Spring Lake Park Girls Tennis 2026

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

Date: Thursday, August 6th, 2026

Time: 6:30PM

Parent/Guardian Meeting

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

PTR

RSPA
DAVID KUETHER
CERTIFIED PROFESSIONAL

   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 17th, 9-11AM
f. Uniforms/Wearables – *Team Store: COMING SOON!!!*
g. Team Sections begin Oct 6h, Individuals Oct 19th, Banquet Oct. 22nd.
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

"***I can't change the world,***
but I can change the world in me"
-Bono