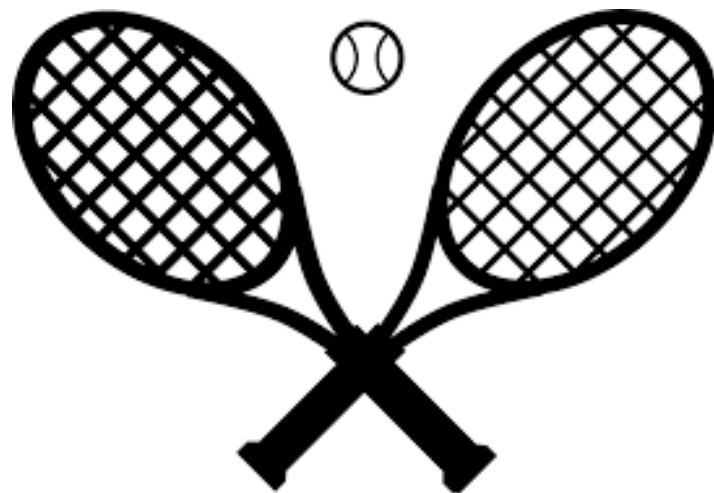


Monett Tennis 2021-2022



Monett Tennis Handbook

Introduction

Welcome to Monett Tennis.

Coaches

Jason Smith- Head Coach

jsmith@monettschools.org

School phone # 417-235-7022

Penny Smith- Assistant Coach

psmith@monettschools.org

School phone # 417-235-6151

***** Sign up for texts or email alerts from Coach Smith's Remind Girls tennis team / Boys tennis team - See handout for instructions.**

Practices

Regular after school practice times- 3:30 p.m to 5:30 p.m.

- Have physicals or copies of physicals and insurance information on hand the first day of practice—there will be running and match ineligibility for missed practices.
- To meet the MSHSAA required number of practices (14) before the first match, makeup practices may be required.
- Students must have a ride when practice is over. We practice on public courts; if students are present when practice is over, I will assume they are going to play on their own.
- If it is too wet or cold (below 50°) to practice, we will meet at Scott Tech or the high school and watch instructional videos and have indoor training.
- If it starts raining when we get to the courts, practice will be suspended and players will need to get rides home.

If you are in doubt about where to go during rainy conditions, email Coach J. Smith at jsmith@monettschools.org or Coach P. Smith at psmith@monettschools.org —do not call our classrooms during the day.

- The coaches will not give players rides to or from practice.
- **Players will be considered late if they are not on the court at the designated starting time.**
- **Any player that misses 3 practices (unless excused by the Head Coach) will be dismissed from the team.**
- **Any player that misses practice before a match will not be allowed to participate in that upcoming match.**
- **Any player that is late for practice will have extra conditioning and may be suspended for one match if the reason why they are late is not excusable.**
- **No player will be allowed to leave practice early unless the coach is informed before practice and the reason is excusable.**
- **Pre Practice and the end of practice mandatory routines:**
 - **50 serves (25 on each side); 50 return of serves (25 on each side)**

Offenses/Discipline

- **Late to Practice / Missed Practice; 1st Time – Extra Conditioning**
- **Late to Practice / Missed Practice ; 2nd Time – Extra Conditioning + parent will be informed + 1 match suspension**
- **Late to Practice / Missed Practice; 3rd Time – Dismissal from Team**

Required Equipment

- Players must purchase a 1 or ½ gallon water jug or water bottle. The cost ranges from \$5.00 to \$15.00.

Uniforms

- Players will purchase their own shirt, which will be used for the next few years. Players can purchase more than one shirt in a season or purchase another shirt the next year.
- Black skirts and purple tanks will be provided by the school for girls to wear to tennis matches.
- Black shorts will be provided by the school for boys to wear to tennis matches.
- All players are to turn in uniforms within three school days after their last match (these can be turned in anytime during the day if the player's name is on or in a bag with the clothing).
- Turn in uniforms and equipment on time; students will be put on the "Owes List" if not. If items are lost, players will be charged full price for replacements.

Team Rules

- Girls and Boys teams will be limited to 20 players. If the number of players exceeds 20, then split practices may be implemented. Competition for these spots will begin the first week of practice. I will use my discretion to choose players 11 through 20. Younger players will take precedence over first-year, upperclassmen at the same ability level.
- Violations of school student conduct codes will not be tolerated. Lying or being deceitful will not be tolerated either.
- **Notify the coaches by email if you cannot attend practice.** Unexcused absences (detention, ISS, **not notifying coaches**, etc.).
- Students should inform the coaches when they are ill. Illness will affect their play. Failure to inform the coaches of such an illness may result in disciplinary action. Poor play because of illness may result in the team losing a dual, or it may result in a serious health risk to the player.
- Notify the coaches at least a week in advance if a school function will interrupt tennis participation; see the Student Handbook concerning conflicting school functions.
- Players must be grade eligible to compete (see Student Handbook).
- Changing clothes for practice is not allowed in the parking lot at North Park.

Matches

- It is required that players wear team shirts on match days.
- Home matches generally start at 4:30—be at the courts by 3:45. Weather may force early starts.
- **If you miss practice the day before a match for anything other than a *required* school-sponsored function, you will not compete in that match.**
- **All players stay on match days until the last match is played. We need to stay to support our teammates.**
- We will ride the team bus to and from away matches.
- Maintain good sportsmanship *at all times* on and off the court; throwing rackets and cursing will not be tolerated—your opponent may be a jerk, but you are not allowed that luxury. I will forfeit your match for these behaviors.
- Be competitive in every match and challenges.
- All match scores must be reported to the coach immediately after leaving court.

- **The coaches have the final say on who is playing on match days.** Lack of effort in practice may result in not playing on match days.

Bus Rules

- **No external speakers or bluetooth speakers are allowed on the school bus.**
- If you want to listen to music or watch videos on your phone, **you must have headphones.**
- No singing or loud behavior is allowed on the school bus.
- If you are unable to behave or follow the rules on the bus, then you may not be allowed to stay on the team.
- Food is allowed on the bus if the bus driver allows food. Do not assume the bus driver allows food.
- If phones become a problem, then I will collect them all and give them back once we return to school.

Challenge Matches

- There will be challenge matches most of the season until the MSHSAA deadline.
- Players will challenge up one position each week with odds challenging the first week after the season starts—if a player is absent on a challenge day, they will drop a spot (unless it is a required school function).
- JV will have challenges throughout the season. JV players in the number 7, 8, 9, and 10 positions have been called on in the past to play varsity tennis, so ladder play will be important.

Tournaments

- Bring drinks and snacks.
- Bring sunscreen, extra clothing, hats, towel/blanket, foldable chair.
- Pay attention to the tournament director for match time and court number.
- Report all scores to the tournament director (win or lose).
- Check the tournament bracket frequently.

Lettering

- Play in at least 7 varsity matches.
- Finish the season with playing districts.
- Follow the Monett school handbook requirements for athletes.

Content Suggestions for Tennis Bag

- Sunscreen
- Hat
- Sunglasses
- Snacks
- Towel
- Extra Socks or Clothing
- Extra Racquet Grip or Rosin Bag
- Tennis balls
- Extra Racquet
- Earbuds or Headphones
- Hat and Gloves (if cold)

Snacks

- You will need to bring your own snacks.

Keys to Success

- Practice, Practice, Practice
- Work on Fundamentals (watch Youtube videos)
- Work on Footwork Drills or Run Outside of Practice
- Be Positive
- Have a Short-Term Memory Regarding Bad Shots
- Try New Things When Nothing is Working

- Do Not Quit
- Practice Offseason

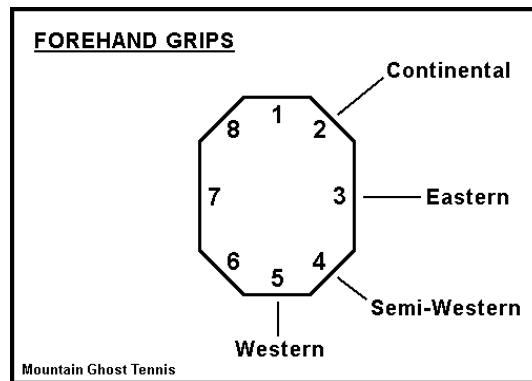
***Team Pillars

- If it's important to you, it's important to me.
- Practice needs to be harder than match days.
- You are your best coach.
- You are here to help the team.

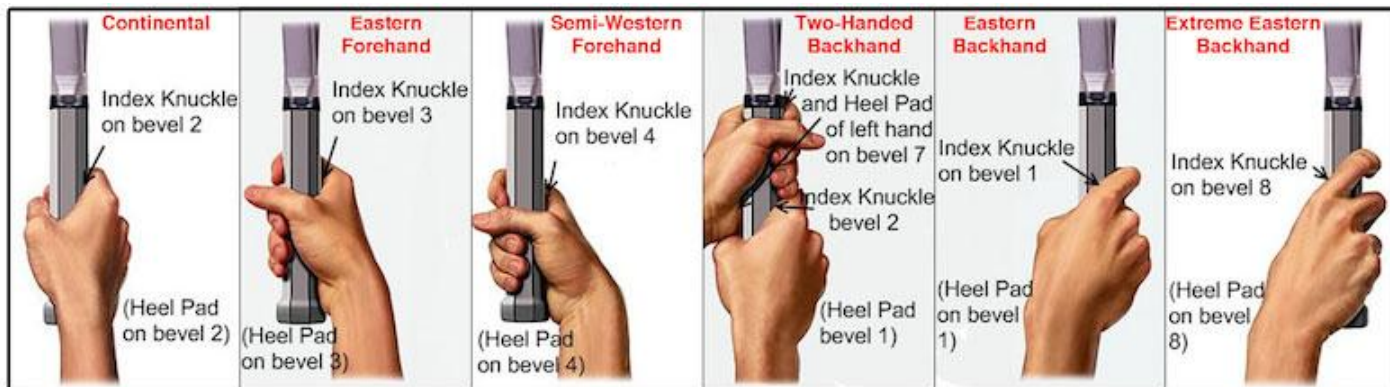
Tennis Supplies Price List (These items and services are available if you would like to buy them from Coach)

- Racquet overgrip \$1.50 each, replacement grip \$5.00-\$10.00
- Restring tennis racquet (includes string) \$5.00. Price may increase depending on the cost of string.
- Vibration dampener \$1.00
- Water jug ½ gallon \$5.00

Tennis Fundamentals



Type of grip	Type of shot used for...
Continental	Serves, volleys, overheads, slices, and defensive shot
Eastern Forehand	Learning how to hit a forehand
Semi-Western Forehand	Forehand
Western Forehand	Forehand
Eastern Backhand	Backhands, Kickserve
Extreme Eastern/Semi-Western Backhand	Backhand
Two-Handed Backhand	Backhand



The grip used most will be the Continental grip. This grip is used for volleys, serves, overheads, and backhands (two handed).

The grip used most for forehands is the Eastern grip.

Beginner's Guide to the Basics of Tennis

Scoring Points add up to a Game. (JV usually plays 6 games per match, Varsity, 8)

Games add up to a Set. (Currently the only time we play sets are at Regionals and State)

Sets add up to a Match.

Depending on the setup of a tournament - bracket, round robin, crossover etc.....The girls will typically get 3-4 matches per tournament.

Game Scoring

Game scoring is the most confusing but simple. The first person to win 4 points wins the game. If you tie at 4 you must win by 2, no matter how long it takes.

The terminology for tennis game scoring goes like this:

Point 0 is called Love.

Point 1 is called 15.

Point 2 is called 30.

Point 3 is called 40.

Point 4 a game is over UNLESS it is tied,

Tied games are called Deuce.

Winning by one is called Ad.

When serving, it's your job to be calling the score. You say your score first. You get two serve attempts for every point (i.e. Ball 1, Ball 2)

Some game score examples are:

Love-40, server is losing.

30-15, server is winning.

Deuce or tied at 40-40

When you get to Deuce, you often play with ads....

ad in, or ad out, depending on who wins the point.

I am serving, the score is tied at deuce. The point gets played and I win the point. Because I won the point and am calling the score, I now announce Ad-in. Had I lost the point, I would have said Ad-out. The next point gets

played out, and I win the point again. Since I had Ad-in, the game is now over (I won 2 consecutive points). If I had Ad-out and won the point, it would have gone back to Deuce and continued in the same manner. Someone has to win the game by 2.

Set Scoring

Set scoring is the first person to win 6 (or 8 in Varsity) games wins the set. Again, the only time we play multiple sets is going to be at Regional/State competition. Usually the girls just play 1 set of 6 or 8 games. You either have to win by 2, or there will be a tiebreaker played depending on the setup decided by the tournament director. Tiebreaker scoring is an entirely different animal that we will cover once we have mastered the regular method.

Tiebreaker Scoring

The first player to reach seven points wins the tie-break and the set. But if the score reaches six-points-all, the winner is the first player to win two points in a row. The player whose turn it was to serve in the set serves the first point of the tie-break.

Scoring Variations

No-Ad scoring when tied at deuce, the next person to win a point wins the game.

Tennis Vocabulary

The following is a list of tennis terminology that is commonly used;

Ad In - Game point for server.

Ad Out - Game point for receiver.

Deuce - Tie game score 40-40.

Receiver - Hits the ball second.

Server - Hits the ball first.

Double Fault - two missed serves which awards the opponent the point

THE ROLE OF A TENNIS SPECTATOR

Being a tennis spectator is not like any other sport. You are expected to abide by the following sportsmanship guidelines. If you do not follow these guidelines you put the tournament officials and your team coach in an uncomfortable situation.

1. Do not clap or cheer an opponent's unforced error. If you do not understand the difference between an unforced error and a good shot by your player (Do not cheer). We do not want a match to become a matter of which crowd can cheer the loudest. This is very distracting to the players.
2. You cannot, in any way, assist the players with the match (scoring, line calls, rules, etc.).
3. Realize that you are watching the match from angles that differ from the players'. Line calls are very different to make as a tennis player. It is easy to criticize a player for making a bad call when you are standing still watching. These players are forced to officiate their own matches which almost always results in the player giving their opponent many calls that will go against them.
4. Good Sportsmanship means respecting the abilities of all players involved. It means giving credit to both sides – win or lose.

Summer Camps

Monett High School will host a tennis camp during the summer (dates: TBA). Varsity and Junior Varsity players are expected to attend the high school camp.

Visit the team's website at
www.monettcubs.org