Norwin

Tennis

Handbook



 **General Policies**

The purpose of this handbook is to provide as complete an overview as possible of the tennis program.

Every player should be familiar with contents of this manual.

**Team Philosophy…**

Participation in the tennis program is a privilege. Dedication, sacrifice, positive attitudes, and a solid

work ethic is the foundation of a successful team. Good sportsmanship and respect for one self and

other members of the team will always be implemented in every practice and match play. Each player is

expected to demonstrate a positive, exemplary attitude at all times both on and off the court. ***Working***

***hard in school, in practice, and placing team goals ahead of personal goals are priorities***.

**Represent yourself, your school and our community….**

You are a representative of the Norwin community and your family. Be respectful and courteous of all people at all times and represent your school with the utmost pride and dignity. Being poised and staying in control of your behavior is a must in tennis. Practice it on and off the court.

**Please respect your teammates and coaches….**

You have made a decision to commit time five days every week to an activity shared by your teammates, coaches, and managers. They have made the same choice to spend this time with you. We spend this time together because we love tennis. We love to play tennis, to learn about tennis, and to be the best tennis players and team that we can possibly be. Whatever conflicts arise, please remember that everyone continues to show up and work each day because we all share this love. No matter what our differences, please remember that we are connected by something we all love. Make an effort to see the best in yourself, your teammates, and your coaches…ALWAYS!

**If a coach corrects or instructs you...**

Data and results will drive how a coach instructs you. Listen carefully, to what he is saying. Understand that they are taking the time to help you because they believe you are perfectly capable of performing the skill correctly. Do not tell coach, “I know,” or make excuses. Just do your best to do it right next time. Keep in mind that the last thing your coach wants to hear is that you can’t do something. Instead of finding reasons why you can’t, look for some reasons why you can.

**If you are confused about anything from a playing strategy we discuss or drill we run, our team rules, your role on the team, a coaching decision, etc...**

Please ask one of your coaches. We are here to help you work to become the best you can be. That includes immediately clearing up any misunderstandings you may have. Even after discussion, you may disagree with a decision we have made, but please respect our right to make that decision. (Coaches coach and players play.) Please know that we will not discuss issues regarding you with anyone outside the team until we discuss them first with you. If we have a problem that concerns you, we will come straight to you. Please pay us the same courtesy. Each player will meet with a coach during tryout week to discuss individual goals that will benefit the team, and then their individual success.

**If you have an emergency or absolutely must unexpectedly miss a practice or match (ex: go home sick from school, medical emergency, family emergency, etc)...**

Please let one of the coaches know ASAP. You must tell a coach yourself. Do not rely on anyone else to relay your message.

Work Email, phone numbers–

Coach Hornick - rhornick@norwinsd.org 724.861.3015 (5124)

If you are leaving school sick, and don’t have a cell phone, ask the nurse for use of the phone to call before you get picked up.

Leave a message if you call and no one answers. An absence is excused only if it is for an acceptable reason and a coach is notified before practice. **If you know about an absence in advance, please write a note about it and give it to** **a coach or email a coach.** If you cannot practice, but are capable of attending and observing, please be there.

**If you are ineligible to play because of grades…**

You may not play for our team until you have improved on the next eligibility form. You will likely be dismissed from the team for the remainder of the season.

**If you earn a detention FOR ANY REASON...**

Do not make excuses, tell the coaches it is a mistake, or attempt to blame the teacher in any way. Let your coaches know immediately. Do not wait for us to find out for ourselves from the teacher or by reading the detention list. Go to the scheduled detention, behave yourself, and get some work done while you are there. Come immediately to whatever our team is doing after detention is over. Do not dress, but attend. Coaches will handle situations involving detentions on match days.

**If you have In School Suspension (I.S.S.) ...**

School policy is you may not participate in any after school activities for those days you have I.S.S. This includes practices and games.

**Alcohol, cigarettes, and illegal substances have no place in your life or in our program…**

We will follow all school policies concerning these situations.

**How do I dress for tennis practice or a match?**

Dress nicely for school to represent your family, our school, and our team in an appropriate manner. If coaches give permission to wear tennis attire to school, all team members should do so to show team unity. If team shirts are purchased, you may wear them during warm-ups and match days.

Please wear appropriate attire to tennis practice. Tennis shoes, shorts with pockets, and a comfortable shirt are essential for tennis practice.

**What time is practice?**

* **Practice will be daily from 2:30-4:30 (Outside)**
* **Any day there is not a match, we will practice.**
* **You should plan to be dressed properly, on the courts, and ready to stretch BEFORE practice begins**
* **Please have a ride available to pick you up promptly at the end of practice.**
* **If the weather is looking unsettled, please check your remind 101 text or the tennis website at** [**www.norwintennis.weebly.com**](http://www.norwintennis.weebly.com) **for an update regarding the practice or match.**

**What do we do at away matches?**

**Players are responsible to remind teachers of dismissal times, and to politely ask for permission to leave class at the appropriate time.** Players are also responsible to get to the locker room, dress in a timely manner, and report to the main hallway between the gym and the athletic office (near the trophy cases).

Bus trips to road matches will be quiet. Players may work on homework assignments, read, listen to music through headphones, or relax quietly. Players will conference with coaches to discuss a match game plan and strategy. Players will be encouraged to use some of the trip to focus mentally in preparation for the match.

Return bus trips are usually relaxed, and players may interact while following all school district rules for bus behavior. When we travel to a match of some distance, we usually stop to eat on the way home, so bring money with you. Toward the end of the trip, players will be allowed to use cell phones to contact parents for precise pickup times at the gym entrance.

***Please make sure you are able to be picked up upon returning to school. Coaches have responsibility to make sure you leave school grounds safely. Be aware that they also have responsibilities in their personal lives to attend to and prefer to leave school grounds in a timely fashion.***

**If you must go home with a parent after a match…**

School policy states that you must let a coach know with a parent signature or approval. It is the coach’s decision as to whether or not you may go home with someone else. We must see you get into a car with your parent.

 ***We will not make exceptions, because this is a mandated school policy and must be followed!***

**If we have an away match and you will miss class time…**

Politely let your teachers know the day before the match or tournament. If they let you know what you will miss, write it in your agenda book and thank them. If not, see your teachers on match/tournament day before class and ask them politely for your work. Write it down immediately in your agenda book. Thank them. Do Not be late for the bus. We will leave promptly at the time indicated.

**If you forgot your uniform for a match…**

Full uniform is required for anyone participating in a PIAA sport. **No uniform by match time = NO PLAYING**.

**What do we do before and during a match?**

**Pre-game Warm-ups…**

Make warm-ups as match-like as possible. After all, you are getting ready for a match. Pay attention to the things you have been taught. Do the little things correctly. Look sharp and warm up with enthusiasm. Represent Norwin Tennis with ***your*** best effort.

**I am not playing….**

If you are not playing on the court, you should be doing two things. First, watch the matches on the courts. Study the matches and imagine to the best of your ability what you would do during certain points. While you are watching the match, it is fine to support our teammates in a positive manner after a point is over. **Players *should not do* homework during a match or engage in social conversations that are not focused on our team.**

**I am not happy with my current spot in the team ladder…**

Challenge matches are used to determine each player’s position on the team at the beginning of the

season and, sometimes, during the season. The coaches will set an initial team ladder based off of a number of factors (head to head results, match play ‘ability,’ leadership skills, ‘coach-ability,’ etc…).

**Varsity Tennis Team**: The top 7 players with the possibility of 6 more on the ladder to make 13 total players. Some players could play on Junior Varsity and be asked to attend Varsity Matches. After the starting 7 players, each player will have the opportunity to play in exhibition matches to gain more match experience.

**Doubles Combination:**

Doubles combinations will be decided by the coaches for season matches and can change throughout

the season. Skill level and compatibility are significant factors in determining doubles teams.

**Win a Letter:**

You must play in one Varsity Match throughout the season and meet the team attendance requirements (90%). Also, if you are a senior with excellent practice attendance and put forth your best effort, you will receive a letter.

***Varsity and Junior Varsity***

***Tennis Handbook Notes***

1. You are a representative of Norwin Community and will act accordingly. Sports are the front porch of any academic institution, and we will have our best on the front porch. Tennis is a sport of honor and integrity; therefore, you will act accordingly.
2. You are expected to be a student-athlete. Studies come first.
3. You are expected to attend every match and practice PERIOD! If you can’t attend a practice due to an illness or emergency, please let a coach know ASAP by sending an email to me at rhornick@norwinsd.org. **Missing 3 practices without prior notification will result in dismissal from the team (3 strike rule).**
4. You will try your hardest when participating or playing. Your abilities may differ from your teammates’, but your effort will not.
5. You will act properly on the tennis court. No throwing rackets, no inappropriate language, no yelling, and especially **no cheating**. Cheating will result in immediate removal from the match you are playing in, and possibly the team.
6. You are all members of the same team and should treat everyone with mutual respect. You will treat other teams and coaches with respect. If there is any issue at a match or tournament you will not deal with it. You will come to the coaches, and *WE WILL* deal with it.
7. Coaches are here for the entire team. Therefore, we will always do our best to help the team as a whole. Players may be expected to play in different levels of singles and doubles in order to benefit the team the most. ***Player placement on the team ladder is the coach’s decision. It will be based on many factors (head to head match play, playing ability under pressure, leadership skills, work ethic, ‘coach-ability’, and attitude.)***
8. During match play, you are expected to watch our team play and mentally put yourself into playing situations. Doing homework during a match and engaging in social conservations not focused on our team will not be acceptable.
9. If you have any questions prior to signing the student program verification form, please contact us. We are looking forward to a fun and successful season!

Coach Hornick

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***I understand and agree with all information mentioned in the Norwin Tennis Handbook. Should I have a question during the season, I will refer to the handbook first, then contact a coach for clarification.***

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

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