**REDBIRD TENNIS HANDBOOK**

**Positive thoughts create positive results**

**Team Rules**

1. Attend all team functions (practice, matches, workouts) and be on time or expect consequences. If you miss, your spot in the lineup will be affected. AT MATCHES, STAY UNTIL THE END.
2. Have a positive attitude in practice and matches. Teammates have an opportunity to make each other better every day. Push each other in a positive way.
3. 100% effort all the time
4. Respect your teammates and opponents
5. Be a team player

**Practice 3:30-5:45**

* Racket (s), proper clothing (dress in layers), tennis shoes, water bottle, towel

**Injuries**

* See trainer for any and all injuries, at any time of the year, including summer. We have a full time certified sports trainer, Andy Renner (618) 791-3592,

**Apparrel**

1. Must wear Alton Tennis apparel for all matches. Home match wear gray jersey or tank with a red skirt. For tournaments, you can wear other Alton jerseys (colors) because you could change shirts during the day.
2. Wear layers in the cold and be prepared for any conditions
3. Team Store will be available at beginning of the year

**Academics**

1. Stay eligible (2021 GPA 3.85)
   1. One week ineligible, no matches for a week
   2. Two weeks ineligible, off the team until grades are passing.
   3. Players must be passing classes to be eligible.
2. Grades come first, **MANAGE YOUR TIME** WELL SO YOU CAN STAY ON THE COURTS.

**Nutrition**

1. Limit soda during the season, absolutely no soda on game day
2. Eat healthy all the time, food is fuel, eat smart to perform at a high level
3. Pack light snacks for matches and during matches. For tournaments, bring a lunch.

**Ladder**

1. If you are not present, that is a loss
2. Must beat an opponent at least 2 of 3 times
3. Must beat everyone in front of you to move up and must play challenges behind you
4. HOW DO WE DETERMINE THE LINEUP FOR SINGLES? Order is based on: **ladder, coaches decision, merit**
5. **Doubles lineup: can and will change so be ready to play with other partners. Determined by coaches.**

**Parent Expectations**

1. Be **Positive** while being supportive
2. Ask questions when in doubt
3. Communicate with the coach (call, text, email)
4. Contact team parents for info?????

**Simpson Invitational August 20**

**TOP 16 PLAYERS!!!**

Away Tournaments 2022

September 9/10 Bloomington Invite

Top 8

Ramada Limited

919 Maple Hill Road, Bloomington, Illinois 61704, United States

9/23

Champaign Centennial Invitational

Top 8

TBD (MOnticello)

Coach Jesse Macias- (618) 407-5862

[jmacias@altonschools.org](mailto:jmacias@altonschools.org)

Coach Hannah Macias (618) 610-2861

Coach Trapani: (618) 791-8546

Team Captains?

Team Goals?

Individual Goals