

- 1) What is the maximum legal length of a tennis racket?
- 2) True or False: In tennis, you can throw your racket to hit the ball.
- 3) How many consecutive weeks was Roger Federer ranked ATP No. 1?

Keep an eye out for the answers on the next SW Spotlight!

COACHING YOUR OWN CHILDREN: GET THE MOST OUT OF BEING A PARENT-COACH!

BY: ISABEL ORMOND

WHILE ATHLETIC COACHES ARE TASKED WITH TYPICAL “COACHING” RESPONSIBILITIES (LIKE COORDINATING PRACTICES, PREPARING FOR GAMES, AND MANAGING ORGANIZATIONAL DEMANDS), PARENT-COACHES HAVE THE ADDED DYNAMIC OF COACHING THEIR OWN CHILDREN. ALTHOUGH AT TIMES IT CAN BE COMPLEX, BEING A PARENT-COACH CAN ALSO BE VERY REWARDING!

So, how can you, as a parent-coach have the best experience coaching your own child?

Previous sport parenting research has identified parental involvement as a critical component of youth sport, but very little research has been done specifically on parents who coach their own children. For this reason, I conducted interviews with parent-coaches and their daughters to understand their perspectives when it comes to this unique situation. This study identified core elements of the sporting experiences for parent-coaches and their children.

Based on my results, here are some tips for parent-coaches who want to get the most out of coaching their own child:

KEEP THINGS SEPARATE

As a parent-coach, you should be conscious of the multiple roles you play in your child’s life. It is important to be aware of the different roles and try to segregate your role as a coach from your role as a parent, and vice versa. The emotional investment is higher for parents and children, so being able to separate one role from another makes it easier for the parent and child to have positive communication and better understanding. At the end of the day, make sure your child knows you love them, regardless of what happens in the game.

OPEN COMMUNICATION

One of the hardest things about being a parent-coach is managing perceptions of favouritism from other parents, teammates, and community members. To curtail these thoughts, some of the parent-coaches in my study admitted to being harder on their child and even purposely overlooking some of their child’s achievements. Instead, try to have open communication with your child, his/her teammates, other parents, and all involved. Building trust and relationships outside of

sport will help manage these perceptions and allow you and your child to get the most out of your experience.

GET THE RIGHT TRAINING

Make coach training and education a priority. You would not send your child to a school with an uneducated teacher and this standard should be the same for coaching. Understand the sport you are coaching and look to improve your knowledge the same way athletes should. This can be done with formal training, online resources, talking to others, or shadowing other programs. Put time and effort into your development as a coach to improve the sport experience for your child and their teammates.

FIND OTHER OPPORTUNITIES

Sport parents are responsible for finding appropriate sporting opportunities for their child. Even though you love coaching your own child, it is important maintain perspective on the best opportunities available for their development. Experiences on different teams and working with different coaches can be beneficial for child development and it provides the opportunity for parent-coaches to focus solely on parenting. Be open to finding other sport opportunities for your child and avoid being the only one to coach your child.

AND LASTLY...

ENJOY QUALITY TIME TOGETHER!

The additional time, experience, and memories parents and children have through sport are irreplaceable. Show gratitude for the opportunity to coach your child, take the time to appreciate the moments you are sharing, and seek enjoyment in their development and growth through sport!

About the author:

Isabel Ormond is a PhD student in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta. Her Masters capping project focused on the experiences of parent-coaches. Isabel is also associate head coach with the University of Alberta Pandas basketball team.