

2019 Parent Meeting

1. Welcome and Coaches Introduction

2. 1 Program, Multiple Teams

- a. More students in the program than ever before (over 100 students 6-12)
 - i. Introducing elementary program this spring
- b. Appreciate your patience through good "growing pains"

3. Paperwork + Housekeeping

- a. Transportation Form/Emergency Medical Form
- b. Pay to Play Fee - please make sure this gets paid to the athletic office (\$50 per sport, \$25 for free/reduced lunch, 3rd sport free)
- c. Tennis Fee - \$135 - includes uniform top and bottom, court time fees, tennis balls, etc.
- d. Parent Contact Sheet - name, phone number, and email.

4. ABC Expectations

- a. Academic - High expectations - classroom first, sports second
- b. Behavior - Code of Conduct, respect for teachers, coaches, teammates, parents
- c. Commitment - High school sports are a privilege, please make the team a priority

5. Communication

- a. Email is the best way to contact me, parra@monashores.net
- b. Cell phone is helpful during tournaments, 616-881-2250.
- c. <https://goo.gl/PkNMXQ> → Google Calendar
- d. 24 Rule at MSHS

6. Parent Volunteers

- a. Parent Captains
 - i. These captains would be a resource for our coaching staff to free them up to coach, they would handle small administrative tasks and would be invaluable to our team this season.
- b. Transportation
 - i. Mostly buses, some vans
 - ii. Team travels together to matches/tournaments, can head home with parents/family if on transportation sheet
- c. Snacks for Tournaments/Dual Meets - Survey Sent Out Tonight
 - i. Tennis matches can be long and tiring for our girls, snacks are amazing!
 1. Food - Simple snacks - fruit, trail mix, high energy foods
 - a. Main dish for tournaments - hot dogs, crockpot tacos, etc.
 2. Drinks - water is usually provided by the host school, gatorade is a favorite
 3. No peanuts/tree nuts due to allergies, thank you!
- d. Team Dinners
 - i. If you would like to host or co-host a team dinner, please let me know!
 1. Could be hosted at a house, or after practice by the courts

7. Multiple Teams - Varsity and JV

- a. Team Size
 - i. Varsity - 12 Player Line-Up (1-4 Singles, 1-4 Doubles)
 - ii. JV - Development Team
- b. Cuts
 - i. Tennis is to be a no-cut-based-on-skill sport. We want everyone to play, everyone to get better mentality. We do expect every athlete to come ready to play and an attitude of growth.
 - ii. Please refer to our player expectations criteria. This explains what we expect from any athlete, regardless of tennis skill.
- c. Determining Line-Ups

- i. After try-outs, the coaching staff has many players that we believe could do great on varsity. The decision then would be to have those students play against each other to determine the line-up. These are known as challenge matches and are frequently practiced and expected throughout tennis programs throughout the state. The Varsity line-up may change throughout the season, especially in the beginning - thanks for being prepared with this info in advance.
- d. No matter which team a student may be on, our schedules align very closely for practices, and JV players may be called up for Varsity in case of injury/unexpected event. Varsity has Saturday tournaments, whereas JV has mostly weekly matches, with maybe 1 or 2 Saturday tournaments.

8. Uniforms

- a. 2 Official Uniforms - Rotation
 - i. Program Provided Uniform - Racerback Top with Skort, MS logo
 - 1. Needs to be returned at the end of the season
 - 2. Please wash cold/cold per instructions
 - ii. 2nd Uniform - Included in Tennis Fee - Top/Skort
 - 1. Players keep at the end of the season
- b. Cold Weather
 - i. Warm-Up Top will be offered for purchase, price to be determined
 - ii. Warm-Up Bottoms - up to individual players based on needs - black color
 - 1. Any brand sweatpants/thermal bottoms are totally fine
- c. Online Tennis Store - will email out link soon

9. Practice

- a. Pre-Spring Break
 - i. Odd times, odd days, working/dancing around many schedules
 - ii. Gym time at the High School 7-9pm (V + JV) - check schedule on Google Calendar
- b. Post-Spring Break
 - i. Mona Shores HS Tennis Courts
 - ii. 3:15-5:00pm
 - iii. Students need to communicate if they will be gone for practice
 - 1. Practice is important and valued, please prioritize

10. Weather

- a. Spring is unpredictable
- b. Court time is hard to come by on short notice - practice may be cancelled as a result, will communicate this out as soon as I know
- c. Will try my hardest to transfer practice to NP before moving to gym or cancelling
- d. Thanks for being flexible

11. Coaches and Player Expectations

- a. Count on Coaches:
 - i. To provide a safe, positive atmosphere.
 - ii. To give quality tennis instruction and provide opportunities for growth.
 - iii. To create a culture of excellence.
- b. Count on Players:
 - i. To be on time, prepared, and committed.
 - ii. To be coachable, receive feedback and apply it.
 - iii. To contribute to the culture through strong positive relationships and attitudes.

12. Matches

- a. Weekday Matches start at 4 (non-conference) and 4:30 (conference)
- b. Saturday Tournaments start around 8:30/9am (leave Shores around 7am)
- c. Parents can drive players home from tournaments/matches, just need to sign out/be on transportation list

Time for Questions

Extra Considerations/Ramblings:

1. Rules for Tennis Coaches -
 - a. No Stacking - MHSAA tennis coaches must play their teams in ranked order, based on justifiable evidence (scores from challenge matches)
 - b. Players must play at least 50% of the matches in order to be eligible for the regional tournament at the same flight.
 - c. Direct Sub - A coach may sub in a player, even if that player might be lower ability than players in a lower flight, to preserve the order of the line up for seeding and fidelity purposes, only if agreed upon by both coaches
2. Rules for Spectators (Coaches Included) -
 - a. No coaching can take place unless it is during a change over or set break
 - b. Coaches are the only ones allowed to give advice and skill coaching during a match
 - c. Only 2 coaches are allowed (3 if a 3rd venue)
 - d. Cheering
 - i. Winner - girl hits ball, returner can't make contact, CHEER!
 - ii. Forced Error - girl hits ball, returner makes contact, but doesn't get it back in play, don't cheer
 - iii. Unforced Error - girl hits ball, returner makes contact and should get it back over easily, but doesn't, don't cheer
 - e. Helpful Phrases:
 - i. "Nice Point"
 - ii. "Great Effort"
 - iii. "Amazing Hustle"
 - iv. "Alright, Here We Go!"
 - v. "You Got This!"
 - vi. "You Go Girl!" - obligatory 90's reference...
3. Equipment
 - a. Stringers - Nick Bennett / Norton Pines
 - b. Tennis Shoes - Large Platform, no rolled ankles
 - c. Grip - \$10 for a whole season, new grip every week
4. Teamwork
 - a. Even if you are done with your matches, look out for your teammates, cheer them on, give them support
 - b. Singles Players Lift Up your partners!