



**SAINT PAUL
URBAN TENNIS**
LAUNCHING LEADERS

DID YOU KNOW? *Following the vision of our local founders and the great Arthur Ashe, we use tennis as a vehicle to teach important life skills. We model and teach the SPUT S.P.I.R.I.T., working to empower all of our young people to become leaders in the SPUT program and our community! We also provide several scholarship opportunities to kids and coaches that best exemplify our values – find application forms online at www.urbantennis.org.*

SERVICE

“From what we get, we can make a living. What we give, however, makes a life.”
- Arthur Ashe

PERSEVERANCE

Tennis is a game of unlimited chances. In tennis, there is no clock. No matter how rotten of a start you get off to, there is always time to pull yourself together and make a game of it.

RESPONSIBILITY

Students are responsible to dress appropriately for activity (tennis shoes) and the MN weather. Bring water and wear sunscreen every day! Racquets are available to borrow during class and coaches can help you find the right size racquet for purchase at a local tennis shop.

IMAGINATION

During imagination week, kids are encouraged to dream big and visualize their perfect world. We'll also do silly things to express our creativity, such as “crazy hair/hat day” and “inside out day”.

TEAMWORK

Many coaches plan a potluck party for the last day of class. In addition, all SPUT staff and participants are invited to attend our season-ending picnic on Friday, July 29 at Harding High School. SPUT is made possible through tremendous community support and we couldn't do it without our entire amazing team!

INTEGRITY

Most tennis matches, including high school competitions, are played without officials present. Players must know the rules and follow “the code” in such cases. Some basic etiquette:

1. If you have a doubt as to whether a ball is out or good, you must give your opponent the benefit of the doubt and play the ball as good. You should not play a let.
2. It is your obligation to call all balls on your side and to help your opponent make calls when requested.
3. Any “out” or “let” call must be made instantaneously.
4. Do not enlist the aid of spectators in making line calls.
5. If you call a ball out and then realize it was good, you should correct your call.
6. To avoid controversy over the score, the server should announce the score audibly before each point.
7. Wait until the players on another court have completed a point before retrieving or returning a ball.
8. Do not stall, sulk, complain, or practice other unsportsmanlike conduct. Intentional distractions that interfere with your opponent's concentration or effort to play the ball are against the rules.



SPUT Player Goals & Weekly Self-Assessment

My tennis goals: _____

Although this page is for your personal records, we encourage each player to discuss their tennis goals with a coach in order to work toward them throughout the summer.

My life goals: _____

Does your SPIRIT show?

Weekly Life Skill Application Self-Assessment:

Each life skill is presented through story and further discussed throughout the week. Players are encouraged to do a personal self-assessment on their application of the life skill at the end of each week.

S	Week: Service	Always	Never	Sometimes
	1. Did I say thank you to others that did something nice for me (volunteers, parents, teachers, etc.)?			
	2. Did I pay attention to the needs of others (i.e. open door for grandma, help dad out with dishes, tie little sis's shoe, pick up tennis balls, etc.)?			
	3. Did I pay it forward through a "random acts of kindness"?			
P	Week: Perseverance	Always	Never	Sometimes
	1. Did I give my best effort in class every day?			
	2. Did I encourage others who were having a difficult time?			
	3. Did I face challenges with a positive attitude?			
I	Week: Integrity	Always	Never	Sometimes
	1. Was I honest with myself and others?			
	2. Did I display good sportsmanship on the court, complimenting my opponents and teammates for good performance?			
	3. Was I a good sport off the court when things didn't go my way?			
R	Week: Responsibility	Always	Never	Sometimes
	1. Did I come to class on time each day?			
	2. Did I behave in class by respecting equipment, coaches, and other kids?			
	3. Did I pick up after myself?			
I	Week: Imagination	Always	Never	Sometimes
	1. Did I contribute to a fun class environment?			
	2. Did I imagine and visualize success, always thinking positively about my skills?			
	3. Did I communicate my ideas to others?			
T	Week: Teamwork	Always	Never	Sometimes
	1. Did I compliment and encourage my teammates and classmates?			
	2. Did I listen to others and respect different points of view?			
	3. Did I pitch in and help to pick up tennis balls and equipment?			