

Panda Cracks

At Panda Tennis Tournaments, we want all children to not only be great players, but also great people!

To become a Panda Crack you need to comply with what we tell you

10 Recommendations for Panda Cracks 🎾🐼

1. **Arrive Early** 🕒: Be sure to arrive early to warm up, get to know the court, and relax before playing.
2. **Prepare your Equipment** 🎾: Bring everything you need: racket, water, towel and appropriate clothing. Having everything ready avoids unnecessary stress.
3. **Eat Well and Stay Hydrated** 💧: A light, healthy diet before the game and water during the game will help you perform better.
4. **Know the Rules** 📖: Make sure you understand the tournament and match rules to avoid confusion.
5. **Keep a Positive Attitude** 😊: Don't worry if things don't go as you expect; Learn from mistakes and move on.
6. **Respect your Opponent and the Referee** 🙏: Education and respect are as important as the game. Treat everyone with kindness.
7. **Focus your energy on the game** 🎯: Don't waste time or energy thinking about the scoreboard or mistakes; Focus on the next point.
8. **Control your emotions** 🧘: If you get frustrated, take a deep breath. Stay calm to make better decisions.
9. **Listen to your Coach** 🗣️: Follow the advice you have been given in training; Trust what you've learned.
10. **Have fun and learn** 🐼: Beyond winning or losing, the important thing is to enjoy tennis, improve and take a positive experience.

Remember, every game is an opportunity to grow as a player and as a person! 🏆

10 Recommendations for Panda Cracks Parents 🎾👨👩

1. **Prioritize the Child's Enjoyment** 😊: Remember that the most important thing is that your child enjoys the tournament and the sport, beyond the result.
2. **Avoid Unnecessary Pressure** 🧘: Motivate your child without demanding more than they can give. Tennis should be a source of learning, not stress.
3. **Be a Respectful Spectator** 🙏: Respect the rules of the tournament, the referees, and the opponent. Cheer on your child without interfering with the development of the game.
4. **Encourage Sportsmanship** 🙏: Teach them to win with humility and to lose with dignity. These values are just as important as technical performance.

5. **Maintain Positive Communication** 🗣️: At the end of the game, focus on what your child has learned and not just the result. Praise their effort and attitude.
6. **Give them their space** 🧑: Allow your child to manage their emotions during and after the game. Don't try to solve everything for him.
7. **Support the Process, Not the Outcome** 🏠: Value their daily improvement and commitment more than one-off victories. Development is what really matters.
8. **Be a Good Example** ☀️: Show respect and emotional control. Children imitate what they see, not just what you tell them.
9. **Trust the Coach** 🏆: Allow the coach to do his job and respect his decisions. Your role is to support from the outside.
10. **Encourage Learning from Defeat** 📖: Explain that losing is part of sport and that every defeat is a lesson to improve and grow.