



Fremont Tennis Buddy Guide

Purpose of the Program

Have fun
Learn tennis skills
Get exercise

Safety

Watch for spacing of players so no one gets hit with a racket.

Socialize

Learn the names of the athletes.
Get athletes to talk...ask questions that need more than “yes” or “no”.
We pick-up balls as a group and socialize then.

During Practice

Help organize groups or lines
Don't overload the athlete with info....one key point is enough. Repeat that key point often.
Connect a compliment..... Instead of “Nice shot!”.....say... “Your toss was higher...nice shot!”
Compliment good effort.
Lots of hits are important.
Keep lines short.
Don't be afraid to correct them.
Expect them to improve.
Adapt the activity they are doing so they can be successful.

End of Practice

Help pick-up equipment.
Offer to carry equipment to clubhouse or out to parking lot.

**Thank you for being a tennis buddy.
Our program wouldn't work without YOU!**