



CITY OF PLAYFORD TENNIS INTERNATIONAL

BALLKIDS GUIDE



BALLKIDS VALUES AND BEHAVIOURS

- Imagination
- Collaboration
- Humility
- Excellence

HEALTH AND WELLBEING

Things to watch out for while on shift:

- Mental & Physical Fatigue
- Weakness
- Headache
- Nausea
- Confusion/Agitation
- Increased heart rate
- Thirst
- Feeling faint

What to do?

Here's what you can do to prevent dehydration.

- Sit and rest between shifts
- Stay in a cool and shaded area
- Sip on fluids throughout the day
- Consume good energy food between shifts
- Let someone know if you feel ill

How to stay hydrated

Before the event:

- Ensure you are well hydrated the night before
- Fill your water bottles and place them in the freezer over night
- Start drinking when you wake up

During the event:

- Start with water, not soda or performance drinks.
- Sip on cold fluids (around 15 degrees)
- On hot and long days, take fluids that contain electrolytes and sugar.
- Don't use more energy than is required for your shift.
- You might be standing for long periods of time and we need to make sure that you have enough fuel in your body so that you can sustain the length of time.
- Carbohydrates are your main sources of energy. A quarter of your meal should be made from starchy vegetables (sweet potato, pumpkin, lentils, chickpeas) and whole grains (pasta, brown rice, bread). The other quarter should be from protein sources like red or white meat, fish, dairy, eggs or tofu.
- Proteins keep you full for longer.
- Ideally, about half of your meal should be salads and vegetables for your vitamin and mineral requirements.
- Add healthy fats like avocado, olives, nuts and seeds, and nut oil and butters for longer-lasting energy.
- Avoid fried foods like chips and burgers.

BALLKID KIT

Each Ballkid will require:

- 2025 City of Playford Tennis International Hat (Supplied)
 - 2025 City of Playford Tennis International Long Sleeve Shirt (Supplied)
 - Plain Navy Shorts (Not Supplied)
 - Plain white Crew Socks (Not Supplied – Please see below image)
 - Plain white Shoes (Not Supplied – Please see below image)
- The main concern is that they are all white, you can see a couple of logos however, they're all white, not silver or a different pronounced colour.

Ballkids are required to start the shift with a neat presentation and maintain this throughout the entirety of their shift at the 2025 City of Playford Tennis International.

Please see the image below and ensure:

- Your socks are not pushed down.
- Your shirt is tucked in.
- Your hair is tied back with a hair tie.
- Your arm sleeves are pulled down to cover your arm



DROP OFF AND PICK UP ZONE

Please see the image below for where is best to drop your child off. It is important to note that we will not let a child leave unless we can see that they are accompanied by a parent or adult.



SHOE EXAMPLES

Here are a few examples of the types of shoes you can get for the Adelaide International. These range from \$20-\$110 in the below images and are all quite similar. The main concern is that they are all white, you can see a couple of logos however, they're all white, not silver or a different pronounced colour.

Please use these as a guide:



WHAT WE PROVIDE?

Each Ballkid is well looked after as are all of our Volunteers at the 2025 City of Playford Tennis International.

We provide the Ballkids with:

- Water
- Food
- Snacks (Fruit, Chips & Muesli Bars)
- Electrolyte replenishing drink
- Games / Entertainment
- First aid if required at any stage
- Sunscreen
- Supervision

WHAT TO EXPECT IN A DAY?

- Report at the required time, no later.
- Team debriefs.
- Review your squads and rotations.
- Stretch
- Fill water bottle, sunscreen etc.
- 45 minutes on / 45 minute off rotations
- Six Ballkids per squad with one squad leader

COMMUNICATION PLAN

Our 2025 City of Playford Tennis International Ballkid Team will have a afternoon/nightly email which will release squads and court allocations for the following day.

Please contact adelaideballkids@tennis.com.au if you require any help throughout the tournament as this will have many people monitoring it.

Furthermore, please note key contact persons below.

Jacinta O'Loughin
Mobile: 0481 476 629

FAQS

Am I able to come watch my child ballkid at the 2025 City of Playford Tennis International?

Yes, it is encouraged for parents to come support their Ballkid at the event.

Is there free parking at the Playford Tennis Centre?

Yes, the Playford Tennis Centre offers free carparking. Please note that this can sometimes fill up quite quickly and it is best to get in early to secure it.

When do matches finish?

We don't know what time matches will finish, if you need to leave by a certain time on a specific day, please let Jacinta know as soon as possible.

Will my child Ballkid the finals?

Finals squads will not be selected until the night prior to that final. We take many things into consideration for our finals squads such as, dedication to the week, behaviour, teamwork and performance.

Can I take pictures and get autographs with players as a Ballkid?

No, you cannot get pictures or autographs with players as a Ballkid. However, if you are off your volunteer shift and not in a Ballkid uniform you are welcome to as a member of the public.

How much does it cost to enter this event?

This event is free for public to attend, it is encouraged to bring your friends and family along to spectate.

What happens if it rains or is too hot?

This is not determined by Jacinta, decisions are made by tournament staff who will pass down a decision at the soonest available time for Jacinta to share it with all of the Balkids caregivers.