



## 2017 SOUTH KITSAP WOLVES TENNIS

Coach – Mark Myers – myersme07@gmail.com

Coach - Rick Ellis – oldtennisdude5@gmail.com

### Eligibility

- Sports physicals, athletic fees and all paperwork required before you are allowed to participate in any way with the team.
- Grades – grade reports will be issued during the season – **if you're not performing in the classroom, you will not be performing on the tennis court.**
- You must complete 10 practices before you are eligible to participate in competitive matches

**Sportsmanship – We do not tolerate any unsportsmanlike behavior**

**Practice – First day of Practice – Monday, February 27, 2017**

Practice starts at 2:30 pm precisely and will end at 4:30 typically

9<sup>th</sup> graders will do revised conditioning and join practice when they arrive.

Rain outs-There will be no rain outs for the first 10 practices-if it rains we will meet in the commons

If you need any treatment from the Athletic Medicine, please have that done prior to practice starting

Water will be provided – underclassmen are typically tasked with bringing it from Ath Med prior to practice starting and returning it when practice ends.

If you are injured or go to the doctor/dentist, please let us know immediately – we need doctor/dentist notes on file.

Format:

- Warm up and stretching – run by the captain(s)
- Conditioning
- Drills and challenge matches
- Serving practice
- Coach talk and dismissal

**All tennis balls will be picked up prior to practice ending and player dismissal**

**Matches:**

- Home matches – All home matches are held at the high school and players are expected to be at the courts and ready by 2:30 pm
- Scorecards need to be set up
- Water needs to be brought down to the courts
- Matches are typically complete by 5pm – please do not leave without checking in with a coach
- Away matches – busses will leave per schedule – typical travel team will not exceed 25 players – we will rotate JV through to make sure everyone is scheduled for at least one away match.
- Typically, we stop and eat – bring \$\$\$
- Arrival back at SKHS will usually be 6-6:30 PM
- **The buses depart from and return to the pool parking lot**
- **Transportation home after the bus returns needs to be arranged by the student.**