West Fargo Sheyenne High School Tennis Handbook

Boys & Girls Tennis (Grades 7-12)

Introduction

The purpose of this handbook is to provide a comprehensive overview of the tennis program. Every player is expected to be familiar with its contents.

Philosophy

Participation in the tennis program is a privilege. Dedication, self-discipline, cooperation, and a strong work ethic form the foundation of a successful team. Good sportsmanship and respect for oneself and teammates will be upheld in every practice and match. Each player is expected to maintain a **positive and exemplary attitude** both on and off the court. Academic commitment, hard work in practice, and prioritizing team goals over individual goals are key expectations.

Conduct

As a member of the West Fargo community, you are a representative of your school and team. Always be respectful and courteous, demonstrating pride and dignity. Tennis is a sport that demands composure and integrity—players must **self-police their matches**, make fair calls, and display respectful behavior at all times.

No-Cut Policy

The Sheyenne High School tennis program operates under a **no-cut policy**. Players will be assigned to squads based on skill level:

- **Varsity Team** (Top 12 players, Grades 7-12)
- **"B" Squad** (9th grade and up, non-varsity)
- **"C" Squad** (Middle school players, non-varsity)

Final group assignments are at the coach's discretion. The **12 varsity players** will compete in the **Sheyenne Invite and the annual Bismarck trip**, while a select number of remaining players will participate in JV tournaments.

Practices

- **Time:** 4:00 PM – 5:45 PM at Sheyenne High School (unless otherwise noted)
- **Attendance:** 100% attendance is expected. Unexcused absences will not be tolerated.
- **Excused Absences:** Medical appointments (with a doctor's note), academic commitments (teacher's note), and injury-related absences (trainer's note).
- **Unexcused Absences:** Work commitments and detention are not valid excuses for missing practice.

- **Communication:** Notify the coach if you are unable to attend practice. You may leave a message with the Sheyenne office (701-356-2160) by 2:30 PM, call/text (701-541-1488), or email **hgu@west-fargo.k12.nd.us**.

Challenges & Team Placement

Initial team rankings will be based on **UTR/WTN ratings**, out-of-season **USTA tournament results**, and **designated challenge matches**.

- **Varsity Lineup:** The **top six varsity players** will receive the most match opportunities in duals and tournaments. The **bottom six varsity players** will also compete as determined by the coach.
- **Challenges:** Players ranked **9-12** may be challenged by non-varsity players **twice per season** for a chance to move up. Other position challenges will be at the coach's discretion. But you can always talk to me if you feel like you can move up.

Doubles Combinations

Doubles teams will be selected by the coaches based on **skill level, chemistry, and experience**. Pairings may change throughout the season.

East Region Individual Tournament

The **top 9 players** are eligible for the **East Region Individual Tournament**. The top **8 singles players and doubles teams** advance to the State Individual Tournament. Event selection will be dictated by the preferences of the players from the top of the team ladder down. There are possibilities of 3 singles and 2 doubles events in the tournament. Players will have the **freedom to choose their preferred event**, but the coach may offer strategic advice to maximize qualification chances.

East Region Team Tournament

The team's primary goal is to **qualify for the state tournament**. The **top 9 players** are eligible for postseason play, with the lineup adjusted based on matchups. Lineups may change before each match, and coaches will determine whether a player competes in singles or doubles.

Lettering Requirements

To earn a varsity letter, a player must meet at least one of the following criteria:

- Compete in **at least two** varsity conference matches (6-3 format).
- Be a **senior on the varsity/JV squad** with at least **two years of participation**.
- Qualify for the **postseason tournament roster (players 1-9)**.
- Win **two or more matches** at the **Sheyenne Varsity Tennis Invite**, **East Region**, or **State Tournament**.
- Students in **grades 7-12** are eligible to letter.

Team Goals

1. Qualify for the **NDHSAA Team Scholar Award** (team GPA of 3.2 or higher among varsity letter winners).
2. Finish in the **top four** of the East Region Conference.
3. Finish in the **top four** of the East Region Tournament.
4. Finish in the **top five** at the State Tournament.

Role of a Tennis Spectator

Spectators at tennis matches are expected to adhere to proper etiquette. Tennis differs from other sports in that **coaching during play is limited**, and players are responsible for **making their own calls**. As a spectator, please:

- **Do not enter the court area.**
- **Do not lean or crowd around the fence.**
- **Do not converse with players once they enter the court.**
- **Do not coach or assist with scoring or line calls.**
- **Avoid distracting players during a match.**
- **You may cheer or applaud when a player hits a winning shot, but do not cheer or applaud unforced errors.**

Failure to follow these guidelines **puts officials and coaches in a difficult position** and may result in removal from the venue. Your support and respect for the game help create a positive and competitive environment for all players.