

WEST FARGO SHEYENNE HIGH SCHOOL TENNIS

Handbook for boys and girls tennis grades 7 through 12

Introduction:

The purpose of this handbook is to provide as complete an overview as possible of the tennis program. Every player should be familiar with contents of this manual.

Philosophy:

Participation in the tennis program is a privilege. Dedication, self-discipline, cooperation, and a solid work ethic is the foundation of a successful team. Good sportsmanship and respect for one self and other members of the team will always be implemented in every practice and match play. Each player is expected to demonstrate a positive, exemplary attitude at all times both on and off the court. Working hard in school, in practice, and placing team goals ahead of personal goals are priorities.

Conduct:

You are a representative of the West Fargo community. Be respectful and courteous of all people at all times and represent your school with the utmost pride and dignity. Being poised and staying in control of your behavior is a must in tennis. Practice it on and off the court. The reason why tennis is called a gentleman's game is that we are expected to police our own game, make good calls, and show politeness in our manners.

No Cutting Policy:

A no cut program has been implemented. A senior who doesn't make the top nine can practice with the team and challenge each week to better his/her position. At the end of the conference dual season, if a senior is in the top 9 of the roster, he/she will be a part of the post season tournament roster. It doesn't guarantee his/her right to play; however, he/she could play as governed by the coach. Making the top 12 varsity/JV also entitles that senior as a letter winner providing that they have participated in the varsity/JV tennis program for at least two years. We will have 9 to 12 players who will play varsity and JV. The bottom 6 players could see action with the varsity or play with the JV during dual matches which will be determined on match day. Matches will be designated for all players who do not make the top 12 of the varsity/JV roster through a "B" Squad schedule. The "B" Squad roster consists of all players from 13 and up. Seniors who are not on the top 12 varsity are entitled to play matches on the "B" Squad, but will not be allowed to participate during the Sheyenne Varsity Invite or the Junior Varsity EDC Tournament. A senior can only play in the JV Tournament if the roster is not complete. The Sheyenne Invite is only for Varsity/JV players and the JV Tournament is used to prepare the players for upcoming varsity matches.

Sheyenne Boys Tennis does not have a Middle School Tennis Program as of 2015-16 school year. West Fargo HS and Sheyenne HS Girls Tennis does have a Middle School Tennis Program as of 2015-16 school year. The two school will participate together as a team with Tintes Park Tennis Courts as home.

Practices:

You are expected to be punctual for all practices. Unexcused absences will not be tolerated. Practices will be held at Sheyenne High School for Varsity and JV. Tintes Park Tennis Courts will be used for the "B" squad from 4:00PM to 6:00PM each day unless otherwise noted. Every Wednesday, practice will be done by 5:45PM. Please communicate with me if any situation arises that will keep you from attending practice. You can either leave a message with the secretary at Liberty Middle School (356-2671) or

Sheyenne (356-2160), by 2:30 to let me know that you will miss practice or you can call me on my cell phone (306-4552), or send me an [e-mail](#). Excused absences could include, but not limited to, Doctors appointment (parent or doctor note), make-up work for a teacher (teacher note), and sitting out due to an injury (trainer note). Unexcused absences could include, but not limited to, work (job), detention after school. All players are expected to follow the Varsity and Junior Varsity Contract. Much of the team's success this season depends on each player's willingness to work hard in practice; therefore, 100% attendance is necessary.

Challenges:

Challenge matches are used to determine each player's position on the team at the beginning of the season. Varsity Tennis Team – The top 6 to 9 players with the possibility of 3 more on the bottom of the ladder to make 12 total players. Junior Varsity Team – The bottom 6 players of the varsity could possibly see varsity action during dual play and the tournaments. "B" Squad Tennis Team – Number 13 and up, consisting of mainly 7th and 8th graders. All players on the team will get matches. Numbers 1 through 9 are on the team roster for the East Region and State Tournament at the end of the season. Challenge matches could be used to determine who the top 9 will be at the end of the season. During the first half of the season, any player on the Junior Varsity and B-Squad will have the opportunity to challenge or be challenged weekly to improve their position on the team. The coaches will determine the challenges each week. No more than two challenges will be allowed per week per player and no two players can play each other twice in a week. It's my philosophy as a coach that the more challenge match opportunities a player has on the JV/B-Squad to improve their position on the team, a more competitive player will be the result. After the team ladder has been established, the head coach will determine when a varsity challenge match should occur. At midseason, varsity challenges will occur only if the player who is lower on the ladder has a better singles record than the player above him as a result of regular season matches.

Doubles Combination:

Doubles combinations will be decided by the coaches for season matches and can change throughout the season. Skill level, age, and compatibility are significant factors in determining doubles teams.

East Region Individual Tournament:

The individual tourney will be dictated by the preferences of the players from the top of the team ladder and down. The top 9 players on the team are eligible to play in the East Region Individual tourney. The top 8 singles players and doubles teams advance to the State Individual Tournament. If you are a senior in the top 7, you will have 1st choice of what event you would like to participate. After seniors have chosen, the remaining events will be chosen according to roster position. There are possibilities of 3 singles positions and 2 doubles teams that can play in the tournament. I, as a coach, will often give my input to the players as to what events may be their best opportunity to qualify for the state tournament; however, the decision ultimately lies with each player.

East Region Team Tournament:

The ultimate goal for the team at this tournament is to qualify for the state tournament. The team lineup will be determined by our opponent; therefore, our team lineup can change with each match that we play. Any players on the roster from one to nine can be used in the lineup even though number eight and nine who primarily played Junior Varsity through the regular season will not participate. The coaches are continually making decisions for the best interest of the team. We will determine whether a player competes in singles or doubles. As long as players are willing to accept the roles that are

determined by the coaches, team success is usually the result. Lineups are also discussed with the team prior to each match to ensure each player is comfortable with their role.

Lettering:

A player must compete in at least two varsity conference matches (6-3 format) in order to become a letter winner. Making the top 12 varsity/JV also entitles the senior as a letter winner providing that they have participated in the varsity/JV tennis program for at least two years. A senior can letter even if they have not participated in a varsity match as long as they follow the above criteria. If the player makes the post season tournament roster which includes the players from 1 to 9, he/she has the opportunity to letter, but is not guaranteed a letter. If a player is able to win at least two matches during the Sheyenne Varsity Tennis Invite or the Individual or team regional tournament play, then the individual will letter for that year. Grades seven through twelve can letter with the possibility of six years to letter.

Team Goals:

1. Qualify for the North Dakota High School Team Scholar Award.
(The team must average a 3.2 GPA for its varsity letter winners during the season.)
2. Finish in the top four of the East Region Conference.
3. Finish in the top four of the East Region Tournament.
4. Finish in the top five at the State Tournament.

THE ROLE OF A TENNIS SPECTATOR

Being a tennis spectator is not just like any other sport. You are expected to abide by the following sportsmanship guidelines. If you do not follow these guidelines you put the tournament officials and your team coach in an uncomfortable situation.

1. Do not clap or cheer an opponent's unforced error. If you do not understand the difference between an unforced error and a good shot by your player (Do not cheer). We do not want a match to become a matter of which crowd can cheer the loudest. This is very distracting to the players.
2. **You cannot, in any way, assist the players with the match (scoring, line calls, rules, etc.).**
3. Realize that you are watching the match from angles that differ from the players'. Line calls are very different to make as a tennis player. It is easy to criticize a player for making a bad call when you are standing still watching. These players are forced to officiate their own matches which almost always results in the player giving their opponent many calls that will go against them.
4. Good Sportsmanship means respecting the abilities of all players involved. It means giving credit to both sides – win or lose.

The North Dakota High School Activities Association, Tournament Officials, Coaches, and most of all the players thank you for your role in applying good sportsmanship in the stands. Thank you for your cooperation.

Varsity & JV Tennis Contract

1. Tennis is a competitive sport. Therefore it is important for players to participate in all practice activities. For every unexcused absence, the player will miss one dual match. If a player has 3 unexcused absences, the player will be removed from the team. This does not include days in which a student is sick/excused from school all day.
2. In addition, players are expected to arrive promptly for practice and remain for the entire period. If a player is 5 minutes late or leaves early, she/he will receive a tardy. Three tardies will result in an unexcused absence.

Situation that would be excused if a note is brought at time of return:

- a. Doctor appointment (parent or doctor note)
 - b. Making up work for a teacher (teacher note)
 - c. Sitting out due to an injury (trainer note)
3. Tennis is an extracurricular activity; therefore, it is more important to excel in school prior to excelling on the court. By school rules, a student must be passing 5 periods to be eligible for any extracurricular activity. If a student is failing a class, they will be ineligible. If a student is incomplete in a class, he/she will be required to sit out of practice and complete homework until the work is made up. For every three days a student misses practice because of grades, he/she will accumulate 1 unexcused absence.
 4. Cell phones are for communication only, cell phones will not be utilized until the last five minutes of practice, tennis matches, gatherings, and bus rides to and from the tennis matches.

I am here as a coach and a role model for the entire team. Therefore, I will always do my best to help the team as a whole. Players may be expected to play in different levels of singles and doubles in order to benefit the team the most, which will be the coaches' decisions. Also playing time in each match is a coach's decision and will not be discussed.

If you have any questions prior to signing this contract, please contact me. I am looking forward to a fun and successful season.

Chad Anderson –Varsity Coach

Sean Bourke – JV Coach

I agree with this contract:

Player Signature

Parent/Guardian Signature

Date

