

Packer Tennis

ADVANTAGE

IN TENNIS
IN SCHOOL
IN LIFE



#adILH2022

South St. Paul Girls Tennis

Fall 2022 Team Handbook

2022 Goals for our Team:

1. Have fun and enjoy the opportunity to be part of a team.
2. Find creative ways to include others and grow as a team.
3. Represent ourselves, our school & our community with positive attitudes, full-effort & good sportsmanship
4. Improve our team section finish & support each other from the beginning to end of the season.
5. Learn how to persevere on the court, in the classroom, and in life.

Coaching Philosophy: We coach to help student athletes learn the life skills of teamwork, integrity, and perseverance through the game of tennis. Our goal is to find the position on the team where you and the team can have the best chance for success. Each player has different strengths and abilities, and we will try our best to utilize these abilities for team and individual success. We strive to make you not only a better tennis player, but better prepared for life after high school.

Junior Varsity Philosophy: The junior varsity is the stepping-stone to the varsity team. This team will provide an opportunity for players who do not make the varsity team to gain experience and improve their strokes, strategies, attitude, work ethic, and mental toughness.

Varsity Team Selection: Try-outs will occur during the 1st 3-4 days of the first week. The top 10-12 players at that time will be named to the varsity. We want everyone to get the opportunity to play (and are not allowed to substitute), so the top 10-14 players on each particular date will travel with the varsity and other players will travel with the junior varsity. We may rotate the bottom positions until we find the best fit for the team.

Varsity Selection and Line-ups will be based on the following:

- Ability/willingness to uphold our team principles.
- Work ethic in practice.
- Competitiveness.
- Commitment to team.
- Current tennis abilities, overall athletic ability, and potential.
- Knowledge and execution of singles and doubles strategy and movement.
- Ability to hit, control, place, and execute advanced tennis strokes.
- Match performance at the varsity level.
- Positive attitude, full- effort & good sportsmanship

Lettering Criteria

- A player must play in one-third of all varsity tennis matches and must complete the entire varsity season.
- Seniors who have completed their entire junior and senior seasons and have shown exemplary leadership, attitude, and dedication may letter.
- The coaching staff may use their discretion in determining all letter winners.

Social Media Policy

Playing and competing for the South St Paul Girls Tennis Team is a privilege. Student-athletes are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your school and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team.

Snapchat, Instagram, Twitter and other social media sites have increased in popularity globally, and are used by many student-athletes at South St Paul High School in one form or another. Student-athletes should be aware that third parties - including the media, teachers, and future employers - could easily access their profiles and view all personal information. This includes all pictures, videos, comments and more. Inappropriate material found by third parties affects the perception of the student-athlete, our team and our school.

1. **THINK before you post:**

T = is it TRUE?

H = is it HELPFUL?

I = is it INSPIRING?

N = is it NECESSARY?

K = is it KIND?

2. It is acceptable to disagree with someone else's opinions. However, always do it in a respectful way.
3. Be safe online. Never give out personal information, including, but not limited to, last names, phone numbers, addresses, and exact birth dates. Do not share your passwords.
4. Set your security settings so that only your friends can view your profile.
5. How you represent yourself online is an extension of yourself. Do not misrepresent yourself by using someone else's identity.
6. If you run across inappropriate material that makes you feel uncomfortable, or is not respectful, tell your coach, parent, or teacher right away.
7. Students who do not abide by these terms and conditions may lose their opportunity to take part in our team.

TEAM PRINCIPLES

1. We accept constructive feedback and understand that:

CHALLENGES lead to struggle, mistakes & GROWTH

2. We embrace our role as a member of the Packer Girls Tennis Team and respect everyone else's role because:

Regardless what position one plays, EVERY team member MATTERS

3. We will work hard, strategize, and never give up or allow mistakes to affect the following points because:

**Getting better & looking good
DO NOT HAPPEN AT THE SAME TIME**

4. We are optimists and find the positive in every situation because:

**A bad attitude is like a flat tire
If you don't change it, you'll never go anywhere**

5. We are honest and respectful to our teammates, coaches, activities department, school, community and opponents and understand that:

**While today they may be our *opponents*,
Tomorrow they may be our *friends***

6. We support each other as a team by cheering on our teammates after our own match is completed, caring about their matches, and riding the bus home together whenever possible (with the exception of pandemics) because:

We are **ONE** TEAM
FAMILY

7. We will demonstrate responsibility and commitment to our team by being on time to practices and matches and by our attendance because:

**"80% of SUCCESS is SHOWING UP"
- Woody Allen**

8. We remember we are student athletes and playing on the South St. Paul Tennis Team is a privilege. We will do our part to help the team become a Gold or Silver Academic Team (3.75 or 3.5 GPA). We will not compromise the integrity of the team by using illegal substances. And we will proudly represent our team, school, and community both on and off the court because:

**"What you DO has far greater impact
than what you SAY"
- Stephen Covey**

South St. Paul Girls Tennis

Fall 2022 Handbook

The 2021 Handbook has been emailed out to parents and is available for download on South St. Paul website (www.sspps.org).

PLAYERS:

In lieu of signing a form, please copy/paste the following into an email from your own email account addressed to southstpaultennis@gmail.com and sign the email:

I acknowledge that I have read the 2022 SSP Girls Tennis Team Handbook and Social Media Policies. I understand what is written and have asked questions regarding anything that is not clear. I have a choice whether I want to be on this team or not, and I have chosen to be a member of this team with full knowledge of the guidelines and expectations set forth by my teammates, coaches, and South St. Paul High School.

PARENTS/GUARDIANS:

In lieu of signing a form, please copy/paste the following into an email from your own email account addressed to southstpaultennis@gmail.com and sign the email:

I am aware of the parent meeting on Tuesday, Aug 16 at 7 pm at the Roosevelt Tennis Courts.

I have read the 2022 Team Handbook and will help the SSP Girls Tennis Coaches develop the characteristics needed for my daughter to succeed in tennis and life. I will bring any questions I have about team expectations, line-up determination, or coaching philosophy to the parent meeting (or will get in touch with my child's coach to get my questions answered).

I will trust that my child's coaches will work hard to do what is best for the kids and the team. Although I may not always agree with the coaches' decisions, I understand my role as a parent is to support my player, the entire team, and respect the coaches decisions.

Thank you!
SSP Girls Tennis Coaches