**North Mecklenburg**

**Tennis Player**

**Handbook 2015**



***Coaching Staff***

Laura Schwenk- Head Coach for both Boys and Girls Tennis.

Email- [Laura.schwenk@gmail.com](mailto:Laura.schwenk@gmail.com) /Phone Number- 267-275-3776

Please understand that I will not be checking E-Mails and phone messages during school hours.

***Practices***

Practices will start at 3:00 p.m. and end at 4:30p.m. Monday through Friday, unless there is a match or stated otherwise by the coach. Each player must wear appropriate shoes, athletic wear and bring a tennis racquet. If any athlete has a problem acquiring the proper equipment, place contact or see me.

Each practice will have 25 minutes of agility exercises and an hour of tennis play. This may include warm-up, drill play, strategies, group games, and match play. Players must bring their own drink (water or sports drink) to practice.

***Eligibility***

All athletes must meet the specific academic and attendance eligibility requirements in order to practice and compete in the North Mecklenburg tennis program. Each athlete must fill out and return all forms by the first week of practice. The forms are the eligibility packet, physical, Sport Pre-Participation Examination Form, Carolinas HealthCare System, and Notice of Release.

***Academic***

The North Mecklenburg Tennis Program encourages athletes to achieve a high standard of academic performance. Each athlete must meet the CMS district rules. The athlete must earn a grade point average of 2.0 for the preceding semester, (calculated using final semester and/or course grades) and have been present in school 85% of the instructional days of the previous semester. A student may participate in a school-sponsored extracurricular activity only if (1) the student is currently enrolled in at least one-half of the minimum academic course load, and (2) the student was in attendance at school that day for at least one-half of the instructional day. Any exceptions for eligibility requirements of clubs and organizations must be approved by the Superintendent. Eligibility of students in the program for exceptional children will be in accordance with local, state and federal guidelines

<http://assets.ngin.com/attachments/document/0059/4842/Policy_JJJ_Amended_07-22-2014.pdf>

***Attendance***

Student Athletes are not eligible to practice or compete for the North Mecklenburg Tennis Program on any day in which the athlete is absent. Only an athlete who is absent for a funeral, college visit, or any compelling reason may seek an exception to this rule with a written approval from the administration/dean. Students who do not have a written acceptable excuse and arrive after 7:15am will be ineligible to practice or compete on that given day, unless granted written approval from the administration/dean.

Please do not schedule doctor’s or dentist’s appointments or other conflicting appointments on a Match Day. You will receive a preliminary copy of the Match Schedule at the Athletic Meeting and a final schedule at the beginning of the season.

***Team Rules***

***Drug, Alcohol, &'Tobacco Policy***

The North Mecklenburg Tennis Program promotes a moral and healthy life style, so the use, possession distribution or manufacture of any illegal drug or alcohol is prohibited! This includes performance enhancing drugs as well as prescription drugs. Any player in violation of this policy will be removed from the North Mecklenburg Tennis Program. Players are prohibited from using possessing purchasing selling delivering or trading any tobacco products on school grounds. This policy applies to all school and non-school functions held on school property including training, practice or competition.

***Injured Athletes***

Any injured athlete is expected to attend all team practices, matches and other team events. It is beneficial for players to listen and observe all aspects of the North Mecklenburg Tennis Program, even if an athlete is unable to physically participate. Injured players should dress in team uniform for all matches.

***Tennis Equipment and Locker Room.***

Players will move North Mecklenburg Tennis equipment with care and pride, minimizing the wear and tear on the equipment. Athletes are responsible for their own tennis rackets. Players will have the opportunity to change in the high school locker room and should be promptly ready at the courts for practices and matches.

***Cell Phone, iPod, MP3 Player Use***

The presence or use of cell phones and iPods on or around the courts during practices and competition is prohibited. If you have concerns on your phone/iPod being secure, you may keep them in your personal bag within the tennis courts. Be advised, cell phones cannot be in sight and must be silenced or turned off during practices/matches.

***Timeliness- General & Away Bus Schedule.***

All players must show up 5 minutes prior to a practice and 10 minutes prior to a match. Players must be dressed and in tennis shoes and starting their warm-up at the start of the team event.

The bus schedule for away matches will be announced at the end of the practice immediately preceding the day of the match. Players absent from practice that day are responsible for contacting the coach or a teammate for the bus schedule.

***Communication***

The coach is available to discuss matters or concerns with players in person, by email and phone. Players must be responsible in communicating with the coach, teammates and parents. In the event of an absence or tardiness to practice or a match, students must contact the coach (they cannot only tell a captain). Failure to contact the coach prior to the absence or tardiness is a violation of the communication policy and will subject the student athlete to discipline.

* 1 unexcused absence from practice or match: Result in automatic suspension of the following match.
* 2 or more unexcused tardiness to practices or a match: Result in suspension of the following match and loss of ranking.

***Conduct on the Court***

No player may at anytime engage in unsportsmanlike conduct. This may include, cursing, racquet throwing/abuse, ball abuse and etc.

***Student Behavior***

Players are expected to behave on the court, in the classroom and in the community in a manner that reflects well on the North Mecklenburg Program. Treating faculty, staff and opposing teams with respect is the expected behavior of the North Mecklenburg Tennis Program. Students are to be mature, respectful and appropriate on and off the courts during practices and matches. Players who are disrespectful or violate the behavior expectations will be subject to suspension of match play.

A. Point penalties will be imposed against a player for unsportsmanlike conduct during a match and or tournament such as:

1. Unreasonable delays after the warm up period between points and when changing ends and otherwise unreasonably delaying a match.

2. Audible obscenity

3. Visible obscenity

4. Violently or with anger hitting (i.e., hitting the racket against any type of surface), kicking or throwing a tennis ball, racket or other equipment

5. Verbal or physical abuse of any official, opponent, spectator or other person.

6. Disruptive behavior

B. Following are the penalties for the above violations:

1.) First offense-point.

2.) Second offense-game

3.) Third offense–default of match

Player behavior reflects upon the school, tennis program and coach. These expectations extend to behavior while publically communicating online and on social networking sites (Example: Facebook, Instagram, Snapchat, etc.)

Responsibilities- Before/ During/ After Matches

* **Before Matches:** Help set up court (Ex Score Cards/Balls)
* **During Matches:** Watchand supportteammates during the match and assist players with water as needed. At this time Players should not partake in social hour ***(Ex Chatting with Girlfriend’s and Friends).*** If this is becomes on going issue, we will be having a team meeting!
* **After Matches:** Clean up courts (including bottles & score cards); all players are expected to stay for the entire team match. Players will be dismissed after the final team meeting following the last match.

***Parent Etiquette***

During the match, please refrain from talking to your player. This is a conference rule. If your player needs water/food during the match, he or she must go through the coach.

***Transportation***

Players must travel to and from away matches in the transportation provided by the North Mecklenburg Athletic Department. Only in the case of an emergency, may a player ride home with their family. If an athlete rides home with a parent, the Coach must have a written note.

***Team Captains***

The coach, prior to the first league match, will appoint team captains. Age, experience/rank or class year will not factor in earning the title of captain. The expectations for a North Mecklenburg Team Captain are:

• Be responsible

• Be an extension of the coaching staff

• Be a great communicator

• Be self-disciplined

• Practice good citizenship

Practices will start at 3:00p.m. and end at 4:30p.m. Monday through Friday unless there is a match or stated otherwise by the coach.

**North Mecklenburg Ladies Tennis Schedule 2015 Season**

**Date** **Opponent** **Site**  **Time**

**Mon. August 17th Cox Mill Away 4:00pm**

**Wed. August 19th Butler Away 4:00pm**

**Tue. Sept. 1st East Meck Away 4:00pm**

**Thur. Sept. 10th Rocky River Home 4:00pm**

**Tue. Sept. 15th AL Brown Home 4:00pm**

**Thur. Sept. 17th West Charlotte Home 4:00pm**

**Tue. Spet. 22nd Hopewell Away 4:00pm**

**Wed. Sept 23rd Myers Park Away 4:00pm**

**Tues Sept 29th Vance Away 4:00pm**

**Thur. October 1st Hough Home 4:00pm**

**Tues. October 6th Mallard Creek Away 4:00pm**

***The bus schedule for away matches will be announced at the end of practice immediately preceding the day of the match. Players absent from practice that day are responsible for contacting a coach or teammate for the bus schedule***

North Mecklenburg Tennis Player’s 2015 Handbook Agreement

Player Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Parent/Guardian Agreement***

By signing this document, I indicate that I have read the North Mecklenburg Tennis Player’s Handbook 2015. I also acknowledge that I understand and agree to the standards set forth in this policy in order for my son to be representing North Mecklenburg High School as a student athlete. I am also aware that any violation to these standards shall result in consequences contained in this policy.

Parent/Guardian Signature.

Date

***Student Agreement***

By signing this document, I indicate that I have read the North Mecklenburg Tennis Player’s Handbook 2015. I also acknowledge that I understand and agree to the standards set forth in this policy in order to represent North Mecklenburg High School as a student athlete. I am also aware that any violation to these standards shall result in consequences contained in this policy.

Student Signature

Date