



Grantham Tennis Club



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Our commitment to competition

Competition is important because it:

- helps develop self reliance and social life skills
- improves individual tennis skills and performance
- promotes sensitivity to the needs of others and the value of mutual support and communications skills
- tests your ability against that of other players
- strengthens friendship and social bonding
- helps deal positively with winning and losing
- leads to a healthy spirit of working together within the Club and interaction between people with different needs and from different backgrounds
- helps promote a sense of teamwork and pride in the Club and local community
- develops a healthy lifestyle with an emphasis on good mental and physical health for life