



Head Coach; John Garrison

2010 Handbook

Policies & Principles

As a member of the AMS Tennis Team your actions, efforts, and attitudes are to be examples of the following:

1. Abiding by school and team regulations. Be a positive representative of our team and school. Obey all school and team policies and encourage others to do so.
2. Supporting your teammates and school. Encourage your teammates with positive support and backing. Try to attend other sports' activities.
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 practice.
5. Be an example for others to follow. Watch your behavior both on and off of the tennis court. Be supportive of your teammates and school friends. Please be polite and courteous to opponents, coaches and hosts. Work on keeping your body fit and control your temper. Do not use abusive language. Be on time to practice.
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 successes.
7. Most important of all...don't let your grades slip due to your extra-curricular Activities. If necessary, you will miss practice time should a teacher need to see you for missing assignments or tutoring.

Attendance Policy

If you are going to be absent from a scheduled practice, the coaches must be informed prior to the start of the missed practice. If ill from school please have a parent/guardian email me at garrisoj@usd385.org or when calling the office remind them to contact me so I have a record for that absence. It is not the job of a friend to tell the coach that you are going to be gone. Remember, you must be at school for 1/2 of the day to either practice or participate in matches on that day. 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.

- An excused absence is when I have confirmation from a parent their child will not be attending practice due to illness or an appointment/family event that has been set in advance. It is considered an unexcused absent when we have not been notified.
- Students who are in detention are considered unexcused or tardy.
- For one unexcused absence, the player will 16 in 60 drill. For the second infraction the player will run two miles. A third u. a. will result in a parent meeting and missing the next scheduled meet.
- For an unexcused tardy of any length of time, the player will run a 14/60 drill on the day of the tardy.
- If you are going to the Pioneer League Tournament it is vital that you attend practice. Remember, to participate in an event you must be at school at least half the day. Since the tournament is all day that falls to the day before the event. So, you must be at school half the day before the meet and at practice.

Code of Conduct

All members of the AMS tennis program must represent themselves, the team, and the school in a positive manner not only in school but, I would hope, out of school.

- Any team member acting inappropriately during practice or competition will be reprimanded in the form of extra running, suspension from an event, or possible suspension from the team. Parents will be notified of the behavior and a meeting will be set up prior to the latter two taking effect.
- When practice is at 4:30, team members are to be in my room, room 805, by 3:05. Any personal business such as getting a snack or using the restroom needs to be done prior to that time. If team members are found roaming the halls or leave without my permission extra running will be done at the end of practice. If this problem persists a parent meeting will be requested and a possible game suspension may occur.

Practice Information

- A. BE ON TIME TO PRACTICE! Once again, if you know you will be late or absent from a practice **you** are to notify the coach prior to the day of the absence. Being absent from a practice will limit your chances of playing in upcoming matches.
- B. This year we will not switch practice times with the high school. Practice times will be from 3:00 to 4:30. Knowing this, students should not have to make calls home. Only if there is a change in plans will players need to contact parents. Announcements will be made at lunchtime should the need arise.
- C. We will not practice during heavy rain or other severe weather, but we will practice during gusty or heavy wind. You are expected to be on the courts as soon as possible during those weeks that we have practice at 3:00.
- D. Please provide your own equipment. If you have questions on where to purchase certain items don't hesitate to ask. We are very fortunate to have parents who are quite knowledgeable in the sport of tennis so if I don't have your answer I can get it somehow. I do need you to order uniforms for your child. If you have questions about this please contact me.
- E. Players will be required to assist in court maintenance. Please help take care of our facilities both out on the court and in the locker room. Keep them neat, cleaned and picked up. When we are at an away event please be polite and do as the court managers ask.
- F. Have fun at practices, but remember, the purpose of practice is to improve your tennis skills. WORK at practice to become a better player.
- 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, the student-athlete, have a problem with your position on the team and feel that you have been evaluated unfairly, please discuss it with one of the coaches at an appropriate time. Any type of poor feelings you may have toward me or one of your teammates will possibly hamper your ability to succeed as a tennis player.
- H. Weather reports along with the AHS practice time could affect our practice times. If the weather prediction for temperature and humidity fall in a certain range we follow the district heat plan which determines when and the amount of time we will practice. It is possible that we could have either a 6 AM or 6 PM practice.

Meet Information

- A. When leaving school for an away meet please remember that you are responsible for any work in a class that you will leave early from or miss entirely. Bring work with you to complete on the bus ride or to have it to take home when you are done with match play. Remember, you are expected as a student-athlete to have the work completed for class the next day. There is no excuse why you do not have it done for that class.
- B. When playing at away sites team members must ride the school transportation there. When they are finished the player's parent or guardian **MUST** sign out with a coach. Arrangements must be made a day in advance with the administration, not the coach, if they will be riding home with someone else. This request must go through the school's administration. The person driving them home must be 21 or older. Not following these guidelines will result in missing the next match/tournament.
- C. The coaches determine which team members play in which meets and who plays singles and doubles. If you are chosen to play make sure that you know the time, place and at what time your match is.
- D. As stated by the KSHSAA rule 41, section 3: art 1: No student shall participate in more than seven days of...competition during the season. Duals are considered a 0.5 day and others are considered 1. The better your tennis ability and attitude, the more meets you will play. Every attempt will be made to get every team member into as many meets as possible. Much of this depends on the number of players who have gone out for the teams we play against.
- E. Please make sure that you have water and other healthy snacks to take with you to away meets. Many places may not have concession stands and we need to be prepared for that. If parents would like to be involved in providing food items for the team members that would be fine.
- F. If it is expected to rain in the evening we will still try to fit in the tennis meet. However, it is possible that not all players will play should the weather turn on us. It will be necessary to have our top 12 to 14 players get play their matches. Please be patient with me and my coaching staff should that happen.
- G. It is imperative and expected that you will show respect for your opponents and teammates, control your temper, not use profane or abusive language and play to your best ability. Win or lose, do your best and be an example of good sportsmanship!

For the parents. Please remember that you are there to celebrate your child being able to participate in a sports competition. Be positive in the support of not only your child but be positive around all those who are there competing. The Pioneer League coaches and the KSHSAA ask that you not coach your child while they are playing or when changing sides.

Tennis Tips

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

1. Keep the ball in play...work hard and try your best to get every shot back over the net and in bounds.
2. Concentrate.....many middle school players could do much better if they would remember that a significant part of tennis is mental.
3. Move, move, move.....this is perhaps the most common bad habit of middle school tennis Players. Tennis is a running, moving, action game. Remember, keep your knees bent, on the balls of your feet and your racquet head up and ready. TO STAND IS TO LOSE!
4. Get your 1st serve in....you'll 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 feel that their poorest stroke is a volley.

One tennis skill that only you can improve is your mental concentration and knowledge of strategy. We'll work on it in practice but it is up to you to listen, learn, and execute. Play smart tennis.