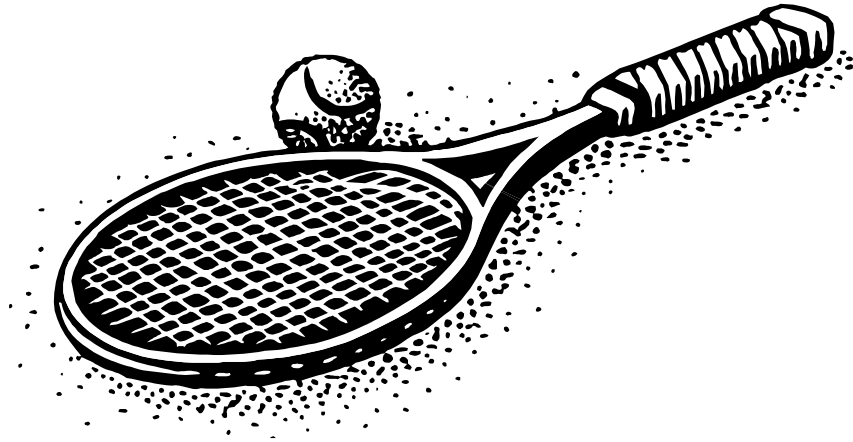


# TEXAS HIGH TENNIS



***Players and Parents***--Please read this handbook and sign the back page and turn into to a coach. Feel free to print out and keep for your reference.



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# **1. The GOAL of the Program**

The objective for the Texas High Tennis Team is to influence young men and women to set goals for their life and to have the determination to achieve them. The team will work with integrity, high moral character and appreciate the value of hard work.

## **2. GENERAL POLICIES AND PROCEDURES**



### **I. Discipline**

If a player chooses not to behave in line with the Goal of the Program or does not follow the instruction of the coach, he or she will be subject to consequences chosen by the Coach.

- 90's – 9 laps + 90(pushups, crunches, treadmills, squat-n-thrusts) Major Offenses
- 45's – 4 laps + 45(pushups, crunches, treadmills, squat-n-thrusts) Minor Offenses

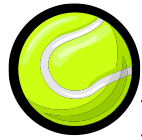
Extra conditioning will be done outside and in addition to the normal team workout. If time is limited players may be required to report before school. Continuous or repetitive offenses may result in suspension or removal from the team.



### **II. Missed Practices/Matches**

Most practices end between 5:00 and 5:15. If a player has an excused absence from practice they may be required to do a 45 on their own time to make up for the practice and conditioning missed. Excused absences are for sickness, death in the family, or pre-approved absences due to extenuating circumstances. All other absences from practices will be considered unexcused absences and will be required to do 90's for every practiced missed. Unexcused absences from

matches or tournaments will be made up with 2 - 90s. Please avoid scheduling doctor or dentist appointments during regular practice times.



### **III. Challenge Ladder**

Challenge matches are played throughout the season to give the players a chance to advance and also to increase their match play skills. Players will have a numerical ladder rank. The format of the challenge rounds will rotate from odds challenging evens to evens challenging odds.



### **IV. Team Tennis/Fall**

Team Tennis is when the best players on our team compete against the best players of another team in singles and doubles. There are 6 boys singles matches, 6 girls singles matches, 3 boys doubles matches, 3 girls doubles matches, and 1 mixed doubles match for a total of 19 possible wins. The first team to reach 10 wins will win the team match. During the fall is when 5A and 6A schools hold their area, regional and state team competitions.



### **V. Individual Tennis/Winter & Spring**

We will play in individual tennis tournaments mainly in the winter and spring. This is when the players will specialize in double or singles and prepare for district, regional, and state UIL individual tennis events.



## **VI. Summer Points**

Starting in the summer prior to the 2016-2017 school year, in order to participate in the Texas High Tennis Program, players must accumulate a certain number of points based on the Summer Tennis Point system. The purpose of the point system is to ensure strong tennis development in that we have players that enjoy tennis and want to work hard to improve their skills on the court. It also encourages the players not to lay their racquets down entirely during the summer and lose the edge that they had when school let out. Players who accumulate 800 points during the summer will be rewarded with several days off from conditioning once practices for the new school year begin. More information about the point system will be provided closer to the end of this school year.



## **VII. Communication**

It is very important to have good communication between the players, coach, and parents. If you have any questions, **please ask**. Don't TELL the coach what you are going to do, YOU ask. It is extremely hard to run a practice and get challenge matches done when players and parents don't check with us about the possibility of being gone. We need the parents to contact us when scheduling any kind of appointments that could interfere with practice times.



## **VIII. Out Of Town Trips**

It is very important not to be late when going out of town. The coach allows enough time to get there and get a good warm- up. Tardiness affects the entire teams preparation time.



## **XI. Overnight Trips**

The Athletic Code of Conduct applies at all times. There should never be boys and girls hanging out in the same room without a coach present. No guys in girl's rooms; no girls in guy's rooms. Always behave as if a coach is standing right beside you. School dress code still applies on trips.



## **XII. Locker Room**

Please keep our locker room as well as all tennis facilities clean. Please put locks on lockers if you do not want something stolen. You are responsible for all equipment assigned to you: lost, stolen, or damaged.



## **XIII. Paperwork**

Players must fill out 1) acknowledgement of UIL rules 2) eligibility form, 3) medical history form, 4) privacy consent, 5) concussion form, and 6) Texas High Tennis Handbook agreement form every year before practice starts. All Freshmen and Juniors and anyone who checks yes to questions 1,2,7,11,or 17 on the medical history form, must have a current physical on file with the Athletic Trainer before practice starts.



## **XIV. Letter Jackets**

Players will earn letter jackets by participating in 8 Varsity matches in the Fall or 8 tournaments in the Spring or a combination of both totaling 8 Varsity events.

### **3. TEXAS HIGH TENNIS PLAYERS CODE OF RESPONSIBILITY**

- 1) **Be prepared**---it is your responsibility to have a spare set of clothes and racquet in your locker. “My mother forgot to bring me my stuff” will not cut it---you must be responsible for all of your own actions.
- 2) **Don’t be a weatherman**---The Texas weather is very unpredictable, pouring in the morning and dry in the afternoon. Don’t say “it was raining this morning so I didn’t think we would practice.”
- 3) **Please don’t schedule appointments during practice time if at all possible.** Get parents to communicate with the coach about when a good day for doctor or dentist appointments may be if it is absolutely necessary that appointments occur during practice time.
- 4) **Keep locker rooms and courts clean**—there are plenty of trash cans; let’s be proud of our facilities and keep them clean.
- 5) **Pick up tennis balls after practice**—if we lose 10 a day that is 200 a month. The more we keep track of the longer they all last.
- 6) **The ONE BULLET THEORY**—you would not go into battle with one bullet, so don’t come to practice or a match with one racquet and break a string.
- 7) **For Matches**—Have your own water jug filled with water and ice—take snacks and meals; you do not know if we will be able to take you to lunch. **ALWAYS BE IN TEXAS HIGH UNIFORM DURING MATCHES.**
- 9) **TRAVEL WITH THE TEAM**---be a team member and travel with the team until we return from the match---except when okayed by the coach for birthdays or holiday travel.
- 10) **BE A SUPPORTIVE TEAMMATE**---When we are in competition with other teams, and your teammate is out there playing their heart out, **WE EXPECT YOU TO BE AT THEIR COURT AND ACTIVELY SUPPORTING THEM.** It is not time to have a social hour, do homework, or make a cell phone call (we will take the phone up and turn it in to the principal. Cell phones are to be off at the time we tell you to be at the courts for home matches, and when we get off the bus at away matches, and do not come back on until we are through playing).
- 11) **Bullying will not be tolerated on any level**---Any problem with a teammate must be brought to the attention of coach and handled face to face in a respectful manner. Inappropriate text messages or Facebook posts will not tolerated. **We are all Tigers and are to treat each other with respect.** We expect each one of you to fully support your teammate or there will be consequences.

----- 4) SIGNATURE PAGE-----

Tennis Parents:

It is a privilege, not a right, for your child to participate in the Texas High Tennis Program. We want to have good communication between players, coach, and parents. The Tennis Handbook is attached and it will answer most of your questions about the tennis program. Contact the coach should you have any further questions.

**Toby Watson—cell # 903-530-7236**

**E-mail— Toby.Watson@txkisd.net**

**Ann Tarwater---cell #903-277-1702**

**E-mail--- Ann.Tarwater@txkisd.net**

**SCHOOL WEBSITE: www.txkisd.net**

**UILWEBSITE: www.uil.utexas.edu/ath**

Please read the handbook and return this page with you and your child's signature.

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I HAVE READ THE TEXAS HIGH TENNIS HANDBOOK AND  
GIVE MY PERMISSION AND SUPPORT FOR

\_\_\_\_\_ (Players name)

TO BE A MEMBER OF THE TEXAS HIGH TENNIS TEAM.

PARENT OR GUARDIAN SIGNATURE

\_\_\_\_\_ DATE

PLAYERS SIGNATURE

\_\_\_\_\_ DATE