

Team Handbook - Ankeny Boys Tennis

I. PHILOSOPHY

The Centennial boys tennis program strives to provide an atmosphere where all individuals can enjoy all aspects of being on a tennis team. Areas of emphasis include building and exemplifying: team unity, character, sportsmanship, mental toughness, conditioning, singles and doubles strategies, and skill development.

II. REQUIREMENTS TO PARTICIPATE

1. Physical – You must have a physical in order to participate!
2. Health & Accidental Insurance (Insurance Waiver - Insurance can be purchased through the school.)
3. Concussion Form
4. Substance Abuse & Inappropriate Conduct (Policy Violation 503.6)
 1. See policy 503.6 in student handbook on substance abuse and inappropriate conduct.
5. Non-School Participation Activities (Policy 503.6) – Please refer to the student-athlete handbook for more details.
 1. 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 Centennial 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. (Policy 503.60 in student handbook)

III. EQUIPMENT

1. Respectable Racquet(s) - A back up racquet is needed!
2. Court Shoes - Avoid shoes that will leave marks.
3. Meet Attire - You will wear team uniforms to all meets. If the team uniform is not worn you will not be able to compete in the meet.
4. Practice Attire - 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. Sunglasses and jewelry (including earrings) are not allowed while playing unless you have a doctor's note!

IV. TEAM REQUIREMENTS

1. Practice - Varsity Practice starts at 4:00 pm. BE ON TIME!!
2. Absences From Meets or Practices
 1. Excused from practice - verified note from a parent, legal guardian, doctor, or have talked to Coach Daniels stating in advance why you will miss a practice or a meet. If you are ill, call the high school and then let Coach Daniels know you will be gone.
 2. Unexcused from practice - includes not letting the coaches know you will be absent ahead of time (unexcused examples include: work, detention, didn't bring clothes, didn't notify 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. 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. 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. This will also be considered an unexcused absence.
3. Reporting Injuries - you will be sent to your family doctor unless parents specify elsewhere.

V. SPORTSMANSHIP

Any misconduct, disrespect, or lack of sportsmanship in practice or meets 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.

Any violation of the unsportsmanlike code will automatically receive a warning and will stand for the remainder of the contest and if severe enough or done on purpose it will result in a disqualification. 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 and this meeting will serve as your warning for the rest of the year. This includes practice, as well. If the coach talks to you about a problem he has with your language or attitude, we expect to see a change!

VI. 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. This year we will continue to use challenge matches, but will also use a variety of other criteria to determine line-ups, as well. They include the following:

1. Determining the Line-up:

- who is a team player (acts of disrespect towards any team members or coaches will not be tolerated)
- who works hard (and is willing to listen to coaches' advice)
- how players drill and compete in match-like situations in practice and meets
- who attends the meetings and lets me know AHEAD OF TIME if you can't make a meeting!
- who is on time for practice
- head-to-head competition
- experience is also taken into consideration
- attitude and mental toughness
- Any of these factors can determine where you play in the line-up or whether you will be held out of a competition.
- Coaches have final say in determining the lineup.

Guidelines for Challenge Matches:

1. Once a line-up is established, a coach may request a challenge match between players. A player can ask the coach to challenge 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!
2. Although you may beat another player, if you don't follow the team rules you may not move up in the line-up.
3. Two out of three sets (12 point tie breaker) or an eight or ten game pro set will be used for scoring.
4. 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.)
5. 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.
6. Once the varsity line-up has been set, and a challenge match is scheduled and the match is close, you may have to beat that person twice before taking their position. Challenges between those two people will stand for at least the next two meets or longer before another can be considered.
7. If I feel a player is a better doubles player, they may play doubles ahead of the person in front of them.
8. For the record, I do not like challenge matches unless I feel someone should be moved up or a player isn't trying their best or gives up. I do reserve the right to deny a challenge match if I 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. In the past, we've had players mess around in practice and have lost their position in the line 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.

VII. DAYS OF THE MEET

1. Home Meets

- At home meets, Varsity and JV players will play at the new Prairie Ridge Tennis Courts. Always report the final scores to the head coach when the match is over. After a meet, we hope to continue the tradition of players and coaches going out to eat. I expect everyone to support their teammates as they play. I also expect everyone to stay until the meet is over.

2. Away Meets

- At away meets, everyone must ride the suburban or bus to and from the meet. 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.)

3. All players

- All players participating in the meet will be expected to stay and support their teammates for the entire meet! I expect Varsity players to support JV players and JV players to support the Varsity. We expect players to support all their teammates not socialize in one large group.

VIII. CO-CAPTAINS

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. They will also be expected to help out coaches when needed or to interact with players who may be having problems.

IX. LETTERING

We will be using a point system this year to earn a varsity letter. Please refer to the attached sheet.

X. TENNIS BANQUET

At the end of the year we will hope to have some time of team outing. The site has yet to be determined, however, the date will be in June. At this time, the coaches will be presenting awards to several JV and Varsity players. Please plan on attending. I encourage and hope everyone will attend!

XI. GOALS AND EXPECTATIONS FOR THE YEAR

1. GOALS:

1. FINISH IN THE TOP THREE AT THE ANKENY INVITATIONAL
2. FINISH IN THE TOP TWO FOR THE JOHNSTON INVITATIONAL
3. FINISH IN THE TOP TWO FOR THE MASON CITY INVITATIONAL
4. WIN CONFERENCE
5. SEVERAL INDIVIDUAL STATE QUALIFIERS
6. QUALIFY FOR TEAM SUB-STATE
7. MAKE IT TO TEAM STATE
8. WIN TEAM STATE

2. EXPECTATIONS:

1. We are looking forward to this season. Even though we lost many of our varsity letter winners to graduation, we feel we can accomplish the goals that are stated above. We will be looking to our upper classmen to provide the leadership needed to obtain these goals. In order to reach these goals, EVERYONE will need to push each other in every practice and every game. You need to believe in your abilities and be mentally tough. To be a champion you must act and practice like a champion! Remember, $\frac{3}{4}$ of tennis is mental toughness. You have to believe you can win, be confident, compete hard and don't ever give up. We look forward to a great season!
2. TEAM UNITY = TEAM STRENGTH

3. BUILDING GOOD CHARACTER

1. 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 treating your opponent with respect no matter how inferior or rude the player/players may act and treat your teammates and coaches with respect. This year I 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 Ankeny tennis program is to exemplify great character!

ANKENY CENTENNIAL TENNIS BOYS VARSITY LETTERING

1. Players must earn 35 points in order to earn a varsity letter.
2. Points will be awarded as follows:
 - 3 points for each varsity singles and/or doubles match
 - 2 additional points for a win
 - Tournaments are worth 7 points with an extra 3 points for a top three finish
 - Points can be awarded for additional reasons. (Example: meetings attended, leadership, going to tournaments)
3. 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.)