

WHS Boys Tennis | Preseason Player-Parent Meeting

Head Coach: Nate Ackert

nathaniel.ackert@k12.sd.us

515-868-3991

Assistant Coach: LaDawn Nesje

ladawn.nesje@k12.sd.us

Team Website: whstennis.com

Please refer to the team website for:

- This packet and other forms
- Practice and Match Schedules
- Announcements
- Team Information and Resources

Communication

Methods of Communication

- Website
 - Players and parents should get in the habit of checking the website for announcements and schedule changes.
- Text Messages via Remind App
 - Players: Text: **@tennis0987** to **81010** to enroll
 - Parents: Text: **@tennis0011** to **81010** to enroll
- Email
 - Players: K12 Email. Please text your name and K12 email once you've enrolled in Remind.
 - Parents: Please text any email address that should be included in team emails (please include names) once you've enrolled in Remind.

Urgent Announcements will be sent via the website, text and email.

Availability

- Players are expected to attend all of their scheduled matches and practices. These will include weekends. The practice and match schedules will be posted on the team website and will be kept up to date
 - Players are encouraged to attend matches even if they are not scheduled to play and support their teammates.
 - Absences need to be communicated to a coach ASAP - no later than 8 hours before a practice or match. Coaches will be flexible as long as communication is in place
 - **Two unexcused absences will result in dismissal from the team.**
-

Practices

The plan is to have all players practice at the same time. Depending on numbers, we may need to split into two practice groups in order for players to get adequate court time and court space.

Default Practice Time: 4:15pm Monday-Friday

Middle schoolers: Come to practice right after school.

Weekend practices are scheduled for the first 3 weeks of the season.

Practice schedules will be more irregular as we start playing matches, so please keep an eye on the schedule on the team website: whstennis.com/schedule

It is not advised to keep a printed copy of the schedule, as the schedule will more than likely change throughout the year.

Equipment

Players are expected to provide their own tennis racket and tennis court shoes

Please wear shorts/pants **with pockets**

Players that are new to tennis may refer to the team website www.whstennis.com/resources or Coach Ackert for equipment recommendations.

Academic Expectations

Players must be passing all classes to participate in any tennis activity. Grades will be monitored by coaches.

Players are expected to meet all academic obligations before tennis obligations. Communication is expected from players who need to miss time due to academic priorities.

Lineup Selection

1. Academic Performance: Players must be passing all classes to be able to participate.
2. Body of Work: Overall experience as a player, offseason and past match results, and Universal Tennis Rating (UTR) will all be considered. Most of the work that goes into earning a lineup spot is done in the offseason.
3. Challenge Matches: Head to Head Preseason Matches. This is often the fairest way to sort out the lineup, though it isn't always fun to compete against teammates. As one of the best teams in the state, everyone will need to play challenge matches to earn a lineup spot.
 - ★ Challenge matches will begin after the first few practices. Until our first match, players should come to practice ready to play challenge matches.
4. Competitor Evaluation

- Does the player give their best effort every day, no matter the score or circumstance?
- How well does the player handle adversity and failure?
- How well does the player handle success?
- How coachable is the player?
- **Does the player elevate those around him?**

Discussions about lineup spots will be between players and coaches. Coaches will not discuss lineup spots with parents.

Due to the state tournament seeding rules, the varsity lineup will change very little once it is set. Junior varsity players may have opportunities to play challenge matches throughout the season to help measure their progression.

Players are expected to accept their lineup spots. Tennis players shouldn't be defined by their spot in a lineup - we would much rather have players focused on improving their games and playing to the best of their ability, regardless of what spot they play. This is the best way for players to get the most out of their tennis experience.

Decisions and judgments are not personal. They are based solely on what is best for all team members and the TEAM.

District Communication Protocol

A reminder that many issues can be solved by player-to-coach communication first.

- Notification of any practice/contest conflicts well in advance
- Discussion with the coach is encouraged in the following areas:
 - Concerns of your son's health
 - Ways to help your son improve
 - Academic and eligibility concerns

The following are areas that are not open to discussion and non-negotiable:

- Playing time/lineup
- Other players/athletes/participants
- Game strategy and scheme

Parent/Coach Conference or Meeting – Reminder of Protocol

- Player to Coach - First and foremost method of conflict resolution.
- Parent to Coach - only if issue isn't resolved between coach and player
- Parent to Activities Director
 - If necessary, the Activities Director will meet with parent/guardian during meeting.

Player and Parent Conduct Expectations

Player Conduct Expectations:

- **Players will give their best effort everyday, regardless of ability or outside circumstances**
 - Tennis is a no-cut sport, but as coaches, we will remove anyone who we feel isn't meeting expectations or giving the program the respect it deserves.
 - We want a positive environment where everyone can improve their tennis, and if we feel a player is restricting our ability to make that happen, they will be removed from the team.
 - This will be one of the, if not the best team in the state. It is a privilege to play tennis at all, but playing for a team of this caliber should be treated as a privilege.
- Players will act professional and sportsmanlike in practice and match settings
 - Calling lines fairly
 - Handling adversity with composure
 - Respect towards opposing players and coaches
- Players will act professional and sportsmanlike off the court as well. Off-court misconduct will not be tolerated.

Respect the Game
Respect your teammates
Respect your opponents
Respect yourself

Parent Expectations

- Communication
- Observing tennis match etiquette at matches
 - Positive cheering for *our* players only
 - Coaching is prohibited from parents during matches
 - Discrepancies must be handled by players and coaches, not parents.
- Enforcing professional and sportsmanlike behavior at home

Private Coach Policy

Players may participate in private lessons with a private coach during the season. Players who wish to participate in private lessons during the season are expected to communicate their lesson schedule with Coach Ackert to help reduce the risk of overuse injuries.

Per SDHSAA regulations, players may not participate in private group lessons during the season.

Home Court Conditions

Unfortunately, the state of the tennis courts at WHS are less than ideal. This will likely put at least one court out of use for matches if they are not resurfaced. This is a decision made for the safety of players. As a coach, I don't feel safe putting players of any level in a position to play on a court that puts them in unnecessary danger.

While we will work to make the best out of what we have, it is possible that losing a court or two will limit how many matches we can put on the courts during each meet.

Food and Drink

Practices: The WHS tennis courts do not have water fountains. The athletic training staff will be responsible for providing the team with water, but players should try to ensure they have what they need to stay hydrated and fueled during practices and matches.

- Filled water bottle(s) – large water jugs preferred
- Sports Drinks
- Bananas, Granola bars, etc

Matches: A signup sheet is posted on the team website www.whstennis.com/resources for varsity parents to sign up to bring snacks to matches if parents wish to do so. In the absence of this, players need to ensure they have what they need for match nutrition - enough to drink and eat.

Safety

There is an inherent risk of injury associated with tennis. Coaches will take the following measures to help reduce the risk of injury:

- Ensuring team stretching occurs before and after every practice/match
- Working with the athletic training staff
- Adjusting player workloads when necessary

Insurance coverage is the responsibility of parents and guardians.

Travel Expectations

- Out-of-town match transportation will occur via a school sponsored vehicle
- Players must ride to-and-from out-of-town contests in the school-provided transportation
- While aboard school-provided transportation, players will conduct themselves professionally
- Players will be notified of the bus departure time, and will typically be dismissed approximately 15 minutes before bus departure - **DO NOT BE LATE FOR THE BUS!**
- Players will be expected to prepare for competition conditions when traveling. This includes weather-appropriate clothing, drink, and food. **Be prepared!**
- Departure times and match locations will be posted on the website.

Varsity Lettering

To earn a varsity letter, a student athlete must participate in at least 5 varsity (top 6 singles, top 3 doubles) matches throughout the season.

Team Store

Players and Parents: Warrior Tennis gear can be purchased on the team website in the 'Team Store' Section. Payments can be made directly to our provider on the website via Paypal.

Link: https://stores.inksoft.com/washington_high_school_tennis/shop/home

The store includes WHS Tennis shirts, hats, sweatshirts, jackets, polos, etc.

Orders are due by Sunday, March 12th to ensure everyone can have their items for our first match!

Please know that purchasing team gear is completely optional, and that all players will be provided with, at minimum, one team-issued shirt for competition.

This team store is not a fundraiser. The proceeds will not benefit the WHS Tennis Program. This is purely a resource for players and parents to get some WHS Tennis Gear.

Volunteer Preseason Tennis Court Prep

In an effort to reduce the amount of practice time used for shoveling, squeegeing, and sweeping the tennis courts, we are introducing some times for some **voluntary** court maintenance time before the first day of practice. All players, parents, and family members are welcome to assist in this team-building activity.

Thursday, March 2 @4:30pm

Tuesday, March 7 @4:30pm

Thursday, March 9 @4:30pm

Please note that preseason tennis court prep is COMPLETELY OPTIONAL - NOT REQUIRED.

Please meet all personal and academic obligations before attending these cleanup sessions. Players will not be rewarded or penalized for anything related to preseason court prep.

Any head start we can get on prepping the courts will save us some practice time and allow more time for the custodial staff to get the tennis nets set up. *Any help is greatly appreciated!*

Please use plastic shovels on the tennis courts - no metal shovels and no snow blowers!

Player To Do List before 1st Practice - March 13th, 2023:

1. Athletic forms completed and turned in to the athletic office
2. Complete the Preseason Player Questionnaire located at the bottom of the homepage of the team site:
<https://docs.google.com/forms/d/1qU1vHKGchNg-iiA4JD7Oi2fnl8BnTQEUuYdgZdTPDNc/edit>
This needs to be completed by end-of-day Friday, March 3.
3. Get equipment you will need for the season. See equipment recommendations on the website if needed
 - a. Rackets
 - b. Shoes
 - c. Shorts with pockets
 - d. Varsity-level players: String
4. New players: Familiarize yourself with rules and basic technique - YouTube is a great resource.
5. Bookmark the team website, get in the habit of checking it: www.whstennis.com
6. Place orders for any additional team gear you wish to order for yourself or your family - **orders are due by Sunday, March 12.**
https://stores.inksoft.com/washington_high_school_tennis/shop/home
7. Practice! Take advantage of any nice weather days in the next week or so to practice tennis outdoors. Indoor tennis can be played at Huether Family Match Pointe and GreatLife Woodlake.

Before leaving this meeting:

- ★ Enroll in REMIND text messages
 - Players: Text: **@tennis0987** to **81010** to enroll
 - Parents: Text: **@tennis0011** to **81010** to enroll
- ★ Parents: After enrolling in REMIND text messages, text any email addresses you would like to be on the email list. Please include your name with the email address.
- ★ Players: After enrolling, text Coach Ackert your name and your K12 email.