

VV

**HANDBOOK FOR
ATHLETES AND
PARENTS**

**LADY SPARTAN
TENNIS**



NO MORE FLY SWATTING!!

2018

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Welcome to Valley View High School Girls' Tennis!

We want to welcome and thank you for your support this season. We are overjoyed to have you all as part of the Lady Spartan Tennis Team. This handbook contains the rules and expectations for the student-athlete and parents involved with the Lady Spartan Tennis program.

As a member of the Valley View High School Girls' Tennis team, you will be expected to conduct yourself as a role model that will reflect positively on your school, your parents, your coaches and your community. We may be the only members of our community that the opposing teams ever meet from our school/town. I'd like to leave them with a good impression every time.

The level of our success begins with a clear understanding of the processes and expectations placed on the coaching staff, student-athlete, parents and supporters of the Lady Spartan Tennis team. We strongly encourage the following concepts:

Academics, Sportsmanship, Citizenship, Leadership, Fun and Competition

Athletics provide experiences that will help students physically, mentally, socially and emotionally. Promoting exceptional sportsmanship practices at all times instills pride, values, positive self-image, and just good etiquette. We are the Lady Spartans; I expect you to conduct yourselves as young ladies on and off the courts.

Meet the Staff

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Please feel free to contact any of us with any questions or concerns. We are looking forward to the upcoming season with our players and with all the supporters that come with them. We promote a family atmosphere and love parent involvement behind the scenes. We are always looking for volunteers for various events and team dinners!

Thank you so much for your support!!!



Playing isn't always about winning; it's about striving to improve when we lose.

Why Tennis?

Tennis is one of the best and most enjoyable ways to become physically and mentally fit. Serving, returning, and rallying make tennis an active sport that is jam packed with movement. The stops, starts, and directions changes invoke precision and strategy. Tennis is a great cardiovascular activity, and the movements used on the court develop balance, agility and coordination. Mental focus is sharpened due to the decision-making and concentration that is necessary every time a ball is hit. The footwork and conditioning involved with playing tennis are a natural way of cross training for other sports and having a blast while doing it!!

Team Philosophy

Players must be committed student-athletes who take pride in their team and school and are willing to work hard on and off the court. A successful Lady Spartan will be self-disciplined, cooperative, honest, respectful, reliable and lastly, coachable. Coaches will provide an enjoyable learning experience and support the development of players technically, tactically, physically, and mentally. This will help all of our players meet their fullest potential as players and citizens.

“Set clear goals for yourself. Strive to get better every day you play. Tough players meet victory and defeat the very same way. They get out of bed the following day and work to be better than they were the day before.”

**FAMOUS COACH TINA
PHRASES!!**

**BAD THROW...LET IT
GO!**

**NO MORE
FLYSWATTING!**

**IF IT HITS THE
NET...CALL A LET!!**

ONE POINT AT A TIME!

**PLACEMENT OVER
POWER!!!**

ZIP IT AND PLAY!!

**PUSH THE BALL WHERE
YOU WANT IT TO FALL!**

**DON'T WANNA BE
BEAT?...MOVE YOUR
FEET!!**

**THE TOP OF YOUR
RACKET SHOULD
NEVER SEE THE
GROUND!!!**

**IF IT CLIPS THE WHITE,
THEN IT'S ALRIGHT!**

Strategy

Do Your Best. This means be on time, have a positive attitude, treat teammates, coaches, and opponents with respect. Work hard, dress appropriately (in compliance with school dress code), and do nothing on or off the court that you will regret later. No matter what we are doing we expect your best in every drill, every practice, picking up balls, conditioning and matches.

Be Prepared. Bring your racquets, water bottles, shoes and be dressed appropriately for practices and matches. Be mentally prepared every time you step onto the court, no matter if it is practice or a match. If you forget, come see me and visit the "box of essentials". (I keep everything you could possibly need in there.)

Be a Good Teammate. ALWAYS be supportive and encouraging to your teammates on and off the courts. We are a unit. Yes, we can have wins and losses individually, but those individual scores affect our team win or loss. Remember that!

Honor The Game. Know and follow the rules, all of them. Handle disagreements and disappointments in ways which honor your team, family and coaches. Be gracious in victory and stay classy in defeat. Push each other to be the best version of yourselves as you can be. Acknowledge great shots from your opponent. Doubles partners are just that, partners. Talk amongst yourselves constantly. Encourage, inspire and strategize.

Excellence Is Earned. You become excellent by the decisions you make each day: the decision to work hard on and off the court, to be coachable, and to be inspiring to your fellow teammates.

Matches. WE ARE A TEAM! Meaning we will ALL stay for the entirety of all matches and support each other. If multiple girls from our team are playing, spread out for better support coverage. Use this time to watch players better than you, and see how you might improve.

Finish Strong. In every drill, skill, practice, workout and match push to the very end. We hope it is obvious to everyone, and to yourself, that you finished with fire and finished well.

Lastly....HAVE FUN!!!

Practices:

Practices will run promptly from 5:30p-7:30p M-Th and Sat from 9:30a-11:00a. Please refer to the schedule to see where your group should be and when. Groups will flip flop promptly at 6:30p.

Due to the extreme temperatures during our practice times, we will take plenty of breaks in the shade to recover and drink water. **Remember to hydrate yourself, and bring sufficient water to practices to sustain yourself for 2 hours in extreme heat.**

No one will be excused from practice until ALL balls are picked up (inside and outside the fence), all trash is removed from the courts, and all items are returned to the shed. If the coaches have to pick up after you we will add 15 minutes of conditioning to your next practice.

Cell phones will be turned into the box as you enter the courts. **Absolutely no cell phones will be on your person! If you have it with you it MUST be in the box. If you are caught with a phone it will be confiscated, and will result in consequence.**

Practice time is extremely valuable. We try and keep to the 2 hours so that players have plenty of time to complete school work, attend other appointments, and attend other activities. If appointments conflict with practice, I need prior notice and it will be made up.

Cancellations:

I will post on the website banner by 2:00pm if a practice or match is cancelled. I love chatting with you all, but 25 texts at the first drop of rain jams up my phone. Check the website.

Attendance:

All team members are expected to attend all practices, matches and tournaments.

There must be prior approval from me (paper or email, no texts) if you are going to be absent. I need to know at the earliest possible time. If you miss practice, I do not want to see pictures of you on Instagram at that mall with your besties. It will result in consequence.

Missed mandatory practices bring into question your commitment to the team and the season, and are unfair to your teammates. The absence policy is as follows:

- 1 Unexcused = running
- 2 Unexcused = out at least one match
- 3 Unexcused = a sit down with AD to determine the next step
(no one has ever gotten even to the 1st one, but it needs to be in black and white for all to know! ☺)

Scheduling:

All season matches are scheduled by February and on the calendar as they are set. There is no reason other than unforeseen circumstance for a match to be missed. If someone has an emergency, we will change the lineup. Please remember team success relies on all members working together for the common goal. Your teammates are relying on you to be at all of our matches.

Grades:

I get weekly eligibility reports. If you have a D, we are going to be talking. If you have an F on Monday, you have until Friday to bring it up. If you do not, we need to talk. Grades are #1 priority to us. ALWAYS.

Expectations & Etiquette of the game

Parents/Supporters:

Pride, Spirit, Integrity and Sportsmanship

Support EVERY player on the team.

Support your daughter by attending as many matches as possible. We love to have you!!

Be considerate spectators. Cheer ONLY for our team's successful shots and NEVER for our opponents' mistakes. Never cheer for an opponent's double fault. Lines are always IN PLAY (any part of them, as they pertain to either a singles or doubles match, respectively) However, it is the PLAYER'S responsibility to call lines, not spectators. We will never interject as to fairness of the ball or line call. Parents **may not** talk to players while they are on the courts. This is cause for ejection in a tournament situation. Only coaches are allowed continuous coaching.

You are a role model for your child and her teammates. Please respect that responsibility and refrain from negative comments at matches or anywhere else.

Facilitate the growth of tennis and our program by bringing your family and friends!!!

Student – Athletes:

There are no officials. Players are responsible for making line calls on their side of the court.

When a player sees a ball out, she shouts "OUT" and hand gestures also. Always do both, and then there is never a question. If you call a ball out then realize it is in, correct the call IMMEDIATELY. Always err on the side of HONESTY! (even if your opponent does not!!!) Never call a ball before it hits the ground.

Whether you log a win or a loss, I expect everyone to meet their opponent at the net, shake hands, and thank them for the match. Be gracious no matter the outcome. If your opponent should be rude, refrain from commenting.



I am lucky that whatever fear I have inside me, my desire to win is always stronger.

- SERENA WILLIAMS

Lettering Requirements

To qualify for a Varsity letter, an athlete must participate in a minimum of 4 varsity tennis matches, or as otherwise deemed by the coaching staff. Players must adhere to all training guidelines set forth in this handbook, and be in good academic standing, and abide by school policies. The coaches will reserve the right to award a Varsity letter to any individual who, in the coaching staff's opinion, has made an outstanding contribution to the tennis team but has failed to meet the requirements because of injury, illness or other unique circumstance.

Provisional Letter Award

A provisional Varsity letter may be awarded to an athlete who has not met the participation requirements. An athlete will be given a certificate only as a provisional letter. The athlete must return the following season and meet the requirements for a varsity letter. She will then receive her credit for having lettered two years.

OHSAA Rules

Every player will not only be held to the rules herein, but also the rules set forth by OHSAA. Violation of either set of rules will result in consequence.

Final Philosophies

If you think you cannot benefit from a specific practice session because your practice partner is not very good, challenge yourself and rethink your approach. Good athletes find a way to improve within every situation. You may have been put with that person by a coach for that very reason.

Mistakes are a part of the game. You don't have to be perfect; you just have to make fewer mistakes than your opponent. Mistake management is vital to your success.

Play against those you hate to play against, as **OFTEN AS POSSIBLE**. They know how to exploit your weaknesses. Play with them until you figure out how to beat them. Then find a new player's game to loathe, and start all over again.

Only you have the power to make yourself mad. It is a choice. Do not blame spectators or your opponent for your inability to focus on the task at hand.

Rule #1: Keep the ball within the court.

Rule #2: When you want to get medieval on the ball....refer to Rule #1

Have fun, compete well and honestly, take pride in our school and yourselves. Push yourself to be a better version of you every single day. Remember, if you wouldn't want me or your sweet great granny seeing it or hearing it...**DO NOT DO OR SAY IT!!!**

Beginner's Guide to the Basics of Tennis

Scoring Points add up to a Game.

Games add up to a Set.

Sets add up to a Match.

Game Scoring

Game scoring is the most confusing but simple.

First person to win 4 points wins the game. If you tie at 4 you must win by 2, no matter how long it takes. The terminology for tennis game scoring goes like this:

Point 0 is called Love.

Point 1 is called 15.

Point 2 is called 30.

Point 3 is called 40.

Point 4 a game is over UNLESS it is tied.

Tied games are called Deuce.

When serving, it's your job to be calling the score. You say your score first. You get two serve attempts for every point (i.e. with first attempt you say, "1ST serve", with second attempt you say, "2nd serve")

Some game score examples are:

Love-40, server is losing.

30-15, server is winning.

Deuce or tied at 40-40

When you get to Deuce, you often play with ads...ad in, or ad out, depending on who wins the point.

I am serving, the score is tied at deuce. The point gets played and I win the point. Because I won the point and am calling the score, I now announce Ad-in. Had I lost the point, I would have said Ad-out. The next point gets played out, and I win the point again. Since I had Ad-in, the game is now over (I won 2 consecutive points). If I had Ad-out and won the point, it would have gone back to Deuce and continued in the same manner. Someone has to win the game by 2.

Set Scoring

Set scoring is the first person to win 6 games by two in a regular match or to 8 games by two when playing pro sets; that player wins the set. Usually the girls just play the best 2 out of 3 sets of 6 games. You either have to win by 2, or in the event that 6-6 is reached there will be a tiebreaker played depending on the setup decided by the tournament director. Tiebreaker scoring is an entirely different animal that we will cover once we have mastered the regular method.

Scoring Variations

No-Ad scoring when tied at deuce, the next person to win a point wins the game.

Tennis Vocabulary

The following is a list of tennis terminology that is commonly used; Ad In - Game point for server. Ad Out - Game point for receiver. Deuce - Tie game score 40-40. Receiver - Hits the ball second. Server - Hits the ball first. Double Fault - two missed serves which awards the opponent the point.

OHSAA Tie-Break Procedure for Tennis

In ALL girls and boys dual matches and tournament matches the twelve (12) point tie-breaker system of play shall be used.

The following system shall be used in a tie-break set.

SINGLES

A player who first wins seven points shall win the game and the set provided the player leads by a margin of two points. If the score reaches six points all, the game shall be extended until this margin has been achieved. Numerical scoring shall be used throughout the tie-break game.

The player whose turn it is to serve shall be the server for the first point. The opponent shall be the server for the second and third points and thereafter each player shall serve alternately for two consecutive points until the winner of the game and set has been decided.

From the first point, each service shall be delivered alternately from the right and left courts beginning from the right court. If service from a wrong half of the court occurs and it is undetected, all play resulting from such wrong service or services shall stand, but the inaccuracy of station should be corrected immediately.

Players shall change ends after every six points and at the conclusion of the tie break game.

DOUBLES

In doubles the procedure for singles shall apply. The player whose turn it is to serve shall be the server for the first point. Thereafter each player shall serve in rotation for two points, in the same order as previously in that set, until the winner of the game and set have been decided.

ROTATION OF SERVICE

The player (or pair in the case of doubles) who served first in the tie-break game shall receive service in the first game of the following set. Players also change sides after the last point of the tie-break game.

USTA Rule 5b

Coaches, please note that in dual matches where the match outcome has already been determined (3 points scored), in lieu of a third set, students may play a 10 point tiebreaker (the first to win 10 points by a margin of two points) if both coaches mutually agree to do so prior to the start of the match.