

South Saint Paul Packers

Boys Tennis: TEAM HANDBOOK 2021

GENERAL

- Players will conduct themselves in a sportsmanlike manner and encourage teammates at all times. You are representing South St. Paul High School, the South St. Paul community, and yourself.
- All players are expected to attend and *be on time* to all practices, games, and team activities. Being on time means being dressed and ready to play/practice at the designated time. Absences must be approved by the coach for anything other than illness.
- All players are expected to use appropriate language at all practices, games, and team activities.
- All players are expected to wear appropriate clothing to all practices, games, and team activities. All clothing issued by the school must be returned at the end of the season in good condition.
- Breaking any of these regulations may result in running extra during practices, suspension from competition in a game or removal from the team at the coach's discretion.

COVID-19 RULES AND REGULATIONS

- Masks must be worn before and after matches on the bus and on the sidelines (whenever you are not playing).
- No sharing of towels, racquets, water bottles, or clothing. Bring everything you need with you.
- If you do not feel well, STAY HOME and message the coach as soon as possible.
- If you have been exposed to COVID-19 or are experiencing symptoms STAY HOME.

- Please maintain social distancing on and off the court.

TEAM PHILOSOPHY

Varsity - The coaching staff will attempt to put the best possible team on the court. We will look for skill, athletic ability, attitude and the ability to be a team player when putting together a competitive team.

Junior Varsity – In addition to putting together a competitive team, the focus for the JV will be to help players develop a love for the game of tennis, increase their tennis skills – both physical and mental – and develop a better understanding of the game.

RESPONSIBILITIES OF THE ATHLETE

- Attend all practice sessions. Expect to be present for the entire practice session or game. No phones on the court.
- Be receptive to all coaching. Be quiet and attentive when the coach is speaking.
- Be responsible for all uniforms and equipment.
- Represent South St. Paul in a positive, sportsmanlike manner and follow all team rules.
- If an athlete is unable to play in a game, he is still expected to be at the game to support the team.
- Be respectful of your opponents.
- If there is an injury on the court, please report it to your coach immediately.

RESPONSIBILITIES OF THE PARENTS/FAMILY MEMBERS

- Be positive and supportive of your child – encouragement is vital.
- Support your child's teammates – be a fan of the *entire* team.
- If conflict does arise, have the player contact the coach first.

- If this conflict does not resolve, please contact the coach either by email or at practices, not at games. Please try to avoid being confrontational and understand that the coach is responsible for the whole team, not just your player.

LETTERING STANDARDS

A letter is something that each athlete must earn.

- An athlete must play in at least five varsity matches.
- Must successfully complete the entire season and be in *good standing* with the program.

The coaching staff reserves the right – in special circumstances – to letter any athlete who does not meet the above two standards.

MINNESOTA STATE HIGH SCHOOL LEAGUE RULES

- Please read through the rules.
- Violations of these rules will be followed up with the penalties as they are written. Subject to coaches' discretion.

TEAM GOALS

- Train with *intensity* and *focus* at every practice.
- *Compete* in every match.
- Encourage teammates to succeed.
- Demonstrate good sportsmanship at all times.

CAPTAINS SELECTION & TEAM AWARDS

- At the conclusion of the season, captains for the following year will be voted on by remaining varsity players. Each varsity coach will have one vote. The top two

vote-getters will be captains. All other awards (MVP, Mr. Hustle, Most Improved) will be voted on by the players.

- The coaches will select two awards (Coaches' Award and Scholar Athlete)

Be advised, a captain may not be appointed this school year

THINGS TO REMEMBER

- Stay on top of your school work throughout the season – you are a *student-athlete*, not an *athlete-student*. If your grades drop below a C-, you may not be able to participate.
- Value, respect and encourage your teammates.
- Take practice seriously because how you practice will be reflected in how you play.
- If you want to get better, you need to work hard.
- Remember to have fun!

Varsity Coach

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Junior Varsity Coach

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