

Star Search *Future Leaders*



"Creating Leaders and Champions – On Court and Off"

The Power of Giving and Receiving Help!

Did you know that helping others helps you? It's true!

Giving help to others is not only good for them and a good thing to do, it also makes us happier and healthier too. *Giving* also connects us to others, creating stronger communities and helps build a happier society for everyone.

Can Kids Give Help and Making a Difference? Yes, my friend Ana Dodson asked for help when she was 11 years old, and then has been helping others in a very big way ever since.



Asking for Help - There are lots of different ways to get help. Friends, parents, teachers, coaches and other adults can be a great resource when you need help. Turning to the right people for help pays off. **You just have to ask.**

- **Car - Car:** You are not old enough yet to get a driver's license - but tonight you will be in charge of the driving and you will have your own car - fasten your seatbelts and hold on! Players will learn what it feels like to give help and to receive help - just don't crash.
- **On-Court** - Last week the player became the teachers and helped their teammates work on the "fundamentals" for many of their tennis shots. This week they will need to learn to ask for help.
- **Reinforcement** - Last week you watched a number of video's on character and values with your parents and maybe other family members. One of the key things we want to reinforce is how we can continue to reach out and help others. Keep looking for ways to help in your home, your school, your community and your world!

Take Home - We encourage each participant's parents to talk over volunteer opportunities. Things that you have done in the past, things that your family can be involved in, and things that your son/daughter can do on their own. Maybe helping out at an NJTL (National Junior Tennis and Learning) chapter or at a Boys and Girls Club. Have FUN and Enjoy!