

South Sioux City Boys Tennis

Philosophy of the Tennis Program

Have fun. Come every day and try your hardest to learn the skills necessary to become a good tennis player while maturing into an even better young adult.

Tennis is a lifelong sport. We all love tennis. Your coach is committed to you as students, athletes and as young men. It is his goal to provide every opportunity for you to become as good as you want to be. More important, he will strive to help you and your teammates become the best team you can be.

As a South Sioux City tennis player, you agree that the team is paramount. Your individual goals and your team's goals do not necessarily conflict, but when they do, you accept that decisions are made for the good of the team.

To balance academics, athletics, work and family, you must plan ahead and make difficult choices. The choices you make will affect your future opportunities. Choose wisely.

As a South Sioux City tennis player, you maintain the same focus and enthusiasm whether you are between the lines or in the bleachers as a spectator. You accept that playing time is decided by the coach for the good of the team. If you wish to challenge another player for a position, please do so respectfully by informing the coach of your intent. Your coach will set the match up.

Your coach wants you to know that almost any obstacle can be overcome with hard work. Commitment, perseverance and responsibility will be rewarded.

As you move through high school, share your new skills and insight with new or younger players. Be generous with your time. Our seniors are like assistant coaches. When you graduate you are always welcomed to return and be an active and involved SSC Alumnus.

Competition Schedules

Schedules will be posted online in a timely matter. A hard copy will be provided at the beginning of the fall tennis season.

Workouts and Matches

1. Workouts begin 10 minutes after 4th period ends. They will last no longer than 5:30 p.m. Monday through Friday. All other workouts will be determined by the coach.
2. Workouts will consist of conditioning, drills and match play.
3. Other school functions, doctor appointments or other non-school functions should be OK'd by the coach **at least 24 hours BEFORE** such appt are scheduled. Band is an activity that many tennis players are in. We make allowances for Friday night performances. Keep the lines of communication open.
4. If unsure of workout because of weather, absent teacher, etc..., check the Twitter account @TennisSSC
5. Player with jobs will have to work out their work schedule so that it will not interfere with practice or matches.
6. If a player misses practice(s) or match(es) he may sit out the next match but it is up to the coach's discretion. If you know you will have to miss a match or tournament, you must let the coach know well beforehand.
7. Make sure you always drink plenty of water and have a healthy diet outside of tennis.
8. At matches, you will wear an SSC tennis shirt. Seniors will decide what color of shorts we will wear for competition. It will be one color for the entire season.

General Rules

1. Alcohol and drug consumption will not be tolerated at any time. Violators can be released from the team at the coach's discretion. All infractions will be handled by the Activities Director.
2. All players are required to wear appropriate tennis attire for practice and matches.
3. All players will be in good standing in all classes in order to participate.
4. All team members will be present at all home matches until released by coach.

5. Disciplinary measures will be taken by the coach for skipping any of class during the school day. This behavior is not something we will tolerate. We like to be good examples to the rest of the student body.
6. Player order and team rank is to be determined by the coach. There will be chances for challenge matches throughout the season.

Court Etiquette and Behavior

1. When on the tennis court, demonstrate sportsmanship at all times. You are representing not only yourself, but the entire team and South Sioux City.
2. Loud and abusive profane language, racket throwing, or hitting balls indiscriminately is prohibited. Appropriate behavior on the tennis court is expected at all times.
3. Any insubordination on your part to the coach or the opposing coach or any other adult will not be tolerated. We love to represent SSC and our behavior will show that.

Travel Policy

1. All players will ride on the bus (or van) to and from the athletic event. The coach and the school are responsible for the players from the time they set foot on the bus to the time we arrive back in SSC.
2. A player may ride with his parents to/from an athletic event as long as it is approved in advance. A ride home is with family will not be frowned upon and granted always.
3. When we go on an overnight trip we will stay in a hotel together and we will observe a curfew.
4. Please have your parents ready to pick you up when we get back to SSC.
5. We love to have all members stay until all matches are over. Sometimes there are extenuating circumstances and this rule will be waived if it needs be. If you have homework, please bring it with you.

Awards

Earning a Letter

Varsity players will earn a letter if they meet **any** of the following standards and complete the season as an **eligible member in good standing** of the varsity team:

1. Play in 25% of the varsity matches for the season.
2. Perform a vital role for the varsity team.
3. Receive recommendation from the coach.

Awards Banquet

We will have an awards banquet at the end of the season to complete the season and hand out awards / recognize accomplishments.

Practice Procedures

1. Practice time begins at 3:30 pm and goes no later than 5:30 pm Monday through Friday.
2. If a player is going to miss practices, he needs to tell me as soon as they can. You may email me (mark.casey@ssccards.org) or use twitter (@TennisSSC). If the player doesn't let me know, there will be consequences.
3. Players are required to be at every practice.