

Monett Tennis 2017-2018

1. Introduction

Welcome to Monett Tennis 2017-2018.

2. 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

Remind-

Girls tennis team- If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/279763

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

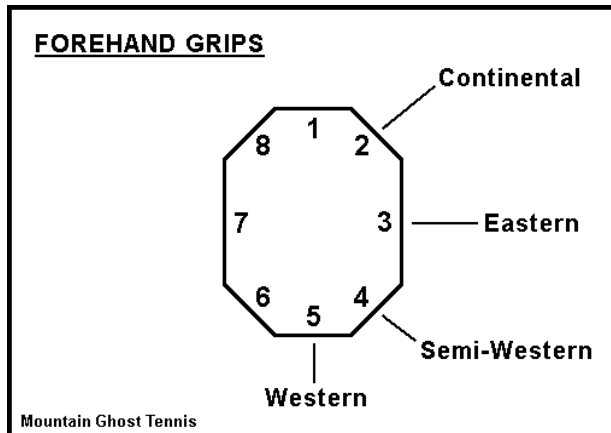
Boys tennis team- If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/a299a

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

3. 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



5. 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 will be provided by the school for girls to wear to tennis meets.
- Black shorts will be provided by the school for boys to wear to tennis meets.

6. Team Rules

Girls and Boys teams will be limited to 16 players. Competition for these spots will begin the first week of practice. I will use my discretion to choose players 11 through 16. Younger players will take precedence over first-year, upperclassmen at the same ability level.

- Ladder competition starts the first or second week of practice, weather permitting. Uniforms will be handed out after the 6 varsity players have been determined.
- 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.
- Be on time for practice and for matches. Practice times; 3:30 until 5:00. We practice on a public court and students may stay after practice and play without my presence.
- Have physicals or copies of physicals on hand the first day of practice—there will be running and match ineligibility for missed practices.
- Home matches generally start at 4:30—be at the courts by 3:45. Weather may force early starts.
- JV players will attend all home matches even if they don't play.
- To meet the MSHSAA required number of practices before the first match, makeup practices may be required.
- If you miss a practice the day before a match for anything other than a *required*, school-sponsored function, you will not compete in that match.
- If it is too wet or cold (below 50°) to practice, we will meet at Scott Tech and watch instruction tapes then 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. To view Monett tennis information, visit our webpage on www.monettcubs.org.

- Support the team by supporting your teammates when they play.
- 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.
- Players must be grade eligible to compete (see Student Handbook).
- Players will not be dismissed from school for tennis if they are not performing in classes.
- There will be challenge matches most of the season. 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.
- Violations of school student conduct codes will not be tolerated. Lying or being deceitful will not be tolerated either.
- It is required that players wear team shirts on match days.
- Notify the coaches by email if you are sick and cannot attend a practice. 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 meet 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.

**Infractions of the guidelines above may cost students playing time or removal from the team.*

- 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).
- If they are turned in dirty or stained, it will cost \$2.50 for dry-cleaning for each article of clothing.
- Turn in uniforms and equipment on time; \$2.00 a day late fees will be charged. Late fees will not exceed the cost of the uniforms or equipment. If items are lost, players will be charged full price for replacements.

7. Lettering

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

8. Practices

July 31st to August 4th- 9 a.m. to 11 a.m.

August 7th to August 11th- 3:30 p.m. to 5:00 p.m.

Regular after school practice times- 3:30 p.m to 5:00 p.m.

Fun after 5- Players can stay an extra 30 minutes to practice a certain skill or hit with the coaches until 5:30 p.m.

9. Nutrition, Conditioning, Hydration

Hydration schedule

•Two hours before activity: 16 ounces
•15 minutes before: 8-16 ounces
•During activity: Every 15-20 minutes, 6-8 ounces
•After: 24 ounces per pound of weight loss
<u>Nutrition</u>
•You must stock up on healthy foods.
•Plan at least six meals and snacks throughout the day.
•Know your daily goals for calories, protein, fat and carbohydrates.
•Challenge yourself to try new and different foods.
•Include plenty of colorful fruits and vegetables, as well as a variety of fats.
•Emphasize whole grains.
<u>Protein tips</u>
•Daily protein goal should be 1 gram per pound of body weight; i.e., 170-pound individual takes in 170 grams of protein daily.
•Incorporate protein into all meals and snacks.
•Every ounce of meat, fish or poultry is equal to about 7 grams of protein.
•Vary protein sources. Options include almonds, pistachios, quinoa, peanut butter, almond butter and Greek yogurt.
•After workouts, aim to have 20 to 25 grams of protein along with carbohydrates to optimally refuel tired muscles.
<u>Conditioning</u>
Conditioning should be conducted during the off season and outside of practice. It is important for athletes to be physically conditioned to endure a day of tennis competition.

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. 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.

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.