AMS Tennis
Coach Turnacliff

Course Description:
This is a continuation course of teaching the fundamental skills of tennis.

Focus includes: basic strokes; strategy; rules; scoring; etiquette; practice drills; singles and doubles play.

The more experienced students will receive instruction on use of spin; court positioning; footwork; and advanced strategies.

Course Objectives:
1. To present to the student the fundamental skills and knowledge of tennis.
2. To improve each student's skill in hitting all of the basic strokes: forehand; backhand; serve; volley; lob; and overhead.
3. To introduce or reacquaint each student to the basic rules, scoring, and etiquette of tennis.
4. To offer each student an opportunity to apply their skill and knowledge in actual match play.
5. To make each student aware of the basic differences in strategy for singles and doubles and to provide an opportunity to apply this information in actual match play.
6. To provide each student with information about current tennis trends, specifically in regard to local tennis programs, professional tournaments and equipment selection.
7. To encourage each student to pursue tennis as a life-time leisure activity.

Equipment Needed
Athletic clothes **must** meet school dress code requirements.
*Shirt must be an Andrews Mustangs theme/color.
Tennis shoes **must** be worn on the court.
Rackets are provided by the school if you do not have one.
Water bottle that can be refilled.
****Lock for locker.**

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Tennis is both an Individual Sport and a Team Sport.

There will be times on the court that it is just you. You make the decisions, manage your emotions, and adjust your strategy. There are no substitutions in the middle of a game. No one can step in to take over for you. Your match also contributes to the overall team score. Your energy affects team morale. Your commitment impacts lineup decisions. Your reliability determines whether teammates are put in difficult positions. If you do not show up for a match/tournament then the teams possibilities are:

1) Forfeit a match
2) Shift the lineup
3) Play short-handed
4) Lost team points

Rules/Expectations For Practice:

-No phones in the locker rooms **AT ALL.**
-Be on court ready to warm up/stretch at the appropriate time.
-If you are late, you owe a set of lines for every minute.
-If you are not dressed out in proper athletic attire, you will have 5 points deducted from your weekly grade.
-If you are not dressed out in proper shoes, you will sit out of practice, along with 5 points deducted from your weekly grade.
-If an inappropriate word is said, it is two sets of lines for every letter of the word.
-If any racket/ball abuse happens - athletes will start with a set of lines to run.

*If these continue, encouragements will increase.

Makeup Practice

If you are not going to be at practice for **ANY** reason you need to let me know through parent/student square, email, or sportsyou. If I do not receive anything this will result in extra encouragement. This will be completed as soon as you return the following day before you can join regular practice.

-If you miss an in class practice - it is a 1/10.
-If you fail to communicate your absence with me - another 1/10.

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Rules/Expectations For Matches/Tournaments:

-If you are top 6 and do not show up for the match/tournament or do not communicate beforehand that you are unable to play, you will have conditioning workouts to complete outside of practice time.
-When you are not playing a match, find a teammate and support them playing.
-No running around or horseplaying.
-Any inappropriate language or racket abuse will have an encouragement and/or match play disqualification.
-On traveling match days phones are allowed on the bus only. Once we get to the site, phones must be put in tennis bag/phone home box and left alone until the team is completely done playing.
-If traveling I will send messages **on SportsYou/ParentSquare** when we depart, return, etc.

Referrals

If you get a classroom/office referral there will be athletic consequences:
-If you get a referral for tardies it is a 1/10 for every tardy you have.
-If you get a referral for having missing assignments or zeroes it is a 1/10 for every assignment or zero.
-If you get a referral for missing mandatory tutorials it is a suicide on the back 5 courts.
-If you get a referral for anything else you will have two conditioning workouts to complete outside of practice time.

Failing Classes

If you fail at the 6 week period, before you can practice daily, you will run 3 laps around all 8 tennis courts with your racket over your head. This also means you may not participate in any matches/tournaments during that 6 week period.

Challenge Matches/Ladder

7^{th} and 8^{th} Grade will have their own ladders for challenge matches during the Fall Season. There will also be a combined ladder of both grades that will be used against different schools that also have a combined ladder.

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Daily Schedule

7th/8th Grade Boys **Come to school dressed for practice is easiest**

8:00 - 9:00 Drills, Stations, Lifting, Conditioning
9:00 - 9:08 Pickup Court & Change
9:08 Release to 2nd Period

7th/8th Grade Girls

3:08 - 3:15 Change and be on court by 3:15
3:15 - 4:15 Drills, Stations, Lifting, Conditioning
4:15 Pickup Court & Change

Contact Info

My conference is from 12:08 to 1:00.
You can always reach me on Parent Square, Sports-You, or by e-mail:
wturnacliff@andrews.esc18.net

Team Ladder

Team Calendar