

*2023 River Ridge High School Tennis*

**"Keep It In Play"**

**Head Coach: Greg Bert, RRHS Physical Education Department email: gbert@nthurston.k12.wa.us**

**Program Philosophy:** "Education Through Athletics"

Participation in athletics will enable one to develop character traits such as responsibility, industriousness, honesty, loyalty, integrity, self-discipline, unselfishness, mental toughness and others that maximize your potential as a person. Character traits that you develop at home, school and through athletics will make you a success.

My idea of a quality tennis program is to provide students with a chance to enjoy and learn a sport that can be played for a lifetime. **Tennis is a great lifetime sport; with many lifetime benefits!** This program is for the experienced, competitive player and for **the beginner**; someone who has not picked-up a racket and desires an opportunity to learn a new competitive sport. This program is basic, competitive and instructional in nature. It must be fun and enjoyable; if not- let me know.

**Program Goals:** I have high expectations of all of you. There are four basic goals that we want all of you to achieve. They carry equal emphasis.

1. Improve As A Person- develop positive personality traits that will enhance your contribution to society. Such as positive self-esteem, dedication, respect for others, professionalism, moral character, loyalty, teamwork, integrity, unselfishness, etc.
2. Improve As A Student-be able to apply positive character traits in the classroom.
  - A. Graduate
  - B. Team G.P.A. of 3.3
  - C. Go To College/University
  - D. Maintain Academic Eligibility
3. Improve As A Tennis Player- show improvement in the following skill areas; which are taught and emphasized in practice.
  - A. Grip, Footwork
  - B. Ground Strokes
  - C. Serve
  - D. Volley
  - E. Match Strategy
  - F. Rules, Etiquette/Sportsmanship
4. Develop a Winning Program- know as a team that displays Class and Character at all times.
  - A. Shows Improvement
  - B. Have Fun
  - C. Winning Season

#### D. League Championship/Districts/State

#### **TEAM RULES: #1: Do Not Let Your Teammates Down.**

1. Respectful and Tolerant of Others.
2. Go to Class and Maintain Academic Eligibility.
3. Be Unselfish; put Team ahead of personal stats.
4. Play, Practice and Run Hard.
5. Display Positive Sportsmanship Daily.
6. Attend Practice Each Day. Excused miss due to illness, injury.

#### **CONSEQUENCES:**

1. Fitness/Skill Opportunity/Practice Suspension
2. Role on Team Revised.
3. Parent Contact/Contract.
4. Possible removal from team.

**PRACTICE POLICY:** It is vital that you attend practice each and every day! Our practices will consist of the following: repetitive drills to improve fundamentals, physical conditioning, games approach to tennis drills and challenge matches. Therefore, I expect you to attend practice each day. Practice will take place Monday through Friday from 2:15 to 4:15. If you are sick or injured and not in school, email Coach Bert. If you are in school, you need to go to practice. You will need to EARN your spot in a varsity match. Be patient, listen to the coaching and work to improve.

**TEAM SELECTION:** 8 players play in a varsity match each match day. The remainder play JV that day. A varsity match consists of 2 singles players and 6 doubles players. I will assign you to a singles or doubles spot according to your ability, work ethic, challenge ladder results and drill competition finish. With only 6 courts and many tennis players it is **impossible** to have **a lot of challenge matches** each day and have quality practices. Therefore, you will be placed to where the coaching staff believes you and the **team** will be **most successful**. You may play both singles and doubles throughout the season and have **more than one doubles partner**.

#### **TEAM DRESS CODE: DURING MATCHES**

To maximize team unity all of you will wear the same uniform for the matches. The uniform will consist of the following:

1. Team Shirt- will be a nice team Polo shirt; much less expensive!!
2. Navy Blue Tennis Shorts- purchase on your own.
3. Sweats available through team order-optional.

#### **VALUES of PLAYING TENNIS:**

1. **Fun/Enjoyable.**
2. **Fitness.**
3. **Social.**
4. **Builds Character: Honesty, Integrity, Teamwork, Self-esteem:**
5. **Lifetime Enjoyment.**

