

# RIVER RIDGE HIGH SCHOOL

## Boys Tennis Team Expectations

*By Coach Hill*

Expectations for a high school boys' tennis team typically encompass several areas to ensure a successful and positive experience for the players. Here's the breakdown:

### 1. Academic Performance & Attendance:

- **Balancing Academics and Athletics:** Student-athletes should manage their time effectively to balance their academic responsibilities with their athletic commitments.
- **Eligibility:** Maintaining good grades is necessary for participating in matches and tournaments. Ms Gore, our Athletic Director, will do periodic grade checks. Failing one class will result in being put on "grade watch," failing two or more classes will result in being placed on the ineligibility list and cannot participate in practice and matches until grades are at passing level.
- **Attendance:** Players need seven practice completed before they are eligible to play in a tennis match. Unexcused absences will result in not being eligible to play in the next day's match. If you are going to be absent from practice, please communicate your absence with the coaches.

### 2. Skill Development:

- **Individual Improvement:** Players are expected to continue to work on their own game, improving skills like serving, volleying, and rallying outside of practice.
- **Match Play:** Knowledge in singles and doubles matches is crucial, with an emphasis on strategy and sportsmanship.
- **Varsity Letter:** Players are eligible to receive a varsity letter for playing in one or more varsity matches during the boys tennis season.

### 3. Team Dynamics:

- **Teamwork:** High school tennis is a "team" sport that typically consists of two singles players and three doubles teams, in varsity. Players need to support each other—even the JV players. It takes a team to win a match.
- **Team Spirit:** Varsity players are encouraged to stay and support the JV players during a match.
- **Communication:** Effective communication with teammates and coaches is key for improving tactics and strategies.

#### 4. Commitment:

- **Practice Attendance:** Regular attendance at practices is important for personal improvement and team cohesion.
- **Effort:** Players should put forth their best effort in practice and matches, demonstrating a strong work ethic and dedication.

#### 5. Sportsmanship:

- **Respect:** Players should show respect for opponents, coaches, teammates, and parents both on and off the court.
- **Positive Attitude:** Maintaining a positive attitude, whether winning or losing, is crucial for personal and team morale.

#### 6. Fitness and Conditioning:

- **Physical Fitness:** Good physical condition helps with endurance and performance. Players should engage in fitness activities outside of regular practice.
- **Injury Prevention:** Understanding and practicing techniques to prevent injuries is important for long-term participation.

#### 7. Goal Setting:

- **Personal Goals:** Setting and working towards personal goals can help in improving individual performance such as personal ranking.
- **Team Goals:** Collaborating with teammates to set and achieve collective goals, such as winning matches or improving team ranking.

#### 8. Representation:

- **School Spirit:** Players should represent River Ridge High School positively, both in their behavior and their performance.
- **Community Involvement:** Engaging in community events or school functions can also be part of being a team member.

Having clear expectations helps players understand what is required of them and fosters a supportive and effective team environment.