

The Lake Forest Club Board of Directors, Rules Committee has set a goal for all committees to create a code of conduct for their specific athletic programs.

With this in mind, the racquets committee wants to remind all players that they represent the Lake Forest Club when they participate on either tennis or paddle teams. The racquets committee's goal is promote **GOOD SPORTSMANSHIP** amongst players in both league and team play. The Club has the right to suspend a player who does not comply with this Sportsmanship Code of Conduct. Here are the steps to achieve this goal:

How to achieve **GOOD SPORTSMANSHIP** as a tennis/paddle player in the league:

- ◆ Matches are meant to be fun for all, respect your opponent (treat them how you want to be treated).
- ◆ We all make our own line calls, therefore, you need to trust your opponent to do so fairly.
- ◆ Do your talking with your racquet.
- ◆ Represent the Lake Forest Club well versus other clubs.
- ◆ At every match, every player on every team at the club is a representative of our club. Make other players feel like they would like to be members here.
- ◆ Always remember that you will most likely be playing the same teams again in the next season. You will probably be playing many of the same teams and players again for years to come if you stay in the league from year to year. You will want to be able to see those opponents again and feel happy about seeing them and playing a match with them yet again.

How to achieve **GOOD SPORTSMANSHIP** as a tennis/paddle teammate:

- ◆ Request partners in a positive way. Example: I would like to play with Sally and Mary rather than I don't want to play with Alice.
- ◆ Keep your feedback to a minimum when discussing line-ups and fellow teammates. No changes should be made except in cases of illness/injury. Make positive requests for the next line up.
- ◆ Be willing to play with any partner, any court, and any side. Remember that captains are listening to many conflicting requests. Example: Sally wants to play with Mary, but Mary wants to play with Alice and Alice want to play with Sally.
- ◆ Be open to learning to play both the Deuce and Ad sides of the court.
- ◆ If you have a concern about a team issue, address it calmly in an email (there is an email link that appears on the website, it is located on the women's paddle & tennis pages). **Do not** call the pros or the captain of your team about team issues/team complaints. We want our pros to be on court teaching us how to better play the game rather than standing in the pro shop on their phones. Our captains are volunteers who have families and lives away from tennis.
- ◆ Teammates are more likely to be comfortable playing with you if they get the opportunity to play with you at team drills and team play days. **ATTENDANCE** is important.

Behavior to avoid:

- ◆ Giving constant feedback about the line-up to the captain and pros.
- ◆ Showing weekly insecurities to your teammates and pros and then being surprised at your ranking.
- ◆ Assuming your spot on a given team or court has a lifetime tenure.
- ◆ Assuming your team will be unchanged from year-to-year.
- ◆ Fixating on the treatment of other players in the system compared to yourself.
- ◆ Assuming you will have your favorite partner week-to-week.
- ◆ Never, ever give up or play less than 100%.
- ◆ Never, ever pretend to be the spokesperson for “several members of the team”.
- ◆ Verbalizing negative thoughts about your game or your partners’ game.
- ◆ Assuming each year that you will be moving up a team.

Thank you in advance for your adherence to the **GOOD SPORTSMANSHIP** code of conduct.