



Policies & Principles

As a member of the Olathe West High School Tennis Team your actions, efforts, and attitudes are to be examples of the following:

1. Always abide by school and team regulations. Be a positive representative of our school and team. Obey all school and team policies and encourage others to do so.
2. Always support your team, teammates, and school. Encourage your teammates with active positive support and backing. Attend other sports' activities. Take part in and attend all pep assemblies.
3. Be an active member of a UNIFIED team. Always remember that team goals and accomplishments are to take precedence over individual goals and accomplishments. Remember that you are only one member of a TEAM!
4. Continually strive to improve your tennis ability. WORK during practices to improve your tennis skills and strategies . . . Don't just go through the motions of being at a practice.
5. Be an example for others to follow. Follow and abide by team and school policies. Be supportive and a positive influence on your teammates and school friends. Always be polite and courteous to teammates, opponents, coaches, and hosts. Keep your body fit by not using tobacco, alcohol, or drugs. Control your temper. Do not use profane or abusive language. Be on time to practices and meets.
6. Enjoy playing tennis. Have fun at practices and meets. Always give your best effort. Be willing to play or practice an extra set or another half hour if possible. Be determined to improve when you play poorly and be confident when you play well. Enjoyment of the game will lead to success.
7. Be willing to make sacrifices for the good of the team. Be prepared to spend weekends and evenings playing tennis or studying. During the season the only activities that are to be placed ahead of your tennis are church, family, and academics.

You are to know and abide by these and all school policies and principles. Be a positive, active, and supportive member of your team and school.

Attendance Policy

If you must be absent from a scheduled practice, the coach must be informed prior to the start of the missed practice. If ill from school, your parent or guardian must inform the attendance office that I am to be given notice of your intended absence from practice. The following are consequences for being tardy or absent from practice, and obligations must be met prior to the next scheduled competition after the missed time:

- For each excused absence (notification from parent/guardian or school event), the player must run 10 laps around the tennis courts before or after practice.
- For each unexcused absence, the player must run 20 laps around the courts before or after practice and is also suspended for the next scheduled competitive event.
- For an excused tardy of any length of time, the player must run five laps around the tennis courts on the day of the tardy.
- For each minute of an unexcused tardy to practice, the player must run one lap around the courts after the practice on the day of the offense. If the tardy exceeds 20 minutes, the player will be suspended for the next scheduled competitive event.

Code of Conduct

All members of the Olathe West tennis program must represent themselves, the team, and the school in a thoroughly positive manner.

- Any out-of-school suspension from school during the season will result in a suspension from the team for the remainder of the season.
- Any participation in illegal activity outside of school will result in a suspension from the team for the remainder of the season.
- Members of the team have a 10 P.M. curfew the night before a scheduled event and any known violation of that curfew will result in a suspension from the next two scheduled competitions.
- Any team member acting inappropriately during a practice or competition will be punished in the form of additional running or possible suspension from an

event. The coach will determine the severity of the offense and the manner of retribution. Any player who is repeatedly disciplined, and is determined to be a detriment to the team, may be suspended at the discretion of the coach.

Practice Information

- A. **BE ON TIME TO PRACTICE!** If you know in advance that you cannot make a practice, you are to notify the coach prior to the day of the absence. You will lose team points for unexcused tardies and absences. The coach will determine if an absence or tardy is excused. You will be expelled from the team on your second unexcused absence and/or your fourth unexcused tardy. You may be “benched” for any and/or all tardies and/or absences.
- B. We will not practice during heavy rain or tornado weather, but we will practice during gusty or heavy winds. You are expected to be on the courts as soon as you are dressed. Loitering in the halls or locker room will not be tolerated. You must furnish your own practice attire. Anything that is comfortable and suitable for the weather is permissible, but tennis shoes are required. You are to provide your own medical supplies for known ailments and injuries.
- C. You must provide your own tennis equipment. The tennis program does not provide practice uniforms.
- D. Each week some players may be required to assist the managers in court maintenance.
Take care of your court facility and locker room. Keep them neat, clean, and picked up. If at another facility, be polite to others and do as court managers or members ask.
- E. Have fun at practices, but remember that the purpose of practice is to improve your tennis skills. **WORK** at practice to become a better player.
- F. Always follow the first three steps of pre-practice warm-up in the correct order: distance running, stretching, and sprints.
- G. Challenge matches will be conducted to determine placement at all levels of match play, and the resulting line-ups will not be disputed. If you have a problem with your position on the team and feel that you have been evaluated unfairly, please discuss it with me immediately. Any type of ill feelings you may have for me or one of your teammates will hamper your ability to most fully succeed as a tennis player.

Practice Routine

- A. Upon arrival to the courts, you are to begin pre-practice hitting. Just prior to the scheduled starting time, all players will pick up balls and meet as a team.
- B. To begin practice, all players, while carrying their racquets, will run a designated number of laps around the courts – distance running. Upon completion, players will get a drink and then meet as a team on an assigned court half.
- C. The players will now stretch as a team, led by the team captain(s). You will complete all sitting position stretches first, during the “cool down” period from the distance running, and the standing position stretches will follow.
- D. While you are stretching, the coach will address the team with announcements and the practice plan for the day. This is also an appropriate time to address forthcoming event plans, such as player participation, leave times, designated attire, etc.
- E. Following stretches, the players will run sprints. The two that we will commonly run are called the “Box” and the “Spider.” Upon completion of the sprints, you will get water, if necessary, and will then meet with the coach to receive a court assignment for the first drill.
- F. When necessary, one or two courts, if available, may be used for challenge matches. You may challenge the player one or two positions higher than yourself, and if you defeat that player by an 8-3 or wider margin, it results in a switch of places on the team ladder. If you defeat the player by a closer margin, a second match must be played to determine the final position.
- G. Practice will, typically, end each day with at least one team game, “Around the World” for example, followed by the distance running of a designated number of laps. Upon completion of the running, the players will gather for final announcements, and will then huddle for a team break-off.

Meet Information

- A. The COACH determines which team members play in which meets and who plays singles and who plays doubles.
- B. If you are chosen to play, then make sure that you know the time and place of departure, the flight in which you are playing, and that you have all tennis materials that you will need. At out-of-town meets you will travel together as a team, eat together as a team, and cheer your teammates on together as a team. (Parents may transport their player to and from meet locations with the coach's approval.) You will not be allowed to travel with a non-team member student to any meet.
- C. As stated by the KSHSAA rulebook, a player may not play in more than 8 regular season meets. The better your tennis ability and attitude, the more meets in which you will play. Every attempt will be made to get every team member into as many meets as possible.
- D. For competition only, the school provides the following as long as the materials are available and the budget is sufficient:
 - New tennis balls and entry fees for each met
 - Transportation to all meets
 - First Aid supplies for unknown ailments and court injuries
- E. For competition, each player must provide all items not listed above that are necessary for the correct and proper activities of a high school student representing his or her team. Such items include, but are not limited to... Shoes, socks, hat/visor, towel, sweat band(s), racquet(s), known medical needs, etc.
- F. It is imperative and expected that you will show respect for your opponents and teammates, control your temper, not use profane language or gestures, and play to your best ability. Win or lose, do your best and be an example of good sportsmanship!

Lettering Requirements

A player will receive an Olathe West High School Tennis Letter if he meets one or more of the following criteria:

1. Represents Olathe West in the State Tennis Tournament.
2. A senior who has played on the tennis team for at least three years and who has not previously lettered but has played in all competition made available by the coach.
3. Has competed in at least three varsity meets and is then injured in varsity competition or in practice and cannot play the remainder of the season due to the injury.
4. Earns 50 or more team points as awarded below:

6 team pts. awarded for each win in a varsity meet at No. 1 singles or No. 1 doubles
 5 team pts. awarded for each win in a varsity meet at No. 2 singles or No. 2 doubles
 3 team pts. awarded for each win in a junior varsity meet at any level and for each loss in a varsity meet at No. 1 singles or No. 1 doubles
 2 team pts. awarded for each loss in a varsity meet at No. 2 singles or No. 2 doubles
 1 team pt. awarded for each loss in a junior varsity meet at any level.

A player will be awarded “bonus” pts. as follows:

<u>Team Finish Bonus Pts.</u>				<u>Individual Finish Bonus Points</u>					
#sch's	1 st	2 nd	3 rd	#sch's	1 st	2 nd	3 rd	4 th	5 th
8+	12	7	2	8+	20	15	10	5	1
6-7	9	4	1	6-7	16	11	6	1	
4-5	6	1		4-5	12	7	1		
3	3			3	8				

*A player will lose ½ of their total points or 50 points, whichever is greater, for each unexcused absence. A player will lose ¼ of their total points or 25 points, whichever is greatest, for unexcused tardy.

5. In very rare cases a player may earn an Olathe West Tennis Letter based upon my assessment of the player’s character and attitude as they relate to the principles and goals set forth by the team.
6. Any or all of the above criteria may be canceled and voided for individual players who violate the policies of the team or the policies of the school or school district. A varsity Olathe West High School Tennis letter not only represents effort and skill on

the court but also the attitude and actions that support and exemplify the principles and ideals of our team and school.

Tennis Tips

Every time you walk out onto the tennis court you can help yourself to play best by remembering these tennis tips:

1. Keep the ball in play ... get every shot back over the net and in bounds.
2. Concentrate many high school players could be much better if they would remember that a significant percentage of tennis is mental.
3. Move, move, move ... this is perhaps the most common bad habit of high school tennis players. Tennis is a running, moving, action game. To stand is to lose!
4. Get your 1st serve in ...you will win more easy points by serving well than by any other method.
5. Get service returns in ... good players must be able to return serve (see #1 above).
6. Keep a winning game, change a losing game ... if you are winning keep doing what you have been doing; if you are losing, you **MUST** do something different...change your game!
7. In doubles, keep the ball away from opponents at the net .. return cross-court, only hit to a net person when they have been poaching or when you determined that their poorest stroke is a volley.

I have seen good players get beat by someone who only gets the ball back into play. I have seen doubles teams lose point after point because they hit to the opponent at the net. I have seen players win nearly every point on their first serve and lose nearly every point on their second serve. I have seen players lose because they would not play to their opponents' weaknesses. I have seen many matches lost because players did not keep the above seven tips in mind when they were playing.

One tennis skill that only you can improve is your mental concentration and knowledge of strategy. We will work on it in practice, but it is up to you to listen, learn, and execute. Play smart tennis...you will be a better player, win more often, and have more fun!

*Remember ... 9 times out of 10, winning has nothing to do with luck!

Coach Contact Information

Jon Renberger, head coach

renberger@yahoo.com or jtrenberger@olatheschools.org
913-220-5057