



2022-2023 JUNIOR SQUAD EXPECTATIONS

- Be a good team mate – respectful and encouraging
- Push each other – makes you both work harder
- Be a team player
- Give 100% all the time
- Push that little bit further as that is where you make the gains – expectation of Squad
- Keep nails short
- Take jewelry off before playing
- Advise each other
- Always bring your ball pumped up
- Integrate between clubs
- Be on time at all sessions
- Be positive
- Motivate each other
- Be kind and supportive to all
- Be punctual
- Always have fun
- Listen and focus
- Engaging all the time – off court too
- Be respectful
- Work hard and stay calm
- Include everyone – don't leave anyone out
- Work together
- Fun
- Always wear correct kit
- Don't forget your love for the game, no matter how tiring or difficult it is
- Keep your windows closed (!)