



## EXPECTATIONS FOR COMPETING JUNIORS

- R.A.M.P Warm up before each session starts
- Bag check: Spare racket, Balls, Drink, Snack, Money, Book, Socks, Suncream
  - Cool down and stretch at the end of each session
    - Enter at least two tournaments per term
- Train once per week for as many hours as you have coaching
  - Represent the club in competitions when asked
  - Keep the clubhouse and equipment shed tidy

**Play fair, train hard and don't drop effort levels**