

Professional Tennis Management Services

Junior Circuit Program – Val Vista Lakes

Code of Conduct – Code of Respect – Code of Excellence

DISCIPLINE is achieved through learning and embodying **RESPECT** for others
Adopted and adapted from the Andre Agassi Preparatory Academy, Las Vegas, NV

Respect for Authority: Means to be attentive and listen to coaches and others in leadership. Strive to be coachable with a willingness to listen and accept advice from others. Remember, your coaches, parents, family and friends want you to be the best that you can be.

Respect for Others: Means to respect other players, classmates, team mates, family, friends and others on and off the court. Refrain from engaging in gossip. Speak well of others. If you can't say something positive about someone, say nothing at all. Do not cheat on or off the court. Remember to treat others with the same respect that you expect from others. 'What goes around comes around'.

Respect for Self: Means no negative self-talk. Do not underrate or cut down your own abilities or the abilities of others. Refrain from derogatory, demeaning, or self deprecating talk. Know your strengths, and be proud of them. Remember great players are positive, work hard and expect great things to happen.

Respect for Rules: Means to know and follow all Val Vista Lakes and PTM Jr. Circuit Program rules. Encourage others to obey the rules by setting a good example and by being a team player. Accept personal responsibility for your actions. Do not blame others for your own mistakes. Remember 'if in doubt, call it in'.

Code of Excellence:

Work Hard, Be Positive, Respect Others, Stay Focused, Swing True and with Authority!

Rules for Practice: Great Tennis Players **Focus and Refrain from:**

- 1) Swearing or inappropriate talk
- 2) Racquet throwing or smashing a ball in frustration
- 3) Talking or bouncing balls during a demo
- 4) Bad mouthing or disrespecting coaches
- 5) Tanking a drill or giving up on a point
- 6) Bad mouthing coaches or acting disrespectful to coaches and others

Consequences of Inappropriate Behavior:

- ◆ **First Offense:** Warning and/or 25 push-ups or sit-ups
- ◆ **Second Offense:** Temporary time out or asked to sit out the rest of class
- ◆ **Third Offense:** Done for the remainder of class and/or session
- ◆ **Fourth Offense:** Expulsion from PTM Jr. Program

**Parents will be contacted
once second offense level is reached**

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