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# Spring Lake Park Girls Tennis 2025

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Location: Spring Lake Park High School, Stadium Suite Room B205

Date: Wednesday, July 30<sup>th</sup>, 2025

Time: 6:30PM

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## Parent/Guardian Meeting

### I. Welcome

- a. Coach Dave Kuether - background as athlete/coach/parent



- b. Coach Alyssa Buchanan/Coach Amanda Preisinger/Coach Santana Waisanen/Coach Tanner Hunt

### II. Coaching Philosophy

- a. Three Crowns: **Positive Attitude – Full Effort – Good Sportsmanship**
- b. Lead with positivity – complement people doing good deeds and acknowledge them! – this becomes contagious reinforcing to others what this program strives for: **Creating a positive culture for the team as a whole**

### III. Goals and Hopes for the Season

- a. Coaches' goals

*Good communication – transparency – honesty – being respectful on and off the court*

- b. Parents goals and roles

- Emotional Support “*how did practice go today? How was your match?*”
- Booster Club – Rodd Tschida

#### IV. Logistics

- a. Practices 9-11AM before the school year begins, then 3:15-5:15 once school starts. Match schedule posted on Girls HS Tennis Page
- b. Communication – “GroupMe” App from the app store
- c. Lettering – 60% of Varsity Matches – coaches’ discretion as well. **Need to be at practice to play matches!**
- d. Schedule – 16 matches scheduled – subject to change due to weather!
- e. **MUST REGISTER BEFORE YOU CAN PRACTICE! Practice starts August 11<sup>th</sup>, 9-11AM**
- f. Uniforms/Wearables – *Team Store*: **COMING SOON!!!**
- g. Team Sections begin Sept 30<sup>th</sup>, Individuals Oct 13<sup>th</sup>, Banquet Oct. 20<sup>th</sup>.
- h. Proper shoes/clothing/sunscreen – websites tennis-point.com, tennisexpress.com, tenniswarehouse.com for equipment
- i. New Racquet? Swing City in Maple Grove Or Michael Lynns in Saint Louis Park. Recommendations: Wilson Blade, Wilson Ultra 100, Babolat Aero, or Yonnex Ezone. Grip size 4 ¼ for all racquets on the women’s team

#### V. Questions

***“Helping one person may not change the world,  
but it could change the world for that one person”  
-Anonymous***