

## SKHS TENNIS TEAM EXPECTATIONS

1. Family and academics first before tennis.
2. Players will show good sportsmanship at all times, on and off the court.
3. Work hard and be attentive to the coaches instructions.
4. If you feel you need help, don't be afraid to ask.
5. Support your teammates.
6. Take pride in your team, win or lose.
7. Place team goals above your own and demand the best of each other.
8. Learn tennis skills both physical and mental.
9. Be on time.
10. Do not leave practice or matches without informing coach.
11. Advise coach if you are ill or injured.
12. Stay safe, be aware of teammates when swinging your racket and watch for tennis balls underfoot.
13. In high school tennis we normally don't have officials until we reach state competition. This makes it a game of self regulation. The rule is, if you are not sure if a ball is out, you must call it good or in. Make the call quickly and don't say "I think it was out". Any doubt or hesitation and the ball is called in. In making line calls, always be fair in both Varsity and JV matches.

### **TENNIS LADDER**

Once Varsity and JV teams are selected, challenge matches will be held to determine a Varsity Ladder (ranking) within the team. We will have a singles and doubles ladder for the Varsity team, JV will only have a doubles ladder, which may have several doubles teams on the same level based on skill level and not challenges. Once league matches begin the coach will set challenges as needed due to limited practice time.

Ladies tennis is a high school team sport, we encourage you to invite friends and family to support but the expectation is that you will cheer on your teammates during all matches, watch and learn, do not visit with friends on the sideline or be distracted by your cell phone.

Never wing it, have a plan!