

## **Bangor Boys Tennis 2023-2024**

### *Player Handbook*

#### **Contact Information:**

Varsity Coach - Justine Andrews (andrewju@bangorsd.org)

JV Coach - George Varkanis (varkanisge@bangorsd.org)

Volunteer Assistant – Jennifer LaBar

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Tennis is a life-long and life-lessons sport. Once learned, it can be played for the rest of one's life and it provides numerous opportunities to learn to deal with adversity while displaying integrity. Successful tennis players learn to overcome obstacles but never lose sight of the simplest of pleasures ... the pure enjoyment of playing the game.

#### **What is expected of the players:**

1. Hard work. Tennis requires stamina, agility, and coordination. This is achieved through conditioning and drills. Every player is expected to be prepared to provide a maximum effort at every practice and every match.
2. Integrity. No other sport places the responsibility of officiating in the hands of the players. Respect that responsibility.
3. Dedication. Every practice and every match is important.

#### **What is expected of the coaching staff:**

1. To treat every player with the respect they deserve for the hard work and dedication they have for their sport.
2. To teach every player to love the game while improving their individual skills.
3. To teach players to compete through every point of every game of every set in every match.
4. Prompt announcements of schedules and any revisions that may be made to them. This is done via email/text alerts or through school announcements. Parents and players are to register for email/text alerts by clicking on the "Email Alerts" tab found on the homepage of "slaterathletics.org". The team and booster club also utilizes Remind app for messages. Messages will also be put out via "X."

#### **What is expected of the parents:**

1. Involvement. Attend the matches and support the booster club in whatever way you feel comfortable.
2. Support. Be sure to arrange to have your athlete able to arrive on time for events. Encourage proper lifestyle habits so your daughter receives the proper nutrition and necessary rest.
3. Encouragement. Be positive! Congratulate your athlete on their efforts no matter what the scoreboard says. Make an effort to know the names of every player and cheer them all.
4. Respect for the game. There is an etiquette to the sport. Never cheer until the point is over and then only for Bangor's success not our opponent's failure or mistake. Do not comment on line calls. It is the responsibility of the players to make the line calls and they will be expected to do so without any outside interference. Please wait to speak with your athlete until after they talk with a BAHS coach after their match.

**Team Guidelines:**

1. Academics. Players are student-athletes, student comes first. All players need to be in good academic standing at all times. Players who do not meet the required academic standards for Bangor High School will not be allowed to participate in practices or matches as per the school guidelines. Players who are ineligible are to seek help to return to academic eligibility. Players may be excused from attending practices or matches for tutoring at the discretion of the head coach. Please see a coach if you are struggling with a class before it becomes an issue. Coaches do not have access to student grades, they are only given ineligibility lists. Please be proactive in this matter.
2. Drug/Alcohol/Tobacco possession/use. School policies regarding drug/alcohol/tobacco possession/use will be strictly adhered to. Simply put, there is no place in the life of a student athlete for drug, alcohol, or tobacco use. Any player tempted to or being pressured to use them should immediately seek the help of a parent, coach, or trusted adult.
3. Practice attire. Dress comfortably for the weather that will not restrict your ability to perform conditioning or play the game. Wear shorts with pockets such that two tennis balls can be carried while playing. Shirts and sneakers are to be worn at all times.
4. Cell Phones. Cell phones are to be kept off the courts. Phones are not to be used during practices or matches. Players will be given the opportunity to use their phones in the event of a match/practice time change, weather related issues, or with a coach's approval.
5. Dual-Sport Athletes. Athletes who wish to participate in two scholastic sports during the season must follow the Athletic Department guidelines for Dual-Sport Athletes.
6. Team. Part of being on a team is to encourage others. On this team we support everyone. We cheer them on at matching and practices. Hazing, bullying and disrespect for others will not be tolerated and will be grounds for suspension or dismissal from the team at the degression of the head coach.
7. Other activities. Beyond the restrictions set forth for Dual-Sport Athletes, members of the boys tennis team are to respect their obligations to the program. See the "Attendance" section below for further information on this subject. Any conflicts that arise will be dealt with on an individual basis as per the discretion of the head coach. Off-season work in other sports, recreational activities, clubs, etc. will not be restricted but cannot conflict with any tennis commitments.
8. Conferences with the coach. Follow the guidelines as set forth in the Bangor Area School District "Parent Coach Communication Plan", a link for which can be found on the homepage of [www.slaterathletics.org](http://www.slaterathletics.org).
9. Social Media. Any communication via social media expressed by any parent or player that involves members of Bangor High School Tennis shall only be of a positive nature. The guidelines set forth in the Social Networking Policy will be strictly adhered to.

**Attendance.** Players can expect a tennis activity six days a week through the month of April.

Attendance at all of the events is important and players who are unable to honor their commitment may lose an opportunity for a varsity position or may be removed from the team.

Below are the attendance guidelines for Bangor Boys Tennis:

1. Players are expected to attend every practice and every match. If a player will miss all or a portion of a practice or match due to a prior commitment a list of those dates and the reason for the absence are to be provided to the head coach no later than the conclusion of the practice session on March 8<sup>th</sup>. This list is to be signed by a parent. If nothing is received from a player, they are assumed to be able to attend all activities for the whole of the season and any absence will be dealt with on an individual basis at the discretion of the head coach.
2. Players must attend a full school day in order to participate in a practice or matches either on that day or the following day if it is a weekend event unless prior arrangements have been made with the coaching staff. If an athlete signs in later than 8:15 on a match day, they will be ineligible to play that day.
3. Practices begin promptly at the designated time. Players are expected to be on the court ready to play at the start of practice. Players who exhibit a habit of tardiness will be dealt with at the discretion of the head coach.
4. Leaving campus. Players are dismissed from school, for practices and away matches with enough time to gather their belongings, change, and make it to the bus/court. They should not be leaving campus during the time from dismissal to practice/match without permission from a coach.
5. Away matches. Your schedule will tell you the times that the bus will depart for away matches. WE WILL NOT HOLD THE BUS FOR YOU. It is your responsibility to get to the bus on time. Players who do not travel on the bus without prior approval from the head coach could potentially lose their starting position. All players should also travel back on the bus. Players may be excused from the bus ride home at the discretion of the head coach. Players must provide a signed note from a parent stating who will be transporting the player back from the match.

#### **Establishing the varsity starting line-up**

1. During the first days of mandatory practices, players will be evaluated to determine if they have sufficient skills, stamina, and speed to compete at the varsity level for this year. Those selected will play a round robin tournament to determine their position on the varsity ladder.
2. Once the ladder is established, players may improve their position on the team by challenging the player directly above them on the ladder. Challenge matches are at the discretion of the coaching staff.
3. Challenge matches may be played throughout the season. Once the season begins, the winner of a challenge will have at least one week to play at that position before being challenged by any other player.
4. The top three players in the varsity ladder will play singles based on their position in the ladder. If any of the top three players is unable to play a match, the singles line-up will be at the discretion of the head coach.
5. Players who do not earn a singles position will either be placed on the JV team or provided an opportunity to earn a spot on a doubles team. Once doubles teams are designated, challenges amongst the teams may take place at the discretion of the head coach. The doubles teams will be assigned based on the following factors: Performance in the round robin tournament, assessment of a player's strengths and weaknesses, playability with other players, and fitness and conditioning criteria.

### **How a varsity match is played**

1. In all league and district events we will play 5 matches – 3 singles and 2 doubles.
2. In non-league matches (home and away) we will play 7 matches – 3 singles and 4 doubles. We can repeat our first 2 singles players for first doubles.
3. League rules specify that we must play our best player at first singles, second best at second singles, and third best at third singles. We must play our best doubles team at first doubles and our second best doubles team at second doubles.
4. Matches are played as per the USTA rules. There will be NO COACHING of a player when on the tennis court by anyone except for a member of the BHS Tennis Coaching Staff. There are not to be conversations between players playing a match and fans/observers/parents/other team members.
5. Players are able to bring water and/or sports drink on the courts as well as a piece of fruit or small granola bar. No caffeine drinks or food should be brought on the courts for a match or practice.

### **Establishing the JV starting line-up**

1. The JV ladder will be established in a similar fashion to that of the varsity ladder though the duration of the evaluation process, the format of the round robin tournament and challenges, and the amount of time a challenge winner holds their position in the line-up is at the discretion of the head JV coach.
2. Players who do not earn a varsity position may be placed in the JV line-up at a position decided by the head varsity coach. These players are not required to participate in the JV round robin tournament or face any challenges though they may be asked to do so. Once established in the JV ladder, these players are subject to possible challenges at the discretion of the head JV coach.
3. The position of a player in the JV ladder has no bearing on their status regarding the varsity line-up. JV players may have an opportunity to challenge into the varsity ladder during the season solely at the discretion of the head varsity coach and without consideration to the players position in the JV ladder.

### **How a JV match is played**

1. As with varsity matches, USTA rules apply. There will be NO COACHING of a player when on the tennis court by anyone except for a member of the BHS Tennis Coaching Staff.
2. The primary purpose of JV tennis matches is to get all capable players on the court in a competitive situation. With that goal in mind, JV match format will vary and will be agreed upon by the JV coaches of each team prior to the start of the match.



Acknowledgement of Player Handbooks

(must be completed in order to participate in round robin tournament)

**To the Player:** Please sign this page indicating that you have read and agree to:

1. Bangor Boys Tennis Handbook 2023-2024
2. BASD 2023-2024 Student-Athlete Guidebook which can be found at [www.slaterathletics.org](http://www.slaterathletics.org)
3. Bangor Athletics Social Media Do's and Do Not's

Your signature indicates that you understand all of the information outlined in handbooks, will adhere by the rules and the consequences detailed in these handbooks.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

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

**To the Parents:** Please sign this page indicating that you have read and agree to:

1. Bangor Boys Tennis Handbook 2023-2024
2. BASD Parent/Coach Communication Plan which can be found at [www.slaterathletics.org](http://www.slaterathletics.org).
3. BASD 2023-2024 Student-Athlete Guidebook which can be found at [www.slaterathletics.org](http://www.slaterathletics.org).
4. Bangor Athletics Social Media Do's and Do Not's

Your signature indicates that you understand the consequences if your son breaks any of the aforementioned rules.

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

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