



FOFTA Parent Values Guide

At FOFTA, we believe tennis is a platform for shaping strong, respectful, and resilient individuals. This guide outlines the key values parents can model and reinforce to support a healthy and character-building experience for their child.

Winning with Grace

- Encourage humility in victory.
- Remind your child to shake hands with their opponent and thank the official.
- Focus post-match conversations on effort, improvement, and sportsmanship.
- Celebrate wins without comparing to others or putting down opponents.

Losing with Honor

- Emphasize that losing is part of the journey.
- Teach them to finish every match with their best effort, attitude, and class.
- Help them reflect on what they learned rather than dwelling on mistakes. Ask them what they thought their mistakes were and how they feel they can improve.
- Avoid emotional reactions that increase pressure or disappointment.

Parent Sideline Do's and Don'ts

DO:

- Stay positive during matches.
- Cheer for effort and sportsmanship.
- Let the coach coach.
- Offer support no matter the result.
- Help your child build a post-match routine (reflect, reset, learn).

DON'T:

- Yell instructions from the sideline.
- Criticize their performance right after a match.
- Focus only on winning.
- Compare them to other players.
- Let frustration become visible on your face or body language. Maintain a positive and supportive body image, regardless of what happens during the match. Kids notice!

You are one of the most influential voices in your child's tennis journey. By modeling grace in victory and honor in defeat, you help them grow as players and individuals.