

Park WolfPack

BOYS TENNIS

Playing Tennis While Building Character and Life Skills

Head Coach: Tony Townsend

Junior Varsity: Cris Glade/Jon Badua/Lexi Brooks

ADAPTABILITY

Coachability

- Take coaching as constructive criticism (find something positive from what we are telling you) rather than a personal attack.
- Be willing to make changes for the long term goal.

FLEXIBILITY

- Be willing to play wherever your team needs you the most.
- Work on becoming both a good singles and doubles player.
- Understand that a tennis team has a fluid roster. Players who practice with the varsity may play matches with the JV. Some players may rotate teams depending on the competition and where they are needed. Our goal is to get you quality match experience and we need you to be ready and willing to play where you are needed.

ABILITY/POTENTIAL

Varsity Selection and Line-up Determination

- Based on **all** of the listed characteristics, but also based on overall athletic ability, current tennis abilities, and potential
- Knowledge and execution of singles and doubles strategy and movement
- Ability to hit, control, place, *and execute* advanced tennis strokes
- Drill performance & rally performance at the varsity level of play

PERSEVERENCE

Mental toughness & match toughness

- Stay focused during practices and matches
- Be willing to “dig deep” and work your tail off to overcome a bad day
- Learn to strategize a way to beat your opponent(s)

POSITIVE ATTITUDE AND WORK ETHIC

Attitude

- Your attitude determines what you can gain from constructive criticism
- Deal with questions and problems directly with your coach right away. Letting them brew will only cause more disturbances
- Find the positive in every situation
- Have fun!

Effort

- Work hard and give your best at all times
- Play with your heart

PRIDE AND PROFESSIONALISM

Pride in tennis team

- Aspire to improve as a team
- Help set team goals and work to accomplish them
- Support and encourage your teammates

Practice Attire

- Wear shorts with pockets in them
- Wear non-marking tennis shoes (no running shoes)
- Dress appropriately during practice (Park Colors)
- Shirts stay on during practice

Uniforms

- Wear your uniform with pride
- Keep your uniform neat and clean
- Wear your uniform shirt and shorts *only* on match days
- Stay in uniform until the match is over (or wear some other Park apparel)

Sportsmanship/Conduct

- Cell phones are not to be seen or heard during practice and before or during matches (including when your teammates are still playing)
- Represent your school and team proudly both on and off the court
- Start matches with a strong confident handshake
- Walk confidently between points and games
- Do not talk negatively to yourself or teammates
- Walk away from mistakes and plan the next point
- Keep your eyes on your racket strings when there are outside distractions
- Respect your opponent(s) and give credit for good shots
- If a ball is on the line it is IN; if you did not see the ball land or are in doubt, it is your opponent's point
- *Remember: an opponent's bad call costs 1 point; your reaction to it can cost the match.*

RESPECT

Practice

- Pay attention
- Do not use practice as a time to catch up on gossip
- Leave your problems at the gate
- You must learn how to practice with intensity and focus for the duration of practice. We refer to this as **Practice Attitude**.

Respect your Coaches, Captains, and Athletic Department Personnel

- Respect the time we all put into making the tennis season successful and fun
- Be polite
- Respect the coaches' and activities director's decisions even if you don't agree

RESPONSIBILITY AND COMMITMENT

Physicals/Activity Fees

- Pay your activity fees, turn in your paperwork and get your physical up-to-date **before** practice begins
- Missing practice because the above is not done results in an *unexcused* absence

Practices

- **Attendance is mandatory**
 - Vacations should be planned to conclude *before* the 1st day of practice
 - Doctors appointments, haircuts, shopping, senior pictures, etc. should be scheduled *around tennis*
 - Non-school activities should be scheduled at *non-conflicting* times

Matches

- Be prompt for home matches
- Buses for away matches will leave at the scheduled time. Tardiness will result in being left behind and missing the match
- Do not let your team down by missing matches (obvious exceptions include injuries)

SELF-DISCIPLINE AND SELF-MOTIVATION

Academics

- Put academics first and keep up your grade point average
- Strive to be a State GOLD or SILVER Academic Team (3.85 or 3.7 team GPA)
- Strive to be named to the Academic All-State Team as a Senior (3.7 overall GPA and member of the section team roster)

Alcohol/Tobacco/Other Illegal Drugs

- Do not compromise the integrity of the team by using these illegal substances
- Do not put yourself in compromising situations (i.e. attending parties even though you aren't going to use these products)
- Violations not only breach your coach's trust in you, but also let down your teammates
- Consequences for chemical violations will be determined by the Minnesota State High School League rules

TEAM UNITY

Tennis Matches

- Remain at the match site until **all** matches are finished – **Do NOT ask to leave early, unless you have a school or church function**
- Give support to your teammates. **During the match, you must support your teammates by spreading out to cover all the courts when you are not playing. Do not use this as a social time.**
- Everyone rides the bus together to the “away” matches. Win or lose, players should also **ride the bus home** as it is important for team bonding and district policy
- If you must ride home with your parents, you must follow policy *and hand a signed note from your parents to Coach Townsend or Coach Glade.*
- Riding home with someone other than your parents is *not* allowed (school policy)

Lettering Criteria

- A player must play in three varsity tennis matches and must complete the entire varsity season.
- All seniors who have completed their entire junior and senior seasons and have shown exemplary leadership, attitude, and dedication will letter.
- The coaching staff may use their discretion in determining all letter winners.

Coaching Philosophy: As coaches, our goal is to find the position on the team where you can have the best chance for success. Each player has different strengths and abilities, and we will try our best to utilize these abilities for personal and team success. We strive to make you not only a better tennis player, but better prepared for life after high school.

Junior Varsity Philosophy: The junior varsity is the stepping-stone to the varsity team. This team will provide an opportunity for players who do not make the varsity team to gain experience and improve their strokes, strategies, attitude, and mental toughness.