

Mona Shores Ladies Tennis

Player Expectations and Criteria

Expectation and Criteria:	On the Tennis Court, you should:	Off the Tennis Court, you should:
Personal Responsibility	+consistently pack and have available your racket(s), water bottle, skort/shorts with pockets, tennis shoes +be at practice, matches, and dismissals on time	+communicate any conflicts of schedule with your coaches as soon as you know about them +manage your school work at the highest level while balancing your on court time
Respect	+show and act out deference to others in all situations - be a servant leader +treat opponents and teammates better than they treat you	+treat all people with love, kindness, patience, humbleness +do not gossip +“praise loudly, blame softly”
Integrity	+call all lines fairly, even when opponents may not do the same (99% out is 100% in), benefit of doubt +do what you say you are going to commit to	+do not lie or deceive with your words +if you have an issue with someone, have the integrity and honesty to solve it, work to resolve it
Discipline	+treat all time on court as time to develop and get better +continue to work hard, no matter what the results are	+focus first on school during your open hours outside of tennis, so you can give your all during tennis time +complete tasks that are necessary but not fun
Engagement	+listen, internalize, process, and act on any coach instruction, suggestion, or tip +give your full attention to your coaches, meeting all instruction	+be present in your life, your friends' lives, and your family's lives, the moments that matter +put your full energy and attention into the task before you

****As always, act in way that upholds the high standards of playing for Mona Shores****