



# ANKENY HAWKS BOYS TENNIS POLICIES, RULES AND PROCEDURES

## HAWK TENNIS WEBSITE:

<https://hawks.ankenyschools.org/boys-sports/tennis/>

### **PHILOSOPHY**

The Ankeny Hawk boys tennis program strives to provide an atmosphere where all individuals can continually improve and excel at all key aspects of being a member of a tennis team. Our program seeks to encourage, develop and optimize each player's: character, sportsmanship, mental toughness, skill development, singles and doubles strategies, role on the team and general health and conditioning.

### **REQUIREMENTS TO PARTICIPATE**

- Completion of athletic registration: <https://ankeney-ar.schooltoday.com/> • Health & Accidental Insurance (Insurance Waiver - Insurance can be purchased through the school).
- Be in Compliance with the School's Policies regarding:
  - Academic eligibility requirements
  - Substance Abuse & Inappropriate Conduct (*See student handbook on substance abuse and inappropriate conduct*)
  - Non-School Participation Activities (Please refer to the student-athlete handbook for more details)
    - Tennis players may participate in non-school extra curricular activities while participating in District extracurricular activities, if this participation does not conflict with the Ankeny High School Boys Tennis Program. Extra curricular activities should not conflict with practices and meets, jeopardize your amateur status, and should not be physically demanding to where your tennis is negatively affected.
  - If a special circumstance interferes with tennis, you need to submit a Non School Participation Waiver Request Form a week in advance to the coach and Athletic Director.
  - **SEE LAST PAGE FOR BASICS ATHLETES NEED TO KNOW TO BE CONSIDERED TO PLAY ON THE TENNIS TEAM**
- Players **MUST** join REMIND *Boys Tennis /Players only group...* @97a286
- Parents can join the *Parent's only REMIND group...*@ 7edfgfk

### **EQUIPMENT**

- **Tennis Racquet(s)**: Two rackets are highly recommended, preferably both being the same kind of racket and both having new strings. If an athlete does not have or cannot afford 1 or 2 racquets the school has had a few donated for use. Coaches will determine use of the donated racquets.
- **Tennis specific Shoes**: Shoes that provide ample ankle support, have tread on the bottom of the shoes to avoid slipping, and please avoid shoes that will leave marks on the courts. **RUNNING SHOES are highly discouraged due to possibility of injury!**
- **Meet Attire**: **ALL TEAM MEMBERS are required to wear team uniforms to all meets.** If the team uniform is not worn, you will be sent home to change or not allowed to play. On occasions where the weather is cold only **coach approved** clothing may be worn over uniforms during match play.
- **Practice Attire**: Wear appropriate attire given the conditions. Be prepared for all weather because we will practice outside as much as possible. You will be expected to dress appropriately. Bring gloves, hats, warm clothes, etc. Jewelry (including earrings) is not allowed while playing



unless you have a doctor's note!

## **TEAM REQUIREMENTS**

- General Practice Information:
  - Start Date: Weather permitting...the first Monday of Spring Break
  - Optional Practices:
    - Policy: If a practice is deemed an optional practice, members of the team are not required to attend. These practices are intended to be an additional opportunity for those able to attend, not an obligation.
    - Timing of Practices:
      - Spring Break Practices: TBD based on weather
  - **Week 1 combined practices:**
    - **ALL athletes will practice together...**4pm until 6 at latest
    - This may be Spring Break week weather permitting.
  - **Varsity Practice: (after combined week)**
    - Starts at 4:00 pm. (Late arrivals must be pre-approved by the coaching staff.)
    - Practice duration will vary depending on a number of items, but we will rarely continue past 5:30 pm.
    - Practice will be every day of the school week (Monday through Friday) except for days on which the team has a meet or other event.
    - • **Friday Practices will be varsity only match play days.**
  - **Junior Varsity Practice: ( after combined week)**
    - We will have separate practices for junior varsity after the first week of regular practice (combined week).
    - The times will be 5:15-6:30 pm Monday-Thursday.
      - The first 15 minutes will be warm-up time led by either JV Captain or designated JV Leader.
    - There may be other optional practices indoors that may or may not have a cost.
- **Absences From Meets, Practices and/or School**
  - 1. Excused from required practice: Requires a verified note from a parent, legal guardian, doctor, or have communicated ***in writing*** to the Head Coach stating in advance why you will miss a practice or a meet. If you are ill, call the high school and then let the Head Coach know in writing you will be gone.
  - 2. Unexcused from practice: Includes not letting the coaches know you will be absent ahead of time (unexcused examples include: tardiness more than 5 minutes, work, detention, didn't bring clothes, Senior pictures, Driver's license or school permit application and testing, not notifying the office 24 hours ahead of time of a doctor or dentist appt., etc.)
    - 1. First Offense - warning
    - 2. Second Offense – miss one meet
    - 3. Third Offense - dismissal from the team
  - 3. Missed School Time: Let teachers know ahead of time when you have a meet. Make up work needs to be made up as soon as possible. If this becomes a problem, this can keep you from going to away meets.
  - 4. Illness on Day of Practice/Match: Students who are not in school all day because of illness, a doctor or dentist appointment or coming to school late cannot practice or play in a meet if the high school office is not notified 24 hours in advance. Other than illnesses, absences due to such a failure to notify the high school office in advance of an appointment will also be considered an unexcused absence.
  - • **Reporting Injuries:** You will be sent to your family doctor unless parents specify elsewhere.
  - **Attend Meets and Other Team Events:** Players making the varsity team and those JV players that are scheduled to play in the JV meets are expected to attend all team meets.

## **SPORTSMANSHIP**

- Any misconduct, disrespect, or lack of sportsmanship in practice, meets or other team events will result in a verbal warning or reprimand.



- If severe enough or done on purpose, it will result in dismissal or disqualification for that day, plus ineligibility at the next meet. This also includes disrespect for your opponent or coach.
- This guide follows the USTA and IHSAA, where the Code of Conduct is spelled out as any unsportsmanlike conduct such as racquet, ball or language abuse.
- If a player is disqualified or has received a second warning, the player will automatically be disqualified for the remainder of the day, plus the next match.
- The coaches will be enforcing this rule. If the coach talks to you about a problem he has with your language or attitude, we expect to see a change! Repeated violations of this policy may remove the privilege of an initial warning and may lead to disqualification without warning.

## ***DETERMINING PLAYER POSITIONS***

The IHSAA has set a code of ethics that states we play our best singles player at #1 and next best at #2, etc. down the line. In order to determine this, the coaches take many things into consideration. Each year we will continue to use indicator matches. We will also use a variety of other criteria to determine line-ups, including the following **SAFE** guidelines:

- **Skill:**
  - Form: A player's ability to serve, volley, hit overheads, and execute slice, topspin and flat forehands and backhands with excellent technique.
  - Strategy: A player's ability to implement different singles and doubles strategies and tactics depending on the circumstances, including different spins, locations, depths, heights, pace and combinations of the above.
  - Consistency: The ability to repeat the above form and strategies repeatedly in match play environment.
  - Match Play Experience: Past performance in indicator matches, USTA and team meets and other events.
  - Style of Play / Matchup: While we cannot change a player position based on this criteria we may have different players play against certain teams.
- **Attitude:**
  - Being a Team Player:
    - Encouraging and cheering on teammates in practices and meets
    - Acts of disrespect towards any team members or coaches will not be tolerated
    - Attending and being on time for practice (including letting the coaches know IN ADVANCE if you can't make a team event)
  - Listening Mindset: Listening to advice and critique with a growth mindset (our goal is continual improvement; to achieve that, players must both strengthen their strengths and learn and shore up their weaknesses)
  - Positive Behavior / Overcoming Adversity: When adversity hits, will you persevere or quit? Keeping a positive attitude and focusing on controlling the things you can control often determine the outcome of close matches.
- **Focus:**
  - Control what you can control: Keeping a positive attitude and focusing on controlling the things you can control often determine the outcome of close matches. Focusing on moving to receive the ball to the best of your ability, assessing your opponent's court position and weaknesses and executing your shots to the best of your ability is all a player can control.
  - No Fear Tennis: Being able to hit the next shot is the only thing that matters in a match. Too often players focus on past missed shots, which takes their attention away from the only thing that matters—hitting the next shot the best that they can. Staying confident in their abilities and focused on that next shot regardless of past missed shots is critical to tennis success.
- **Effort:**
  - Who is willing to work hard, chase down all balls and give every last effort in competition?
  - How players drill and compete in match-like situations in practices often determines how hard they will compete.



Any of these factors can determine where you play in the line-up or whether you will be held out of a competition. There may be challenge matches played some years to determine placement.

**Coaches have final say in determining the lineup.**

### ***GUIDELINES FOR INDICATOR/CHALLENGER MATCHES:***

- Coaches may request players play an indicator/challenge match. Also, players can ask the coach to play an indicator match against another player, but the coach will use his discretion in determining the necessity of the challenge.
- JV challenge matches will be determined by the coaches!
- Beating another player is a strong indicator of relative performance, but it is only an indicator and factors such as those above and whether the match was close have a significant impact on a player's position in the lineup.
- Two out of three sets (7 point tiebreaker on first two sets and a 10 point tie-breaker in lieu of the third set) is the preferred match play format, but an eight or ten game pro set with a 10 point tiebreaker if tied at the end can be used for scoring if the coach instructs and/or the players both agree in advance of the match.
- Normal match regulations will apply. (They are: 10 minute warm-up, continuous play, calling out scores, code of conduct, etc. If a player has a time constraint, that must be declared to the opponent and coach before the start. If play must be suspended, it will be resumed the next possible practice session.)
- If a player has an injury or illness, his position will be maintained as long as the coaches feel the player deserves to maintain the position and it is what's best for the team. · Some players may be better at doubles than singles, such that singles indicator matches may not have much of an impact on the doubles lineups. Additionally, doubles lineups will take into account other factors, such as how well potential partners play together and who is anticipated to attempt to qualify for state in singles versus doubles.
- The coaches reserve the right to deny a challenge match if we feel it isn't necessary or is detrimental to the team.

Please remember, the coaches can decide to move players around or pull players from the line-up if necessary or for disciplinary reasons, especially if we feel there's a lack of hustle, someone's not trying, or someone is giving up. Every practice, scrimmage, and game should be taken seriously.

There will always be head-to-head competition between teammates. Unfortunately, personal ambition can also produce bitter rivalries. To avoid rivalry we ask that you set aside personal aspirations and support everyone in reaching their potential for the betterment of the team. This means don't support one teammate over another.

### ***DAYS OF THE MEET***

#### · Home Meets

o At home meets, Varsity and JV players will play at the Prairie Ridge Tennis Courts.

**Varsity players are required to meet with the Head Coach** to report the final score and a quick recap **IMMEDIATELY after the match is completed**. Any player not actively playing or about to go on court is **REQUIRED** to support their teammates as they play.

**EVERY TEAM member is REQUIRED** to stay until dismissed at the end of every meet.

#### · Away Meets

o At away meets, everyone must ride with the team to and from the meet. **The BUS will not wait**



**for anyone... be on time!** If you make the bus late you may not play in the meet or part of it (coaches decision). The only exception is if a parent provides a note and speaks to the coach, then the player may ride home with his parents. (If you miss the ride to the away meet, you will not play in that meet and could miss the next meet.)

• All players

- o All players participating in the meet **are REQUIRED** to support their teammates for the entire meet! We expect Varsity players to support JV players and JV players to support the Varsity. We expect players to support **all** their teammates-not socialize or other non-supportive activities. If you have a reason for non-support, let the coaches know beforehand.

## ***CAPTAIN(S)***

The purpose of captains is to provide leadership and togetherness. They will lead by example and will have the responsibility of conducting warm-ups/stretching at the start of every practice and meets. They will also be expected to help out coaches when needed or to interact with players who may be having problems. Captains are to be determined by the coaches.

## ***TENNIS BANQUET (If possible)***

At the end of the year we will have a team outing. The site has yet to be determined, however, the date will be in late May or early June depending on the state playoff timing. At this time, the coaches will be acknowledging our Senior players and anyone else that has had notable experiences during the season. Please plan on attending. We encourage and hope everyone will attend!

## ***GOALS AND EXPECTATIONS FOR THE YEAR***

- GOALS:
  - o WIN AS MANY TEAM MEETS AS POSSIBLE
  - o WIN CONFERENCE
  - o SEVERAL INDIVIDUAL STATE QUALIFIERS
  - o QUALIFY FOR TEAM SUB-STATE
  - o MAKE IT TO TEAM STATE
  - o WIN TEAM STATE
- EXPECTATIONS:
  - o We are looking forward to this season. Even though we lost many of our varsity letter winners to graduation, we strive to accomplish the goals that are stated above. o We will be looking to our upperclassmen to provide the leadership needed to obtain these goals.
  - o In order to reach these goals, EVERYONE will need to push themselves and their teammates in every practice and every game.
  - o You need to believe in your abilities and be mentally tough.
  - o To be a champion you must act and practice like a champion!
  - o FOCUS on the present, don't dwell on past or future outcomes and you will be significantly more successful.
  - o You have to believe you can win, be confident, compete hard and don't ever give up. o We look forward to a great season!
  - o TEAM UNITY = TEAM STRENGTH
- BUILDING GOOD CHARACTER
  - o DISPLAYING GOOD CHARACTER – Character is how you handle yourself on and off the court. Individuals who display excellent character are successful in life. This means both (a) treating your opponent with respect no matter how inferior or rude the player/players may act and (2) treating your teammates and coaches with respect. This year we want to be a team that shows composure and has the attitude to win. This year, let your actions speak for you. This year and in years to follow, a goal of the Ankyne Hawk tennis program is to exemplify great character!



## **ANKENY HAWK BOYS TENNIS VARSITY LETTERING**

- Players must earn 25 points in order to earn a varsity letter.
- Points will be awarded as follows:
  - 10 points for each varsity singles and/or 5 points for each varsity doubles match o 3 additional points for a win
  - Tournaments are worth 15 points with an extra 3 points for a top three finish o Points can be awarded for additional reasons. (Example: meetings attended, leadership, going to tournaments)
- The coach can recommend a letter be given to a player for his contribution to the team. (For example, a senior who has played tennis for 3 or 4 years on the team and didn't have enough points to earn a letter.)

## **BULLYING AND HARASSMENT**

Bullying will not be tolerated in Ankeny Schools. The District is committed to upholding the required state policy on bullying and harassment. The District however has adopted a policy that goes further in protecting students against bullying. Learn more about the District's action steps toward eliminating bullying in our schools by reviewing the website.

Harassment and bullying of students and employees are against federal, state, and local policy, and are not tolerated. The state defines harassment, bullying, hazing, or any other victimization of students, based on any of the following actual or perceived traits or characteristics, including but not limited to, age, color, creed, national origin, race, religion, marital status, sex, sexual orientation, gender identity, physical attributes, physical or mental ability or disability, ancestry, political party preference, political belief, socioeconomic status, or familial status is prohibited. Review the District's local policy addressing bullying behavior. Complaints about bullying and harassment begin at the building level. The complete Board policy #504.43 as well as the complaint form, #402.13F is available at the district website: [www.ankenyschools.org](http://www.ankenyschools.org). If you have questions about this law, please contact the Chief Human Resources Officer for the Ankeny Community Schools. Complete text of the law and additional information is available on the Iowa Department of Education website: [www.educateiowa.gov](http://www.educateiowa.gov).

**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION HAZING POLICY** The Iowa High School Athletic Association believes all individuals should be treated with respect and dignity. Students should be able to participate in IHSAA-sponsored programs in an environment free from any behavior that is intimidating, hostile, offensive, or dangerous. Each member school is responsible for taking such action and enacting such policies as may be necessary to address incidents of hazing and to ensure such conduct is prohibited. Policies enacted by schools should be in accordance with sections of the Iowa Code that address hazing. HAZING Iowa Code Section 708.10 1. a. A person commits an act of hazing when the person intentionally or recklessly engages in any act or acts involving forced activity which endanger the physical health or safety of a student for the purpose of initiation or admission into, or affiliation with any organization operating in connection with a school, college, or university. Prohibited acts include, but are not limited to, any brutality of a physical nature such as whipping, forced confinement, or any other forced activity which endangers the physical health or safety of the student. b. For purposes of this section, "forced activity" means any activity which is a condition of initiation or admission into, or affiliation with, an organization, regardless of a student's willingness to participate in the activity. 2. A person who commits an act of hazing is guilty of a simple misdemeanor.

**Violation of team rules may cause you to miss one or more meets or may result in dismissal from the team.**



## ● What you need to know!

- Basic rules of the game
- How to keep score
- How to play a Tiebreaker?
- What is the difference between a 7 point and 10 point tiebreaker?
- When are each played ( details are necessary here)?
- Difference between Regular (traditional) and No-Ad scoring?
- Where and when do you serve from each side of the court?
- When do you change ends?
- What is a service box?
- What is the difference between the service line and the baseline?
- What is a cross-court shot?
- What is a shot hit before it bounces called?
- What is a shot that hits the ground before it is struck called?
- Name each part of a racquet
- How long is the court?
- How wide is the single's court?
- How wide is the double's court?
- What is the net height at the center strap?
- When is a ball in and when is it out?
- What are your 3 choices at the coin flip or racquet spin to begin a match?

The answers to all these questions and more can be found in files on REMIND.

### Signature Required to participate:

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I understand that I am required to read this document in its entirety and by signing the following I agree to abide by the Policies, Rules, and Procedures listed in this document (ANKENY HAWKS BOYS TENNIS POLICIES, RULES AND PROCEDURES).

Sign \_\_\_\_\_  
Date \_\_\_\_\_