

FIRST TIME TOURNAMENT PLAYERS AND PARENTS

Welcome to your first tennis tournament experience. Tennis is a great sport and tournament play is one of the greatest aspects of our game.

Before your First Match:

You will need to know when to check in and when you play your first match; all of this information can be found here through TennisLink. Do not call the Tournament Director for start times. Each tournament has a Tournament ID#. Use this ID# to access the tournament through TennisLink to get all the information.

-Make sure you have all the proper equipment for you matches. A tennis bag is a good idea to hold all your items. You may take your tennis bag to the court with you. Some things you should include in your tennis bag:

1. Your racquet
2. A towel and an extra shirt if the weather is hot.
3. Plenty of water or sports drink, Many sites will have water, but some will not. It is best to bring your own.
4. A healthy snack like fruit, granola bars, bananas, ect.
5. A can of tennis balls, just in case you need them.
6. Entertainment. There is often a lot of down time between matches so bring something to keep you entertained.

Remember to eat well and drink lots of water the night before your matches so you do not go out on the courts hungry or dehydrated.

Tournament Day:

Try to get to the tournament site at least 30 to 45 minutes before your scheduled match time. Not only will you have time to get checked in, but you may be able to find an open court on which you can get warmed up. Stay close to the tournament desk and if you want to go practice, communicate this with the tournament desk and ask them when you should report back for your match.

Your First Match:

Finally, it's time to play. There are a few things to remember, but the most important one is to have fun!

Set Realistic goals: a few good goals to have are:

- 1) Keep your feet moving at all times.
- 2) Go after every single ball
- 3) Display sportsmanship and integrity
- 4) Try your best
- 5) Hit the shots that you like to hit
- 6) Have a good time

The Match Warm Up:

You are normally allotted about 10 minutes to get warmed up for your match. This time is to get your body loose and to get your swing feeling comfortable. This is not the time to hit winners. Use this 10 minutes to get yourself and your opponent ready. Hit some groundstrokes, volleys and overheads and a few minutes of serves.

Playing the Match:

- Always know the score before every serve. This helps avoid conflict between opponents.
- Always be fair in calling your opponents shots. If you can't call the ball, it has to be in.
- Play the ball as your opponent calls it. If you think you hit the ball out, but your opponent doesn't call it, keep playing. If your opponent makes a questionable line call, ask them if they are sure of the call then continue play. If poor line calls continue, stop playing, go to the tournament desk and ask for a referee.
- Use proper tennis etiquette when playing. You will likely have other matches going on around you. Do not chase balls into other courts until the other players have finished the point. Do not scream and shout. Absolutely no profanity (this will likely get you disqualified from the tournament).
- When the match is done, win or lose, go to the net and shake hands with your opponent. Do not take wins or losses too seriously at this point. Judge your performance on how well you feel like you played, on whether or not you tried your best and on how much fun you had.
- Gather the balls and take them to the tournament desk.
- Report your scores to the tournament desk.

After your Match:

Evaluate your performance.

Check with the Tournament desk to see when your next match is scheduled. Be sure to show up at least 30 minutes, if not more, prior to this scheduled time. Often times, courts open up early and you can play your matches before the scheduled time.

Please contact Megan Preusch at the LTA office, at 225-769-0337 or by email ltajrtennis@louisianatennis.com, for any questions you may have.