

Parent Meeting – Girls Tennis 2016

- **Coaches** - Nich Schafer, Heather Remington and Abby Jaramillo
- **Captains** – (Grace&Lucy) The girls that are selected to play at the Varsity level are all asked to be role models and leaders for the rest of the team, also any senior on the team. If your student athletes have a question or concern they need to address Coach Schafer, Remington, or Jaramillo.
- **Practice and match times** are noted on the calendar and all team members are expected to be at all the practices. If a student is going to miss a practice or meet for any reason they must contact the **coach** directly and not rely on a fellow team member to tell the coach. School lets out at 3:35 and practices on school days will start at 3:55. We start practice promptly so we can finish our practices mostly by 5:30 or before to allow the girls enough time for their academic work.
 - ▶ If you miss practice you will run one mile, it doesn't matter if it excused or not.
 - ▶ If you are late to practice and miss our warm-ups you will run 1/2 mile after practice.
 - ▶ If you are late or miss due to a detention or ASSH you will run after practice accordingly.
- **WATER**
 - ▶ Should be brought to practice/match **ready to go**...athletes are responsible for keeping themselves hydrated before, during and after practices and meets.
 - ▶ **NO SODA OR ENERGY DRINKS (RED BULL ETC.) DURING TENNIS**
- **Athletic Trainer Policies:**
 - ▶ The athletic trainer is not an excuse for being late to practice!
 - ▶ If an athlete is injured they can be evaluated after 4pm
 - ▶ Students are required to sign-in whenever they enter the training room unless a coach sent you in for a bandaid etc.
 - ▶ New shoes and short socks will usually result in **BLISTERS**.
 - ▶ Running shoes will get worn out in a matter of days. Try to wear tennis shoes.
- **Parents**
 - ▶ If you would like to take your child home after an away match, **you must wait until the match is over before you leave.**
 - ▶ To earn a letter your child needs to play in Varsity level matches.
 - ▶ When the coach talks to the paper, the whole team is talked about and the paper not the coach decides what to put in the paper.
 - ▶ When watching a tennis match:
 - ★ No loud talking
 - ★ No negative cheers
 - ★ You may cheer after our team wins a point...not after the other teams misses a shot.
 - ★ You may not call the ball out or in or complain about any calls...your not playing.
 - ★ You can not coach any athlete when they are on the court.
 - ★ Please support...win or lose.
 - ▶ The line-up is subject to change if:
 - ★ Illness
 - ★ Injury
 - ★ Unexcused(excused)absences
 - ★ Lack of effort during practice or match
 - ★ Misconduct
 - ★ Tardiness
 - ★ If the coach feels it is necessary
 - ▶ Matches are put out Varsity first and then JV
 - ▶ We try to play everyone V and JV if the opposing team has a JV team.
 - ▶ Our expectation is different with our parents. Other schools may act differently or cheer in a different matter, but we expect our parents to be respectful win or lose and act with a touch of class...same as we expect out of our girls.
 - ▶ The season is used to learn, get experience and get better. We try to peak at the end of the season...win or lose.
 - ▶ Parents please remember that the girls are getting credit for participating in tennis, in order for that credit...full participation is required.