

# Boys Tennis 2018 Rules, Regulations, and Guidelines

The first day of the Spring 2018 try-outs will be Tuesday, February 20. The boy's tennis try-outs will be held at the tennis courts at Chantilly High School, Monday through Friday 3:15 to 5:15. IF there are any weather cancelations, plan to be available for Saturday 2/24 challenge matches, if needed (TBD- noon to 3).

Potential team members will be evaluated on tennis skills, technique, strategy and tactics, teamwork, behavior, and reliability. Being on time and contacting the coaches if there are any conflicts are mandatory. Various drills and short singles matches will be played. Please ensure that you are physically fit, because that first week will be tiring and there won't be enough time during the early season to begin exercising. Dress warmly in layers; you may want to wear a hat/cap and gloves. It will be cold out there. Wear tennis specific shoes because jogging shoes, cross-trainers and deck shoes do not have the lateral support and cushioning, plus they may mark the courts. Two identical racquets are recommended because strings seem to always break during important match play and an unfamiliar racquet WILL impact the way that you play. Bring your own water container. Decisions for making the team and cuts will be made after outdoor try-outs. The players will be talked to individually and privately by the head or assistant coach on whether they were successful in making the team.

The "regular" season for interscholastic matches will begin on or after March 12, three weeks after try-outs begin. The regular season is six weeks long. Matches will consist of six singles and three doubles matches (most starting singles players generally play doubles), but a lower ranked singles player may be a doubles starter. Our team will consist of approximately 20 players. Our schedule will consist of several scrimmages and 8 conference matches (each opponent twice, one at home and one away). Regular season matches are normally 10 game pro-sets. Post-season tournament play (May) is a combination of 10 game pro-sets and the best two out of three sets. See the team's schedule (TBD).

The player's rankings for singles and doubles teams will be determined by challenge matches (minimum one regular set). Last season's ranking will be your early season starting point. **Early season challenge matches during the SECOND week will be very important since they will determine the beginning line-ups for our first scrimmage match.** Challenge matches will continue through the end of the regular season in early May and are an expectation. Once regular regional interscholastic matches begin in mid-March, there will be fewer opportunities to play challenge matches since there will be two interscholastic matches each week along with any matches that may have to be rescheduled because of weather.

The challenge match plan: (1) coach's assigned challenges, and (2) players' challenges. Players will be responsible for issuing their challenges to their opponents; sometimes there may be a waiting list for a particular opponent (first come, first serve for challenges). Coaches must be informed of any player challenge matches as soon as they are agreed upon. Players will alternate accepting and making challenges, when reasonably possible, except when assigned by the coach. Simply put, your ranking will be based on your most recent challenge win; if you lose, you move down one spot along with everyone below you.

Please remember that the FIVE most important skills for playing high level tennis are:

1. Consistency (keep the ball in play)
2. Directional Control
3. Depth
4. Spin (top spin, slice and flat)
5. Power (hitting the ball hard without getting it in is pointless).

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Consistency is the key to winning in tennis: Most points are won because of mistakes, rather than winners. How well can you handle a difficult shot that is hit to you? Can you consistently keep the ball deep and past the service line, preferably 3/4 court or deeper? Can you hit cross-court consistently? Can you go down the line when the offensive opportunity presents itself? Do you attack the ball when the ball is inside the service line and is in your strike zone? Can you place your serves with moderate/hard pace and spin to the "ABC" areas (Alley, Body and Center)? While power is nice when serving (if you can reliably place it), the most important fact is to focus on being able to place the ball WITH SPIN on your FIRST and second serves (both slice and topspin/kick). In pro tennis, most second serves are won by the returner, because the serve is hit more defensively which enables the returner to attack the serve. Your first serve needs to be a reliable weapon in order to consistently win.

Practice this high level serving drill: Serve to the six locations: start from your left to the right (deuce side- A (alley), B (body), C (center); then ad side- C, B, A). Then practice each of the three types of serves (slice, top spin and flat) to the six spots. How many tries did it take to hit to the six spots? This serving consistency drill will be used during try-outs and throughout the season. Volley grip tip: use "continental" on BOTH forehand and backhand sides. In doubles, players should strive to control the net, which requires good volleying and overhead hitting ability in order to consistently win.

Sportsmanship is a KEY part of life and expected from each player. People remember and talk about unsportsmanlike conduct and that is not what we want to portray as a member of the Chantilly Tennis Team. Good sportsmanship is an EXPECTATION; anything else will not be tolerated and are terms for dismissal from the team. Treat others on and off of the tennis court the same way that you'd like to be treated. Line calls are important too but we are all human and we all make a few unintentional bad line calls, but remember, it is better to play a ball that is too close to call, than to have your opponent(s), team members, parents or coaches questioning your line calls. Just remember, if 99% of the ball is out, then the ball is 100% good. Racquet abuse, i.e. throwing the racquet to the ground, net, fence or elsewhere, ball abuse, profane verbal outbursts and inappropriate hand gestures, mental meltdowns will NOT be tolerated and are grounds for point, game and/or match penalties. Always shake the hand of your opponent(s) and at the end of the team's match at least one of the opponent's coaches. Unsportsmanlike behavior is grounds for being benched for one or more matches at the discretion of the coach, or a severe behavioral problem may result in being removed from the team, depending on the offense and after conferring with the DSA/ADSA. Have pride in yourself and for your team.

Generally those players who play year-round and have taken group and/or private tennis lessons at indoor facilities before the season starts achieve higher team rankings. If you cannot afford lessons at indoor facilities, then try to play outside when weather conditions allow it. If you don't have a playing partner, then practice against a backboard or wall. If possible, I encourage you to play in tournaments/USTA team tennis because this will help you develop your skills.

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A few school policy and team reminders:

1. You must be taking and passing at least five classes. Academics come first. If you will miss practice because you need to stay after for school work is understandable, but Coaches must be notified ASAP.
2. The use of tobacco, alcohol, steroids or any illegal substance will not be tolerated and is grounds for serious school disciplinary action, including possible removal from the team, or team suspension; any action will be coordinated with the high school and the parent(s)
3. ENERGY drink consumption is prohibited because of the risk of potential health/heart problems, i.e. 5 hour energy, Red Bull, etc.
4. Hazing/bullying is not allowed (which includes social media)
5. An athlete may only practice/participate if he was in school the **ENTIRE** day, unless his absence/lateness was authorized/excused by the school (note: one minute UNEXCUSED LATENESS to school- then you CANNOT practice or play that day).
6. Communication with the Coaches is **MANDATORY**. Coaches must know every day the status of each player. The Coaches plan for practice and matches assuming everyone will be in attendance. If there is a conflict that you must miss practice, please notify both your coaches ASAP either by email or by phone. One of them will respond as soon as they have received your communication. If you do not receive confirmation from the Coach, you should assume that they have not yet seen your communication and you should continue to contact your coaches until you have received confirmation from one of them. Failure to notify Coaches equals an unexcused absence. An unexcused absence means you will miss the next match.

I hope the above gives all new players, returning players and parents an overview of what is expected and the general timelines. Feel free to email any of the coaches with questions.

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I have read the team rules and regulations and have reviewed all of the material. I understand that my failure to abide by the rules and guidelines may result in a suspension or dismissal from the tennis team.

Player's Name (print): \_\_\_\_\_

Player's Signature: \_\_\_\_\_

Parent or Guardian (print): \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_