

# Traverse City Central Tennis

## Program Objectives

Our primary goal is to make tennis a positive experience for everyone involved. We know that players will make lasting friendships and great memories. Above all, each individual will learn lessons that will develop their character and benefit their future endeavors.

## Description of Program

Trojan Tennis, like other extra-curricular activities at TCC, should be part of the total educational experience for our student-athletes. Tennis provides an opportunity for developing lifelong athletic skills as well as lessons in dedication, communication, balance, and teamwork. The Trojan Tennis program has a long history of success for those involved both on and off the court. Our success is due in large part to a positive attitude, commitment to the program, hard work, and parent involvement.

## Athletic Goals

Each year begins with the premise that tennis is a lifelong sport. Tennis should be fun, rewarding, and an activity that students will pursue beyond their high school careers. However, interscholastic tennis at the high school level is also competitive. We start each season with the goals of winning matches and tournaments, earning the conference title at all levels, and qualifying for state finals. We keep these goals in mind as we work throughout the season.

## Non-Athletic Components

Student-athletes are always students first and their coursework is of utmost importance during the entire school year. Beyond maintaining academic eligibility, our student-athletes must strive to reach their highest potential in the classroom. One of the greatest sources of pride for the Trojan Tennis program is the acknowledgment of our sportsmanship by other coaches, parents, and officials. We expect our teams and parents to display good manners, respect for the rights of others, and behavior which brings pride to our team, program, school, and community at all times. In order to maintain the standard of excellence Trojan Tennis has achieved, we must invest in the future of the program. For more than 50 years, those players and coaches that came before us created a strong foundation and culture for us to maintain and help propel forward. It is our responsibility to inspire and teach the next generation of Trojan Tennis players.

We are proud to be a part of this tradition

*The Trojan Tennis Coaching Staff*

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## TCC Tennis Team Rules

1. **Commitment** - show up on time and ready to play for practices and matches; deliver quality performance at all times
2. **Attitude** - positive attitude is essential for team and individual goals
3. **Communication** - players must notify coach in advance if they will be late or absent from any activity; open dialog is necessary between coach and players throughout the season
4. **Academics** - in order to compete players must be academically eligible; players are students first, athletes second
5. **Team Support** - give your best on the court to add to the success of the team; engage in your teammates' matches with enthusiasm
6. **Composure** - show confidence and integrity during practice and matches: no throwing racket, banging the court, slamming balls, swearing, loud outbursts, or giving up; display good court conduct and treat teammates, opponents, coaches, and officials with respect; win with dignity, lose with dignity
7. **Hard Work** - habits and rituals create patterns for success; practice with the purpose of improvement
8. **Conditioning** - close matches are often determined by endurance and fitness; our teams will train to outlast and outperform our opponents through strength training, cardio, and good nutrition and sleep habits
9. **Substance Abuse** - players will maintain a healthy body and mind free of alcohol and illicit drugs
10. **Safety** - display awareness of self and others; understand principle of safety in numbers and importance of reporting questionable behaviors

## Team Selection Procedure

As with any sport we will measure objective and subjective criteria as well as using coaches' discretion in determining the teams. The MHSAA states that a team must have their best player play #1 singles and the best doubles team play #1 doubles. In addition, flights #2, #3, and #4 must be ranked in order of abilities for both singles and doubles. It is important to remember that doubles are ranked by ability of the pair, not the individuals that make up the pair.

The following factors will also significantly affect team selection:

- Range of skills and knowledge of the sport
- Head-to-head and common opponent record
- Adherence to team rules
- Last year's position and experience
- Team/doubles chemistry

## **Program Expectations**

### **ATHLETES ARE EXPECTED TO:**

- Be exemplary role models in positively supporting their team in every manner possible. They will cheer on and encourage their teammates without ridiculing or intimidating their opponents and treat players, parents, coaches, and officials with respect. Etiquette is a cornerstone of tennis and our athletes will only leave a positive impression of our school and program.
- Be accountable for their actions, communication, time, and possessions. They will take responsibility for their behavior throughout the season both on and off the courts. They will stay in communication with their teammates and coaches and express themselves clearly on court with scores and line calls. Athletes will prepare themselves for the start of practices and matches and be ready to walk on court when called upon. They will keep track of their uniforms, equipment, and personal items during practice and matches and be prepared for competition with all necessary items (ie: water, towel, spare racket).
- Be present. Not only is it necessary for athletes to attend practices and matches but it is even more important for them to stay engaged mentally. This means they will stay involved at practice, maintain focus during matches, and be supportive as spectators on the sidelines.

### **PARENTS AND SPECTATORS ARE EXPECTED TO:**

- Remember that they are at a contest to positively support and cheer for the team and to enjoy the skill and competition. They should learn the rules of tennis and understand the etiquette of cheering only for outright winners, not celebrating the unforced errors of other teams.
- Remember that school athletics are learning experiences for students and that mistakes are made. They should praise student athletes in their attempt to improve themselves as students, athletes, and individuals.
- Allow and trust coaches to build positive relationships with the athletes in order to achieve common goals. Once players are on the court to compete, only coaches are permitted to talk to the athletes until the match is over. Although easily accessible, coaches need to remain focused on multiple matches played at once along with other tournament responsibilities.
- Be present. The success of the team and program rely heavily on the support of families and friends. As a vital component of the team, their attendance is appreciated regardless of match outcome and their involvement is critical in achieving program goals.



# **SPECTATOR GUIDELINES**

## **FOR ALL HIGH SCHOOL TENNIS**

### **Parents, friends, teammates and other fans:**

- Are not permitted on the court
- Should not lean on or crowd around the fence
- May not converse with players once they enter the court
- May not coach, give advice or help with scoring or line calls
- Should refrain from distracting the players
- May cheer or applaud when one of the players hits a winning shot, but should not cheer or applaud when players commit unforced errors.

## **JOIN US IN GOOD SPORTSMANSHIP!**

DEVELOPED BY MHSTeCA