

# SOUTHPORT & DISTRICT LEAGUE JUNIOR PLAYER CODE OF CONDUCT

## BEFORE A MATCH:

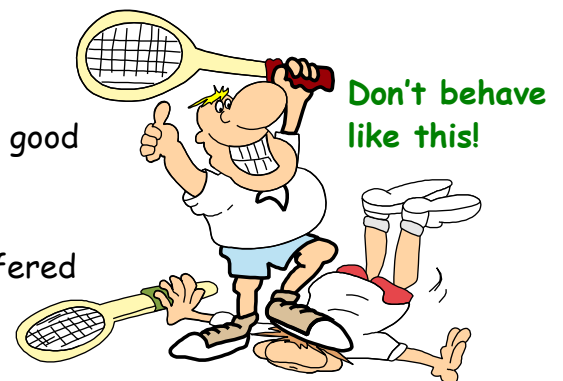
- 1, Make sure you know when & where to meet before your match. If you are unable to play, please contact the team organiser ASAP. For home matches meet at least 15 minutes before the match is due to start. Make sure you have had a meal 90 minutes before your match begins. Wear appropriate clothing and footwear.
- 2, Bring a drink, energy bars, a cap, wet weather clothing, a spare racquet and sun cream.
- 3, Help to make the courts ready to play e.g. adjusting the nets and removing any debris. Make sure you warm up properly to avoid injury

## DURING A MATCH:

- 1, Play to win for your team, within the rules of tennis. Play fairly and sportingly.
- 2, Respect your opponent. Never comment or gesture when your opponent makes a mistake.
- 3, Keep track of the score and call it out after each point. If there is a dispute (e.g. line calls), try to sort it out amongst yourselves. If you are unsure play the point again. If unable to sort it out ask an adult for help.

## AFTER A MATCH:

- 1, Shake hands with your opponent and thank them for a good match.
- 2, When playing at home, make sure your opponent is offered refreshments before you.
- 3, If your match ends before the others, stay on to support your teammates.
- 4, When at home, help to collect balls and put away net straps.
- 5, Make sure you know when your next match is and confirm your availability.



This code of conduct is a guide for you to follow. Playing for your Club is an honour and a privilege. Please set an example that you, your parents and your Club may be proud of.

**And remember to enjoy your tennis!**