

2024-2025 INDEPENDENCE KNIGHTS TENNIS

GUIDELINES AND PROCEDURES

EQUIPMENT CHECKLIST

- **Large Water Jug (YOUR OWN)**
- **Extra black, white, or purple practice shorts or skirts (MUST be Nike if logo is shown)**
- **Practice Shirts (Knights Tennis ONLY)**
- **Towel**
- **Extra racquet(s) that is the same as primary racquet**
- *****JUMP ROPE*****

LOCKER ROOM

All players will be issued an athletic locker. They will be responsible for keeping lockers and locker room clean. They MUST lock their lockers daily. Players should have everything they need when they come to school. Parents should not drop tennis equipment off daily for their child.

PROPER DRESS FOR MATCHES AND PRACTICES

JV players will be issued 1 black short/skirt, a Knights match shirt, and a hoodie/warmup bottom. Varsity Boys will be issued 3 tops and 3 pairs of shorts, and a hoodie/warmup bottom. Varsity Girls will be issued 4 tanks, 3 shorts/skirts, and a hoodie/warmup bottom. We will decide what to wear prior to each Varsity match or JV match. All players will wear the white, purple, or black KNIGHTS TENNIS shirt with black/white/purple shorts/skirt for all practices. Players not in appropriate dress for a match will not be able to participate in that match. If a player likes to wear a hat or visor, it must be approved by Coach Paine and must be worn with the bill of the hat facing forward.

You cannot wear a hat backwards. The general guideline for acceptable hat or visor is: 1. Hat must be black, white, or purple. 2. Hat can be an IHS hat or a Nike hat (no college hats or other brand). All players will be well groomed, and hair should be out of face/eyes, and girls must have hair pulled back in a ponytail. No unnatural hair color is allowed!

TRAVEL POLICY

We will travel to all off campus matches in a Frisco ISD school bus. You are required to travel with the team to and from competitions. Team building is an important part of this program. Pre-game and Post-game interaction among players are an excellent opportunity to share in each other's successes and failures. Younger players can learn a great deal from the more experienced players on the team if given the opportunity. If a situation should arise that requires a player to have to leave with a parent, the parent must discuss with Coach Paine prior to leaving a match or tournament. Players cannot be released to anyone other than their parents. Convenience is never a reason to not travel with your team. If an emergency arises, please notify Coach Paine prior to the match through email or sportsYou if a student will need to leave with a parent after competing.

DAILY PRACTICE

Expect to practice every day. Do not try to predict the weather. Failure to be prepared for practice will not be tolerated. JV practice will be during 3rd period from 1 pm – 2:10 PM. Varsity practice will be from 3:10 - 5:00 PM each day. Be on time to practice. Varsity players should be at the Athletic Facility before the tardy bell rings.

PLAYERS ARE REQUIRED TO NOTIFY COACH PAINE AND COACH OLIVARES THROUGH SPORTSYOU OR EMAIL AHEAD OF TIME IF YOU HAVE TO MISS A PRACTICE FOR ANY REASON AT ALL.

MISSED PRACTICE POLICY

We will allow 3 missed practices per semester, after that any player who misses a practice will have to run a mile on the track for EACH practice missed. They will make up practices at the end of the JV class or after Varsity practice. If a student must miss for a school related activity this miss practice policy will not apply. Whether a student is sick, out of town, has an appointment, they will still have to make up the practice with this policy. This is to make up for the conditioning they miss. If a student has an injury, we will send them to our athletic trainers to be evaluated and the trainers will communicate with us a treatment plan or if a student can participate or must sit out.

MATCHES

All players are required to stay at matches until the last match is finished. That includes tournaments. If you are no longer competing in a match, it is your responsibility to find a teammate to support in their match. We expect to see players not competing to be actively supporting their teammates. You cannot only win the matches that you participate in, but you can also be a part of your teammate's victories with your support. If there are several matches being played, players should spread out so that all matches have enough support. Make sure to take care of homework assignments ahead of time on match days. **CELL PHONES will need to be put up during practices and matches. We want players engaged and focused on tennis and don't want cell phones to be a distraction.**

MATCH START AND END TIMES

While tennis matches are not timed events; we are able to control timelines in Junior Varsity matches much easier than Varsity matches. A JV match that is scheduled to start at 4:45 pm would generally end around 8:00 pm. We try to get as many matches played as possible while still getting our players home at a decent hour on school nights.

However, Varsity matches can take more time depending on the number of courts that we are able to use. All Varsity competitions include a total of 19 matches during Team Tennis. A close Varsity competition could easily last 4 – 5 hours. Be prepared for an extended day on the days of matches even with the mini set format. Varsity Matches will start around 4 pm. Format for Varsity matches will be 2/3 six game sets, win by 2 games with no-ad scoring, and a super tiebreaker for the 3rd set. JV format will be 8 game pro set with no ad scoring. Both formats will be played in doubles and singles. Spring format will be 2 out of 3 six game sets, with Ad scoring, play out the 3rd set for Varsity competition. JV will still play pro sets in spring.

PARENT MATCH ETIQUETTE

Parents we want you to all attend every match if possible. You can all help cheer on our players to victory and help to create a fun, school-spirited atmosphere. We do ask that you not coach your child while at school matches or tournaments. The UIL does not allow parents to coach their child while playing school events. Also, please do not try to coach during challenge matches outside of school hours.

JV/VARSITY LINEUP AND MATCHES

While we have 14 boys and 10 girls practicing in the 4th block of the day, only the top 7-8 players will compete in Varsity competitions. Players at the #8 or #9 - #14 positions will compete with the JV team if they do not play in the Varsity match that week. Players will play weekly or bi-weekly challenge matches to be given the opportunity to move up on the tennis ladder in JV. Players' ladder positions should be mostly set by the end of the first few weeks of school for Varsity. If it's known that a player will not play in a varsity match, they will be given the option of going to the varsity match to support or not attend due to competing in the JV match. JV challenge matches will take place after school and will be scheduled by the players in their spare time once

receiving opponent. They will have one week to play a challenge match and will report score to Coach Olivares once played. Doubles matches will be played in class. Lineup positions are decided by the coaches and several things are taken into account such as challenge matches, UTR, experience, attitude, work ethic, strategy, coachability, intensity, match ups with other teams, and ability to win at their position. Positions may be adjusted due to performance. Changes will be made if necessary and we will always put the team's best interest first. Lineup is decided by the discretion of the coaches. ALL players in the program will be able to play in a match or tournament throughout the year. Those in higher positions on the ladder will play more than those in lower positions.

SPRING TENNIS

Players are allowed to play in 8 spring tournaments plus the district tournament in the spring season. We will have various tournaments beginning in late January and the District Tournament will be at the end of March. The varsity players that place in the top 2 in each event will advance to Regionals, and from there the top 3 in each event will advance to the state tournament. Coach Olivares and I will let players know who will play in each tournament the week before. Coaches are usually allowed to enter 8 boys and 8 girls in each tournament, but occasionally we can enter a few extras. Spring tournaments last all day, and we leave around 6:30 AM, and players will always ride to and from on the bus. Students must communicate with teachers in advance to let them know they will be missing class, and they will be responsible to make up any work they miss.

MATCH HYDRATION AND SNACKS

It is **MANDATORY** for all players in the program to purchase a case of Gatorade and a large pack of some sort of snack (fruit snacks, granola bars, crackers, etc.). We will have these snacks and Gatorades

available for all players when we have matches and tournaments. Varsity players will bring items at the beginning of the first semester, and JV players will bring items at the beginning of the second semester.

PARENT VOLUNTEERS FOR MATCH MEALS

Parents, we'd like to begin a signup list where one or a few parents can bring dinner for our players for each match. Could be fruit, pin wheels, sandwiches, pizza, etc. Does not have to be expensive or super healthy and can also be homemade. We'd like to begin this for our first JV match this Thursday and next Tuesday when Varsity plays. Our booster officers can also help with organizing the meal list. Usually, 14-16 players play at matches but sometimes more will attend.

MATURITY

It is very important to begin to think and act for yourself. If there is something that you do not understand about our program, ask the coaches. You may do so privately if you feel more comfortable in that setting. We are always available to discuss things with you. If there is a serious concern, we will be happy to sit down and discuss any problem with you and your parents. It is absolutely poison for a perceived problem, whether real or otherwise, to not be addressed. There are always solutions to problems when all parties work together. Any time there is an issue, it is best resolved by going directly to the individual involved. Do not create DRAMA on the team. If the coaches have an issue, we will discuss the problem with the player privately. If you have a problem with a coach or a teammate, you should discuss the problem with the coach or teammate privately as well. Most situations get blown out of proportion when they are not properly dealt with.

ACADEMICS

Academics are first, extracurricular activities are next. Both are important but you are here to get a good education. Communicate with your teachers in advance when you know that you will have to miss classes due to tennis. Tutorials should be scheduled in the morning for Varsity players.

DRUG POLICY

Students will be randomly selected to perform a drug test. If they test positive and fail a drug test the offenses below will occur. Players can still practice with the team during the first 3 offenses but if they become a distraction, they will be removed from tennis.

1st offense – out for 2 weeks

2nd offense – out for 5 weeks

3rd offense – out for 1 year

4th offense – out for high school career

ATHLETIC TRAINERS AND INJURIES

If a player gets injured during practice, we will take them to see our athletic trainers. If a player gets injured over the weekend, outside of school, in a tournament, etc., they can see the trainer the day they return to school. If it's an emergency, we understand. However, if they can wait to see our trainers, our trainers can give them the treatment they need and usually players can heal quicker than just sitting out without treatment. Also, we have an orthopedic doctor that visits IHS every Tuesday from 6:45 - 7:30 AM, and he helps to diagnose injuries for our athletes. If athletes are injured, they must go to treatment

before school and the trainers will keep us updated on the recovery status for each athlete.

Treatment Morning Times

Monday – Friday

8:00 - 8:45 AM

DETENTIONS AND SCHOOL MEETINGS

Detention is not a place for Independence Knights Tennis players. Unfortunately, it happens. Most of the time it is due to tardies. GET TO CLASS ON TIME. If you have detention, do not schedule it during tennis practice. If you have a club that you are involved in, try to meet with the club sponsor early in the morning, during activity period, or see if they can send you the info instead of missing during tennis practice. Let them know that you won't be able to miss tennis practices to go to these meetings. I have spoken to many of the club sponsors, and they understand your commitment to athletics and your teammates. When we are not in season, you will have no problem attending.

SCHEDULES, DIRECTIONS, AND OTHER INFORMATION

Go to SportsYou to access Knights Tennis Info. To join: download the app and create an account.

Varsity players and parents: use the code DKUF-J8JM

JV players and parents: use the code 78YK-J96Y

Varsity Tennis Letterman Jacket

While players will be placed in either the 3rd or 4th block of the day for tennis practice based on their challenge match results, a Varsity Letter in Tennis will be awarded based on the criteria below.

In order to earn a Varsity Letter in Tennis the following criteria must be met:

- 1. Must compete a full year of tennis (fall and spring) at the Varsity level.**
- 2. Must make academic eligibility a priority during the school year, failing no more than 1 nine week period per semester.**
- 3. Must conduct themselves in the highest manner at school, at practice, at tournaments and in the community at all times.**

Varsity Tennis Scholarships

Requirements of Scholarship:

- Must make academic eligibility a priority during the school year and meet all academic requirements.**
- Must conduct themselves in the highest manner at school, at practice, at tournaments and in the community at all times.**
- Must complete a full year at the Varsity level in order to receive credit, no half years will be accepted.**
- Must be in good standing with coaches, program, teachers, and administration at the end of their senior year.**

Each player will receive \$150 for a full year on the varsity team, \$300 for 2 full years, \$400 for 3 full years, and \$500 for all 4 years of high school. No varsity scholarship will exceed \$500.

Knights Tennis Booster Club

If you'd like to be a member of our Knights Tennis Booster Club, you must pay an annual fee of \$50 per household. This fee can be broken up into 2 payments of \$25 (fall and spring) if needed. This annual fee will also allow you free entry to the tennis banquet and a free dinner for your family. In addition, with this fee you can cast a vote on anything that needs to be voted on such as new booster members, and it helps with the cost of player scholarships, signage, and banquet expenses.

By signing below, both player and parents agree to the above terms and commitment level to the Independence Knights Tennis Program.

Player Signature

Parent Signature