

Tennis Team Expectations

I will help you learn about tennis (mechanics, strategy, and conditioning) and how to develop and improve your skills. Also, I will emphasize what it means to play for a team and, most importantly, our goal is to have fun and make friends.

Meeting Date: all sports sign up meeting July 11th.

Prerequisite: Online form filled out by July 28th, physical done by August 8th and turned into the office before practice, baseline concussion test, and good grades.

Expectations

1. Be dressed, on the court, and ready for practice on time every day. Work should not interfere with practice and/or matches. (Allow for rainouts and makeups.) If you have to miss a practice or a meet, please text me with the reason why as soon as you become aware. Absence from either practice or meets may result in you being moved to a different spot on the team or sitting out for a match. JV and varsity practice will be from 3:00-4:30ish once school starts.
2. Wear proper workout clothing for all practices. This means proper shorts (WITH POCKETS) or skirt, wind pants (when needed), T-shirt / long sleeve shirt (when needed) and TENNIS SHOES. Also, need half gallon water bottle.
3. Bring a tennis racket (plus an extra one if you can) to every practice and meet/tournament. For tournament or Saturday meets, bring food, extra clothes, towels, rackets, and lots of water.
 - A. When you bring food you will not make a mess on the court, sidelines, or sitting area. If you do make a mess then we will not leave until those who made the mess cleans it up.
4. Practice and play hard to improve yourself without having to be forced. Be serious when you are here. Have fun without being distracting to yourself and others. Ask questions if you are not understanding something and if you have concerns with tennis or school. As coaches, we want to help you as much as possible in these areas.
5. Move quickly to get in position to start a new drill without complaining or delaying. Ball pick-up is required for ALL players.
6. Wash clothing and clean up after each practice and meet.
7. No Parent-coaching allowed! (WIAA rules). This means that parents are not allowed to give instruction/feedback to players during matches, nor are they allowed to “coach the coaches” on what their child should/should not be doing. Any parental concerns should be brought up in private (not during practices, meets, or tournaments) and after the parent has had time to reflect on the situation.

8. For Varsity home matches, all players are required to stay and support their teammates until the conclusion of the match and the coach(es) have closed the match with wrap-up and announcements. For Junior Varsity home matches, players are not allowed to leave until they have reported their score and checked in with their particular coach. If you plan on leaving with your parent from an away/road match, a note must be turned in to the Whitnall office before the bus leaves and I also need a note in order to leave with your parent.

Practice Times

First day of tryouts is August 9th but that is subject to change. Tryouts will be 9:30-11:00. The following weeks might change. After we decide on the team's varsity we practice from 9:30-11ish unless we have a match and the JV will most likely practice 1-2:30 (this could change based on the number of girls who sign up).

Once school starts JV and varsity will practice from 3:00-4:30ish unless we have a meet, rains, or something changes

Typical Practice Regiment

1. Stretching and announcements
2. Warm-up like you would in a match
3. Conditioning
4. Drills: forehand, backhand, volleys, lobs, overheads, tie-breaks, and serves. Each day we will work on one of these and review what we learned the day before. Once we go through all of them, we will work on the skill most girls are struggling with in matches.
5. Matches/challenge matches
6. Games

Contact Information

Coach Frentzel Cell 414-405-9660 email-mfrentzel@whitnall.com

Coach Rivera Cell 414-581-4355 email-jrivera@whitnall.com

Call and text times: Monday-Friday 7:30-9:30, Saturday 8-10 and Sunday 8-9:30
whitnallathletics.com

Please cut and sign and return

Athletes name and signature

Parent name and signature