

Welcome to Grimsley Mens Tennis 2022 Season from Head Coach James Krege

Intro- Please read & fill out this entire document. Fill out these 3 pages and return forms to coach Krege via email or text ASAP by 1/3/22 at latest.

Philosophy- I view myself as a teacher-coach who wants to love kids through tennis w no strings attached. We will focus on the entire game of tennis- the inner game and the outer game. The inner game is the mental/ heart side which cannot be seen. I also want to help young people develop skills in communication, empathy, integrity and financial literacy so they can become leaders and impact the world for good. While we won't measure success by winning, we will have goals such as beating Page and NW and advancing to States.

Grimsley Men's Tennis- Please write LEGIBLY so I can read this.

Name _____ . Graduation Year _____ Age ____ . Birthday _____

CIRCLE if your cell phone, email or your parent's cell phone/ email has changed since last year.

Player Cell _____ Player email _____

Mom Name _____ email _____ cell _____

Dad Name _____ email _____ cell _____

Are you driving yourself to school? Yes or No

Will your parents let you ride with another player or to matches / practice? Yes or No

Can you make practices if we have them on 7 or 7:30 am before school? Yes or No

Do you have 0 Period? Yes or No

Do you have cell phone and will you commit to checking team text threads? Yes or No

If you miss 15 minutes of your last class of the day for up to 9 away matches, will you be able to keep up well enough in that class? We will talk more about this but write out your thoughts please.

How many years have you played on Grimsley Tennis team not including this year?

Do you play other sports? And, which other sports do you play for Grimsley?

What other clubs/ activities do you participate in? For example: Student government, ROTC, Band/ Choir, Student Ambassadors, Latin Club, Young Life/ FCA, Key Club etc? Are you IB Student? Circle or write in:

What do you like to do outside of tennis/ what else are you interested in?

List activities / commitments that I need to be aware of that may cause you to miss a practice.

Why do you want to be on tennis team? Rank in order from 1 to 10 , 1 being most important:

Part of a team _____ Want to be a leader _____ Get Exercise _____ Make states _____
Want to have fun _____ Want to improve skills _____ Build resume _____
Earn Varsity letter _____ Be a captain _____ All conference _____

How long have you been playing tennis? _____ Name of your coach? _____

Circle what is your best shot- Forehand, backhand, serve, volley. Underline shot you struggle more with.

When its a close tennis match and you get nervous, what stroke /issues do you struggle with the most? FH/BH/Serve or ? Write out and explain.

List 3 goals for this season Ex. I want to make All-Conference, or play top 6, or make the team.

What is your game plan, meaning when you walk on the court, what are your strengths and how do you try to win? For example, I am a consistent player who wins through longer points and I use angles, drop shots and lobs to change the pace to win points. I like to get into rhythm and get better as matches go on. I win through superior conditioning and being totally prepared.

What type of player gives you trouble? For example, I struggle against players who have huge forehands and dictate the point from the first shot. I also don't like to play against players who are super aggressive and play short points.

List a few parts of your game you are working on and need to focus on. For example, my Forehand sometimes breaks down under pressure and I don't swing aggressively. I get tight and grip my racket tight and my Forehand goes short. I'm working on keeping loose grip and hitting my FH confidently.

List 3 judgments you have typically when you are not playing well? For example, when I get in close match I think I can't hit a forehand in or, I have a terrible backhand or my second serve is weak.

Read the attached documents about mental awareness and the inner game in tennis.
Write down what “awareness/ mindfulness” is.

What is an area in the inner game you struggle with? How do you deal with it? For example, I get tentative on my Forehand sometimes, I try to breathe more in between points to help w relaxation, I work on holding the racket more loosely, remember winning isn't the most important factor and I don't reflect back on negative issues while I focus only on next point/ next game.

If my only focus was winning, I would keep a roster of 10-12 players. However, High School tennis is more than winning. Because of this, I tend to keep larger rosters and this causes many challenges. Would you be understanding if we had a larger roster but you were not able to be included in some practices indoors due to limited space. Sometimes we have limited indoor space and weather dictates we go indoors. You are not “less than” or “not important” teammate but it simply is a space issue. Please write out your thoughts.

Additionally, because I keep a larger roster, I have to meet the needs of many talent levels on the team. Sometimes I have to focus more on select individuals during the season to get them ready for match play. I try to give group and individual time to every player but it is important to realize that sometimes the starters get a little more focus. You can speak with any player I've ever had play for me and I work hard on making sure every player feels important, valued and purposed. Write out your thoughts or comments.

What are your plans after High School? Work/Seek employment / Join Military, Community College, 4 year college, play college tennis, unsure— circle answer. Comment further if needed.

Food / Hydration

*We will have access to water jug from our trainers this year but Each player will need to bring and provide hydration most days of practice and matches

*On match days some snacks, protein drinks and waters provided. Occasionally, we may bring in food for an away match that runs late.

My background

I am a husband, father, son, sibling first who happened to play tennis at Grimsley HS and then at UNC-Chapel Hill on the tennis team for 4 years. Although I was fortunate to experience some achievements in terms of winning championships and being a captain in both settings, I consider what I learned through the challenges, failures and sacrifices as the more valuable lessons. While I still play tennis and racquetball now, I am still working hard on my inner game which impacts my outer game tremendously. I consider it a privilege to be involved with Grimsley Tennis and I'm looking forward to continue developing a culture and a program and not simply managing a team.

Safety / COVID

*More than ever safety is of the highest concern.

*Many COVID protocols are in place and they continue to evolve but we will follow & enforce them when the season starts.

*We have protocols in the event of high temperatures, sudden cardiac arrest, lightning and have a full time Athletic Trainer on staff to attend to medical issues that arise.

Tryout Process

*Tryouts will occur on 2/14/21

*Ideally, I'd like to keep every person who tries out. Unfortunately, I cannot do so.

*However, our goals are very different and so we want to keep a larger number of kids. The number allowed on the team will depend on many factors that include, but are not limited to:

- Skill level, attitude, temperament, years on GHS tennis team, leadership skills, hustle, communication
- Results in some competitive drills / points may also be considered
- Commitment to tennis team

-Any player who does not make the team, will be spoken to individually about the reasons and this will be handled in a very respectful manner.

-We do not want parents to be present at the tryouts as this only adds pressure, stress for everyone involved.

Key Dates for Season - subject to change

*1/1/2022- have eligibility packets fully completed online through Dragonfly

*1/10/2022- Skills workouts to begin- 90 minutes. Voluntary but foundational

*2/14/22- First Formal practice and tryouts

*2/28/22- First match

*18 matches, 3 per week, including Fridays

*I have been working on lining up tough teams to play to make us compete at higher level. I'd rather our team lose and face adversity rather than play a weak schedule.

*SPRING BREAK- no matches

Travel- subject to change (COVID)

*We will travel by car, no buses. Please fill out travel waiver form on Dragonfly.

*There are limits/ rules even on how many players can travel together in a car etc so...

*A key priority will be to have PARENTS drive to matches and we will need many PARENTS driving to matches. We will send out sign up genius when needed for travel.

Practices-subject to change

*Practices will start after school ends. 4:45- 6:15/6:30pm M-F and sometimes Saturdays which were voluntary.

*Indoors sometimes at 7-8:30 am or 7:30-9:00 am, I do realize some people have zero period so we adjust

Who gets to play in matches?

*Ideally, every member of the team will get to play in multiple matches which includes matches played for the official team score and exhibition matches.

*Exhibition matches are very important and meaningful.

*With COVID, we will have to be flexible as it will all depend on how many players on our team and opponents team travel.

*In 2020, every player competed after only 2 matches and that's a nice goal for this year.

*For home matches, every member of team is expected to attend, support the team,*Every member of the team will have a role, be valued, and have a voice.

Parent Involvement & Finances

*We have already secured a parent volunteer to help us with meals/drinks on match dates and we have secured a parent to help us with a sign up genius for transportation.

*We will have a parent discussion /interaction at some point but most of the information is being handled on this communication

*We hope parents can contribute funding for the following items:

1. Write a check or Venmo to GABC with Men's tennis in notes for \$100 at least. I'm paying for shirts, hats, senior banners, balls, windscreens, food, snacks etc.
2. There is a Guilford County Athletics participation fee to pay and it is \$45.

*How to donate- many parents last year were very generous and donated cases of tennis balls. This year, I would ask that all such generous donations go instead to GABC- Grimsley Athletic Booster club designated to Men's tennis. You can write a check for this or Venmo GABC. This Venmo address is @GrimsleyAthletic-BoosterClub. Designate to men's tennis. This will enable me to use funds as best directed and to control what types of tennis balls are purchased. Participating in GABC is critically important.

*Court Drying Help? My wife and I typically work on drying the tennis courts as needed but if a few of you have time and capacity, please let me know by emailing me.

*Parent Leader- LeeAnn Spencer- she is our Parent assistant and will help with many organizational and important aspects.

Communication

*It is best to communicate with me directly on my cell at 336-209-1401 or preferably through a text or email. My email is jckrege@gmail.com. If you do contact me it is best to contact me prior to 8pm and after 7 am. I'm very responsive.

*Please have your child communicate with me directly on any issues about playing time, questions about schedules etc.

*Last year I sent out consistent lengthy emails to parents to keep them engaged. I realize everyone is busy so less is probably best.

*Thus, I'm communicating a lot now ahead of time to improve efficiency and less emails.

*Most of the players are fairly good communicators. However, I will be working to improve communication between player and coach. This will be an emphasis.

Conditioning

*The season is only so long and weather impacts us as an outdoor sport. We won't be doing much conditioning, very limited, so I encourage all players to work on weights/ conditioning on their own time.

Collaborative Communication

*Players will have the chance for input. They will have input on captain selection, some practice suggestions, player / team decisions etc.

*Our team is a community and we are all interconnected so players will be consulted when appropriate.

*Players will be asked to write thank you notes to the many donors who give to our program. Players will not be told of any specific dollar amounts donated etc, just told to thank donors for gifts/donations etc.

Assistant Coach

*Daniel Christian is a welcomed addition who will help us a great deal, not every day. He is an Ass. Pro at Starmount and played D3 tennis at Lynchburg Univ. I will also have a committee of tennis playing friends who will help me as volunteers. As usual, my wife will be a consistent presence as we are better as a couple and we take this commitment as a family.

Bad weather days

Often times we will try to go indoors. Many days we will also go into the classroom to discuss team topics such as rules, match strategies, inner game etc. Flexibility will be important

Match Schedule- subject to change- listed on gowhirlies.org and maxpreps.com.