

# **CORE VALUES LEARNED THRU TENNIS**

Tennis is a game that requires Cooperation & Courtesy from all participants. As an individual sport, it demands certain Core Values from all who play the game. These are the six main values learned from Tennis.

## **CHARACTER**

Character is Revealed thru a person's Actions.

Because players are required to call the lines on their side of the court, to keep score accurately, and to give the opponent the benefit of the doubt, tennis offers a great opportunity for character development.

## **RESOURCEFULNESS**

The one on one competition of tennis requires the player to handle all situations alone. Players must rely on themselves since there are no teammates. A player must learn to think out their problems on their own.

## **HONESTY**

Tennis is the only sport where the players make the call on the other players shots. This requires Honesty & Fairness towards the opponent. Imagine a Little League baseball game with the batter making the calls.

## **INTEGRITY**

More than any other sport, tennis has more chances at retaliation for a call made. How a player handles calls that go against them, offers a chance to test integrity.

## **COMMITMENT**

Reaching higher levels of play, requires commitment on behalf of the player. Self discipline and delayed gratification are necessary to achieve future success.

## **SPORTSMANSHIP**

As in other sports, tennis players need to be able to keep the game in perspective. Learning that how the game is played is as important as winning or losing is a life lesson of tremendous value.