

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: all sports sign up meeting is the second Tuesday in July .

Prerequisite: Online form filled out by March 25th, physical done by March 25th, turned into the office before practice, baseline concussion test if you want one, new this year is fees must be turned in as well, and good grades.

Equipment needed: water in half gallon water bottle, proper clothes (with pockets), inhaler/epiPen if needed (please let me know if you have one of these), food when needed, tennis rackets, different shoes, towel. If you came to watch you must sit around the outside of the fence area (not where players are).

Team Reach app. This is also for the parents as well but the boys must have this since I will contact them through the app if something changes.

The Group code is [WHSboystenn2024](#)

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 you become aware. Absence from either practice or meets may result in you being moved to a different spot on the team. If you miss 3 practices or meets without texting a coach you will be sitting in the next match. If it continues to happen you will be asked to not be on the team. Varsity and JV practice will be from 3:15-4:45ish.

2. Wear proper workout clothing for all practices. This means proper shorts (WITH POCKETS), wind pants (when needed), T-shirt or long sleeve shirt (when needed) and TENNIS SHOES. Also, need a 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. If players don't help pick up balls that player(s) will pick up the balls the next time by themselves.
6. No use of cell phones at practice or on the court when you playing at a meet. If you use your cell phone it will be taken away until the end of practice or meet.
7. If you are arguing with any coach or you will be running laps. If it continues you will be asked to sit. No leaving practice or meets early if or you will be asked to sit out.
8. No swearing or fake/mock swearing on or off the court. If you do you will be running laps. If it continues you will be asked to sit.
9. If you do not sit when asked or break any of the rules you will be sitting the next match. If you sit more than 2 times you will be asked not to be on the team.
10. At a match JV players are watching the varsity players. Players are not to leave the tennis area unless they ask to leave the area to get water or use the bathroom. This helps the coaches know where the players are. If you do not ask and your match is called then you will not play.
11. Wash clothing and take shower after each practice and meet. Wear deodorant before and after each practice and meet. Also, wear different clean clothes at each practice.
12. 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.
13. 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/practice is March 25th from 3:15-4:45ish.

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 email- mfrentzel@whitnall.com

Coach Rivera email- jrivera@whitnall.com

whitnallathletics.com

Cut here

Student athlete name

Student athlete signature

Student athlete parent name

Student athlete parent signature