

## *Park Tennis Policies and Expectations*

### **1. Do not miss practice**

Unless you are injured, ill, or an emergency arises, you must attend practice. There are no exceptions to this rule. If you do have to miss practice for one of the above reasons you must bring a signed parental note. You should also notify the coach as soon as possible. Call Coach Townsend at 612-554-1912 and leave a message. If you miss practice and are unexcused, you will not play in the next match. Three unexcused absences will result in expulsion from the team.

### **2. Be at practice on time**

We will start practice at 3:40. This means that you should be inside the fence and ready to start practice by 3:40. If you are late to practice, you will run pride at the end. We will have practice when it rains. I will notify you ahead of time where we will be meeting. We will always meet at the same spot to eliminate confusion.

### **3. Do not be a discipline or academic problem in school**

Remember that you are leaders in the school, as leaders you must maintain higher standards than other

students because you represent our whole program. You also represent our school at away matches and proper conduct and sportsmanship are expected. Detentions, anecdotal, administrative conferences, will not be viewed favorably. Academics should maintain at least a “C” average. Remember Tennis at Park has a long tradition of quality student athletes and people.

#### **4. Attendance Policy for Participating in Athletics in District 833**

Be present in school for 50% of the school day in order to be eligible to participate in a practice or match on that given day? Have no UNEXCUSED absences during a school day in order to be eligible to participate in a practice or contest on that given day.

Be present in school 1st Hour on the day following a contest in order to be eligible to participate in a practice or contest on that given day (or have written confirmation of a doctors’ appointment).

#### **5. All players will travel and stay with the team**

Varsity players should be dressed and ready to go by the time they get on the bus for away matches. If time allows for home matches, players should be on the court 30 minutes before the scheduled match. All Players are expected to stay at the courts until matches are

completed. On match days, you have tennis from 3:00-7:00. Plan ahead so that all schoolwork, appointments, dinner, and other things are taken care of around these times.

**6. Athletes need to get at least 8 hours of sleep**

If you have homework that will take time please plan accordingly. If you are socializing or just lounging around, then getting six or seven hours of sleep is inexcusable. Tennis is a short season and physically taking care of yourself, so that you can reduce illness and injury is very important.

**7. Have a tennis bag packed for every practice and match**

The spring season is very unpredictable, so you have to be prepared for any type of weather that arises. Make sure you have a tennis bag packed that has warm clothes, sunscreen, etc. You can always take layers off, but if you don't have any warm clothes along it can affect your performance and health.

**8. Make sure you have plenty of water for practice and matches**

It is very important to drink plenty of water during practice and matches. You have to make sure you stay hydrated at all times. Make sure you take responsibility and fill your water coolers and bottles before the match or practice begins.