



JON HANNAM

Athletics/Activities Director

jhannam@cedarburg.k12.wi.us
(262) 376-6261

HEATHER PARKINSON

Athletics Manager

hparkinson@cedarburg.k12.wi.us
(262) 376-6260

Girls Tennis

Program Goals, Philosophies, and Procedures

Head Coach:	Juliet Rajkowski	Email: jrajkowski@cedarburg.k12.wi.us
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PROGRAM PHILOSOPHIES	PROGRAM VISION	PROGRAM GOALS
Let's have fun together and always be fair with our opponents. Let's be patient with ourselves and each other, and have a positive attitude and energy on and off the court.	A team of young women committed to each other and excellence and integrity on the court.	To ensure each individual improves on the court from the beginning to the end of the season as well as achieves their own personal goals. Maintain excellence and achieve a winning conference record.

TEAM PHILOSOPHIES		
VARSITY	JV1	JV2
Varsity teams are intended to be competitive. Coaches of varsity teams will select players who can compete/contribute at the varsity level. Not all players will have the opportunity to play in every competitive event. When considering underclass students for the varsity level, player readiness and development should be considered along with the potential for team success.	Junior Varsity will place a greater emphasis on ensuring adequate playing time for all student-athletes. Winning is still a goal, but developing the skills and knowledge student-athletes will need to be successful at the varsity level is also a goal. Playing time/participation may not be equal among players for each event, but most student-athletes should in most of the competitive events. At the JV level, promoting	JV2 will even further emphasize ensuring adequate playing time for all student-athletes. Playing/participation time at the JV2 level may not be equal among players at each event, but almost all student-athletes should compete at almost all events. At the JV2 level, developing interest in the sport and promoting skills and positive attitudes are critically important.



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TEAM SELECTION

The four criteria below are the main areas upon which decisions are made when selecting team members.

<i>Skills & Talent</i>	<i>Attitude & Work Ethic</i>	<i>Potential</i>	<i>Team & Program Needs</i>
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PLAYER RESPONSIBILITIES

Show up, work hard, maintain classroom expectations, and be supportive towards your teammates.

PARENT RESPONSIBILITIES

Be supportive of your athlete and the team, communicate with your athlete and the coach, and be a model of sportsmanship to your athlete as well as others.

COACH

Be supportive of each and every player on the team, help with skills and strategy, be fair in decision making of roster and placement, and promote a safe and healthy environment for competition.

PLAYER & COACH COMMUNICATION

All coaches must avoid group texts and texting with athletes.
Each team/coach is expected to have an immediate form of communication to use with athletes outside of traditional texting.

COMMUNICATION EXPECTATIONS

Parents can communicate through email
(rajkowski@cedarburg.k12.wi.us)
Player communication will be set up in the first week of practice using the GroupMe App.

VARSITY LETTER CRITERIA

CAPTAIN CRITERIA



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Sportsmanship
Compete to the best of their ability
Good academic standing
Completing the whole season
Play at least 2 varsity matches
Coach's discretion

Exemplifies the qualities of a leader and teammate during practice and matches
Communicates with the head coach appropriately
Encourages teammates consistently
Always puts the team first
Presents a winning attitude and positive energy
Has unwavering sportsmanship and respect for her opponents and teammates
Is a role model for Varsity and JV teams

MISSED GAME & PRACTICE POLICY

If a player misses practice(s), it will affect their playing time in the next game. If a player goes to the doctor, a doctor's note or clearance from the trainer must be provided to the head coach in order to return to playing. If a player is injured during the season, attendance is still mandatory.

STRENGTH & CONDITIONING EXPECTATIONS

Varsity and JV will be expected to use the weight room during the season. Coaches will announce the workout days prior to the week ahead. Minimum of 1 workout per week through the season. Attendance will be taken during workout days. Athletes are also expected to workout at CHS during the off-season.