

**2018**  
**Palmer Ridge Girls Tennis**

**1. Coaches:**

Co-Head Coach: Dawn Kruger – 510-5682 [dkruger@lewispalmer.org](mailto:dkruger@lewispalmer.org)

Co-Head Coach: Skip Wells - 649-3056

JV/Assistant Coach: Kelsie Thomas – 659-6337

JV/Assistant Coach: James Taccagno – 970-560-8831

Volunteer Coaches: Keegan Bennett

Managers: Varsity: Jack Seymour & Braden Michelson JV: James York and Bryan Hauke

**2. All Communications**

Email once a week and website will always be current. Please bookmark our girls tennis website for easy access. <http://lewis.schoolwires.net/Domain/1350> All info link off of that page – Registration, Announcements, Coaches, Schedule, and other documents including tryout procedure. Weekly info will always be on the announcement pages. We will have separate pages for each team.

**3. Philosophy:**

Three month commitment

Good Sportsmanship

Academics first

Fun, Conditioning, Technique,

Provide a team environment for an individual sport

**4. Academics:**

Academics are first, tennis is second

Grade checks – 24 hours to clear grades March 8<sup>th</sup>, April 12, May 3<sup>rd</sup>

No tennis until next grade check

No F's

Time management is important – homework is not an excuse to miss practice

**5. Registration: \$175**

Begins February 6<sup>th</sup>.

All paperwork including physicals due by 2-22 at the latest. Including physical!

Can register online or by paper. Check must be received by Carla Weber – Athletic Secretary

**6. Pre-Season Optional practice at CC at Woodmoor**

Saturdays at CC at Woodmoor unless weather is great. Then PRHS courts.

January 20<sup>th</sup> 8am-10am- (JV)

February 3 8am-10am- (Varsity & challenging for varsity)

February 10 8am-10am (JV)

February 17 8am-10am (All levels)

February 24 TBD all levels

## 7. Practice Schedules (Estimated)

**Varsity: Monday-Wednesday 3:15-5:15, Tuesday-Thursday 4:45-dark, Friday 3:15-4:45**

**JV: Monday- Wednesday 4:45-6, Tuesday-Thursday 3:15-4:45, Friday 4:45-6**

Saturday practices for JV/Var TBD every week.

## 8. Practice Expectations:

Practice is mandatory. Must notify the coach via email or phone call by noon with reason if you must miss.

1<sup>st</sup> unexcused miss is a warning

2<sup>nd</sup> unexcused is a one match suspension

3<sup>rd</sup> unexcused miss requires a meeting with parents, player and coaches

Athletes must attend at least half of their academic schedule on the day of practice or matches to be eligible to play.

## 9. Tryouts:

All players (new or experienced) will participate in tryouts to determine where they fit on the teams.

The players will be divided into groups based on previous years' performance, experience, and coaches' assessments. We plan on tennis being a no cut sport providing the numbers are manageable.

Tryouts will begin the 1<sup>st</sup> or 2<sup>nd</sup> day of practice.

Players will play everyone in their group and based on scores the top 3 will play the higher group, lower three, the lower group. Weather permitting, we plan on two or three rounds.

Players that end up as the 12<sup>th</sup> and 13<sup>th</sup> will have the opportunity to challenge 10<sup>th</sup> and 11<sup>th</sup> for a varsity position.

CHSAA rules dictate that the 3 players with the best results play singles and the next 8 play doubles. The coaches will determine doubles teams amongst the final 8. To determine the 10-13 positions the most fairly and efficiently, with clear differentiation between Varsity and JV, the players that are in these 4 spots after completion of pool play will play one final round of pool play with full sets.

## 10. Team Expectations

**Varsity:** Attend all practices, tournaments, regionals and state matches. Tournament excuses will be granted ahead of time on a case by case basis. Should the player qualify, they will be required to attend all regional and state matches.

**JV:** Attend all practices and tournaments. Tournament excuses will be granted ahead of time on a case by case basis.

## 11. Team Tennis Bags and Warm-ups:

Every player is issued a team bag to carry her tennis gear providing we have enough. The player is responsible for the bag checked out to her. The bags can be stored in the athletic locker room during the school day. Each girl will have a locker assigned to her in this room. A lock is a good idea. The locker room is open before school, locked during the school day and reopened at the end of the day. A bag packing list will be given to the girls.

Each player will also be issued a warm up unless supplies are not enough. It is the responsibility of each player to return the bag and warm up in the same condition it was issued.

## 12. Parental Involvement :

Parents are encouraged to attend matches.

Parents will provide nutritious food and beverage for their daughter for matches.

Varsity, and JV host family to host a team dinner during the season.  
Some carpooling/driving may be needed however the girls will mostly use the district busses.

13. **Post-match Transportation:** If your player wants to ride home with anyone besides you they must have a form signed by Lance McCorkle – the AD. Parents must inform the coach if they are taking their child home. There may be a couple drop only matches where players will have to find their own ride home. You will know ahead of time if this is a possibility for a match.

**14. Uniforms:**

We will dress alike at all matches and at school on match days.

**15. Captains:**

Captains will be voted on by the team and finalized by the coaches.

**16. Fundraisers**

The coaches run summer clinics to help raise money for both girls and boys tennis. Assistance and participation with those clinics is key to our fundraising success. We are open to further fundraising opportunities so please see me if you have ideas.

We are working boys and girls basketball concessions this year rather than courtside concessions. Thanks to our reps for tennis: Sara Breese for boys team and Anita Rothwell for the girls team.

17. **Estimated Varsity Expenses:** (actual will be posted on the fusion page before tryouts)

Team Uniforms	\$55 each (if new to varsity, will need two)
Hoodie	\$45 -if new to varsity
Sweatpants	\$25 – if new to varsity
Long sleeve	\$35
Grand Junction Tourney	\$150 (2 nights hotel/food)
Cheyenne Mt Tourney	\$0, food provided by parents
Regionals	School funded
State	School funded
Banquet Fee	\$0 (provided for by fundraisers and parent donations)

**Estimated JV Expenses**

Team Uniform	\$55
Banquet Fee	\$0 (provided for by fundraisers and parent donations)

**18. JV Expenses:**

- a. One top mandatory, one skort/short w/ pockets either purchased or

**Other expenses:** possible indoor court fees if weather is bad during the season

**19. Court Shoveling :**

We will need to keep the courts clear starting immediately. Shovels and wheelbarrows will be locked up outside the shed. Combinations will be given via email. The snow needs to be removed and put outside the courts away from the courts – preferably downhill so it doesn't melt back onto the courts.