

TENNIS

DEVELOPING A TEAM

IN AN INDIVIDUAL SPORT

**COACH LOUIS NASH
OXFORD HIGH SCHOOL**

ITEMS OF IMPORTANCE - ALL lead to building a TEAM and a PROGRAM

1. People to Know: School officials from superintendent to principals to athletic staff to teachers (especially teachers}, booster club officers and members, city leaders, park commission head and staff (especially those who work the grounds and clean up crews}, local teaching pros; both public and private, sportswriters - local and state, leaders and staff of state high school association, a network of high school coaches within your state and surrounding states, all of the community college and college level coaches you can meet, leaders and staff of state coaches association, leaders and staff of state tennis association, members of local tennis association, 'regular' tennis players at the courts on which you practice.

2. Considerations Regarding Tryouts: specific dates (must work with and around other sports at your school) , number of days, how many players will your squad consist of, 'no cut' program, format of the tryout days (use of feeders, match play, etc), rules or rubric to base selection on, publicity, means of notification of those making or not making the team, team meeting date after try-outs. *see attachment 1-2

Note: We have close to 100 players grades 6-11 trying out for tennis each year. My assistant coach creates a sign up form online through the school district web site and homework app. This helps in preparing for the upcoming tryouts.

3. Summer Practice: state association rules, dates, times, matches, Junior Team Tennis, daily practice format, working with other sports. *see attachments 3-4

Note: We practice each week day from noon-2. No other sport is practicing during this time, so our players are available each day for practice or matches. See Attachment #4 for more information. Attendance each day at summer practice is VOLUNTARY. Like everyone else, we have students at camp, vacation,

4. Team Make Up: How are you going to determine who is on varsity, junior varsity, intramural program. How many players will be in each group. Can those players 'move' up or down from group to group. Guidelines for determining all of the above.

5. Scheduling matches: state association rules for total number of matches, number of matches per week, spring break dates, exam and testing dates, prom date, ACT test dates, First and foremost - schedule division opponents! These will be the most important matches you play for advancement in the play-offs so the timing (early or late season) is very important. Next, schedule the teams that you usually play year after year. Then, decide the remaining strength of the rest of your schedule. If you think you are going to have a stronger team find the best competition you can. You may have to travel further than usual to do this, but it will be of great benefit to your group as the season goes on. On the flip side, if you think your group is going to be weaker than normal, schedule teams they can compete with. Don't get your team beat down by over scheduling your talent. See Attachment # for examples of varsity and JV schedules. *see attachment 5-6

6. Practice schedules: How you schedule your practice routine will depend upon how many players are on your team, how many courts are available, how much time is available each day, how many coaches or volunteers are on your staff, whether it's preseason, in season, off season, how many balls you have, do you have ball machines, skill level of players, just to name a few. Whatever your practice for that day is KEEP A COPY OF IT so you will know from day to day, week to week, year to year what you have worked on when and whether it was any good or not.

7. Miscellaneous:

- a. talk to EACH kid each day whether it is about tennis or not
- b. be available to spend time with a player who wishes to talk with you
- c. Do not send a text or email to a single player. They should all be in a group.
- d. I do not text or email with parents. Players are responsible for communicating all information to their parents. All information is on Twitter, Facebook, school website. I prepare a weekly schedule (see Attachment #) for the players to s their parents. If an issue comes up that needs solving, the child will set up the meeting with his/her parent(s) and me. *see attachment 7-8
- e. involve your athletic director or building administrator in the conference if you thing it will be contentious.
- f. I make notes during practice and matches to talk to certain players about certain things. You can only address so much while play is going on depending on your state association coaching rules during play.
- g. I do not address individual players directly after a match (always the full team). UNLESS there is a behavior issue. Wait until some time passes before you have a lengthy discussion about the match just played, especially if it was a difficult loss
- h. Go to events that your players are involved in - school plays, band concerts, other sporting events, Eagle Scout ceremonies...
- i. plan outings for your team or have your seniors plan them such as bowling day, eating out, meals before matches, swim parties, ...
- j. keep up with your player's academic progress. spend time talking with your team academics each day
- k. Keep a USTA Rules of Tennis book readily available. Spend time reading the rules and going over basic and unique rulings with your team. Talk about one rule each day (I do it while the team is going through pre-practice stretching). We have periodic rules quizzes which are very handy for a rainy day. *see attachment 9-10
- l. have a plan for rainy days - indoor gym workout, running, team meeting, etc
- l. everyone is important - everyone gets the same information, uniforms, etc
- m. give out duties to your older kids first, such as: cleaning the bus after trips, picking up all balls and cleaning courts after practice, carrying and setting up equipment before practice or matches, leading warm-ups.....
- n. keep playing time competitive during the season - don't let the top kids get too complacent with their position.
- o. also to consider: end of the year event, awards, senior recognition, letter requirements, inventory.... *see attachment 11-12

FREE physicals - OIS/OMS/OHS April 24 9 am. until all done

Monday-Tuesday May 13-14 @4:15-5:30 TRY-OUTS (current grades 9,10,11)

Wednesday-Thursday May 15-16 @4:15-5:30 TRY-OUTS (current grades 6, 7, 8)

Friday May 17 @4:15-5:30 make-up day TRY-OUTS (any grade)

1. Have name tags ready for students trying out.
2. Assign students to groups
3. We usually have players rotate through several courts depending how many are trying out.
4. Example: Court 1 - forehand cross-court and inside out (feeder)
Court 2 - backhand cross-court and down the line (feeder)
Court 3 - volleys/overheads (feeder)
Court 4 - slices and lobs to hitting partner
Court 5 - groundstrokes to hitting partner
Court 6 - serves to hitting partner

*I usually use either older players or former players to assist with the feeding. Very important to have feeders practice what you want them to do.

5. During this time my assistant and I are roaming and evaluating players. We will meet at the end of each tryout period to compare notes and change of groups/hitting partners for day 2.

NO-CUT TENNIS PHILOSOPHY:

It is the right thing to do – every child should have the opportunity to engage in healthy, lifelong activities in a safe and supportive environment with their peers. Participating on a team helps create well-rounded student athletes, develops leadership skills and teaches responsibility, discipline, teamwork and cooperation – skills every student should be entitled to develop.

OHS Tennis will be broken down into 3 groups:

Varsity, Junior Varsity, Intramural

Varsity will consist of 16 players (8 boys and 8 girls) based on 'ladder' matches and coaching decisions. Varsity will play 20+ matches during the course of the school season.

Junior Varsity will consist of the next 16 players (8 boys and 8 girls) based on 'ladder' matches and coaching decisions. JV will play 8-12 matches during the course of the school season.

Intramural will consist of the remaining players divided into 2 teams (white and yellow) of equal strength as determined by the coaches. Intramural teams will practice daily and play matches against each other as much as possible.

7th Period: (12) courts will be available at John Leslie Tennis Center for varsity and JV practice beginning Jan 6. On Feb. 3 (6-8 courts) will be available for after school practice for ALL players using the following schedule.

3:15 – 4:30: Varsity
4:30 – 5:30: JV
5:30 – 6:30: Intramural

Items needed for ALL players:

- (yellow form) medical and publicity waiver
- recent physical
- Drug Test approval

Index Card Information:

- name
- e-mail address
- text-phone number

SUMMER TENNIS INFORMATION

PRACTICE: JUNE 3 - JUNE 21 and JULY 8 - JULY 31

- MONDAY - FRIDAY - NOON - 2 p.m.
- Monday/Wednesday - 1 up challenge days
- Tuesday/Thursday - doubles days
- Friday - 2 up challenge day

DEAD WEEK - NO PRACTICE - JUNE 24 -JULY 5

MATCHES scheduled so far:

- June 6 at 2 p.m. vs Newton County (home)
- June 7 at noon vs Tupelo (away)
- June 14 at 1 p.m. vs NW Rankin (home)
- June 19 at 10 a.m. vs New Albany (away)

JUNIOR TEAM TENNIS - State JTT championships - July 19-20 (Ridgeland, MS)

Sign Up numbers: go to ustatennislink.com - 'find a team' - put in your team number

14 UNDER intermediate Team: 7038383738

18 UNDER int. Team: 7038383739

18 UNDER advanced Team: 7038384928

Match schedule:

- 14 U int: June 13 v Koestler @ 6 p.m.
June 25 v Shipman @ 5 p.m. (will play twice)
June 28 v Bowen @ 4 p.m. (will play twice)
- 18 U int: June 25 v 18 adv @5 p.m. (will play twice)
June 28 v Bowen @ 4 p.m. (will play twice)
- 18 U adv: June 25 v 18 int @ 5 p.m. (will play twice)

SAMPLE PRACTICE PLAN - especially for the summer when you have a bit more time

- 'short court' with footwork (3 min)
- Stretch - arms and shoulders (2 min)
- SERVING - the least practiced - most important stroke - warm up - 10 mins deuce - 10 min add side side. Work on pace, spin, placement, 'kick'
- Baseline groundstrokes - 'down the line' (5 min)
- One side volley beginning on service line, then mid box, than one racket link from net - other side hits groundstrokes to volley player - then - SWITCH - (20 mins - 10 min ea)
- Baseline CROSS - COURT groundstrokes - (20 mins - 10 min from each side - experiment with all types of spin, grips, slice, etc
- Ending - hit at least 10 overheads, work on lop, drop shot, 'fun' shots (5-10 mins)

About 1 hour and a half...(minimum 3 times a week....seems like a lot.....trust me, it takes a lot...then you add in -

- 'lessons' with a teaching pro/family member
- match play vs a friend/family
- Tournament matches
- Team tennis matches
- Conditioning work outs/weights/yoga/running.....
- Other practices/sports/games/etc
-

EAT/HYDRATE well, SLEEP well, RELAX well, ENJOY!

AREA. TOURNAMENTS THIS SUMMER - you can see the full Mississippi calendar on mstennis.com , click juniors - tournaments - 2023 Junior Calendar.

*You can go to other links on this site for out of state junior tournaments

JUNE 2-4 (level 6) Oxford Junior Summer Classic ID# 23-71737
deadline - May 28

JUNE 23-25 (level 5) Ridgeland Doubles-only Tournament - ID# 23-54671
deadline - June 14

JULY 14-16 (level 6) Oxford Summer Open - ID# 23-91664
deadline - July 10

JULY 21-23 (level 6) TUPELO Country Club Summer Open - ID# 23-35172
deadline - July 16

AUGUST 18-20 (level 6) Oxford Doubles only Tournament - ID# 23-31994
deadline - August 6

OXFORD HIGH SCHOOL TENNIS 2019 VARSITY SCHEDULE

Friday/February 22	St. Aloysius	Oxford	3 pm
Saturday/February 23	New Albany	Oxford	9 am
Tuesday/February 26	Hernando	Oxford	4 pm
Thursday/February 28	Newton County	Decatur	2 pm
Fri-Sat/March 1-2	Pensacola Tournament	Pensacola	TBA
Tuesday/March 5	Tupelo Christian Prep	Oxford	3:30 pm
Tuesday/March 19	Grenada	Grenada	4 pm
Thursday/March 21	Tupelo	Tupelo	4 pm
Friday/March 22	Madison Central	Oxford	2 pm
Friday/March 22	New Albany	New Albany	5:30 pm
Wednesday/March 27	Lafayette	Oxford	4 pm
Friday/March 29	NW Rankin	Oxford	2 pm
Tuesday/April 2	*S. Panola	Batesville	4 pm
Thursday/April 4	*Tupelo	Oxford	4 pm
Fri-Sat/April 5-6	NW Rankin Tournament	Jackson	TBA
Monday/April 8	Pontotoc	Pontotoc	4 pm
Wednesday/April 10	Individual Region Tours.	Oxford	9 am
+April 15	1st Round Play-offs	TBA	TBA
+April 18	2nd Round Play-offs	TBA	TBA
+April 22	North Finals Play-offs	TBA	TBA
April 26	State Team Finals	Jackson	TBA
April 29-30	State Individual Finals	Oxford	TBA

* Division 2-5A match

+ Dates can vary according to match-up and advancement

OXFORD HIGH SCHOOL TENNIS 2019 JV SCHEDULE

Friday/February 22	St. AL	Oxford	*6 pm
Saturday/February 23	New Albany	Oxford	*10 am
Tuesday/February 26	Hernando	Oxford	*6 pm
Monday/March 4	Tupelo	Tupelo	4 pm
Tuesday/March 5	TCPS	Oxford	*5:30 pm
Friday/March 8	New Albany	Oxford	4 pm
Saturday/March 23	JV Tournament	Oxford	9 am
Monday/March 25	Hernando	Hernando	4 pm
Wednesday/March 27	Lafayette	Oxford	4 pm
Friday/March 29	NW Rankin	Oxford	*2 pm
Saturday/April 6	JV Tournament	Oxford	9 am

*times may vary

Monday, January 28 - after school practice begins. Practice for the first week for non last period players will be from 4:45 - 6:15 pm.

FREE physicals - OIS/OMS/OHS April 24 9 am. until all done

Monday-Tuesday May 13-14 @4:15-5:30 TRY-OUTS (current grades 9,10,11)
 Wednesday-Thursday May 15-16 @4:15-5:30 TRY-OUTS (current grades 6, 7, 8)
 Friday May 17 @4:15-5:30 make-up day TRY-OUTS (any grade)

Monday, June 3 @noon - SUMMER practice begins

TENNIS WEEK - MARCH 24 - APRIL 1

FRIDAY - MARCH 24 v Corinth 1:30 p.m.

Uniform - Black

Playing - Rowan, Ben, Leland, Andrew, Ligon, Tad, Owen, MM, KR, Ella, Crawford, Bel

MONDAY - MARCH 27 @ New Albany 4 p.m.

DEPART tennis courts 2:30 p.m.

Uniform Blue bottom, white top for boys ALL blue for girls

Playing: Rowan, Hayes, Andrew, Sutherland, Leland, Fruge, Owen, MM, Chase, Ella, KR, Crawford and others TBA

Traveling: ALL

4:15 - 6 LATE Practice

TUESDAY - MARCH 28 V Tupelo 4 p.m.

SNACKS - Girls

WATER - Boys

UNIFORMS - BLACK

Playing - Rowan, Hayes, Andrew, Ben, Leland, Fruge', Owen, Chase, KU, MM, Bel, Crawford
And others TBA

WEDNESDAY - MARCH 29

REGULAR 4TH block practice - 4:30

4:30-6 LATE practice

THURSDAY - MARCH 30 @ Grenada 4 p.m.

DEPART - 2:20 p.m. tennis courts

Traveling: Owen, Bel, MM, Crawford, KU, Chase, KR, Ella, Rowan, Hayes, Andrew, Fruge', Ben, Leland, Sutherland, Tad, Ligon, HenryH

ALL OTHERS - Regular 4th block practice - 4:30

4:30 - 6 LATE Practic

FRIDAY-SATURDAY MARCH 29 - APRIL 1 @ NW Rankin Tournament

DEPART: 8 a.m. from tennis courts

SNACKS - GIRLS

WATER - BOYS

OXFORD BLUE Team: Andrew, Hayes, Sam, Tal, Van, Rigby, Crawford, Lotte, Lainey, Peyton, AP, Anna Garrett (wear blue/white Friday and Black Saturday)

OXFORD GOLD Team: Nordy, Grayson, WillB, Wells, Mott, Guy, Maddie, Mims, Claire, Lucy, Kennedy, Annabelle (Wear white bottom/blue top Friday, wear white bottom/white top Saturday)

SCHEDULE: FRIDAY

@ Jackson Prep - 3200 Lakeland Drive, Flowood MS 39232

1:00 p.m. Oxford BLUE v Jackson Prep

1st Annual Tennis Parent Newsletter!

1. Welcome to a new season! Your support is invaluable to our team and we look forward to another journey together.
2. On Sunday, I try my best to get a schedule for the whole week to each player. In doing so it becomes their responsibility to share this with you. This is especially important for the youngsters who depend on you to transport them. If you are having difficulty knowing when or where your child is supposed to be, do not hesitate to call or text me (457-6071 or Coach Little 312-4938).
3. Some things you need to know:
 - If your child has an issue with anything regarding this team please encourage them to come to me or Coach Little.
 - If that issue still exists in his/her mind contact me and I will set up a meeting with you and your child to try and work things out
4. Tennis stuff:
 - You do NOT get to coach or say anything in a 'coaching' nature during a match (MHSAA and USTA rules)
 - You do NOT get to call lines or help in the scoring of a match
 - You do NOT get to 'help' me or Coach Freeman
 - You DO get to encourage our team members and coaches and bestow them with praise
 - You DO get to assist in any way with the feeding, transporting, housing of our team.
 - You DO get to travel and cheer on the best group of kids in the state.
 - 3 to DO NOT and 3 to DO – not a bad deal
5. Again: My contact information
 - lnash@oxfordsd.org
 - (662) 457-6071
 - Coach Little - ddlittle@oxfordsd.org

GO CHARGERS!

Tennis Rules Quiz:

1. Does a player lose a point if the ball hits his/her racket twice during one swing?
(p.21)
2. Does a player lose the point if the player's hat hits the net? (p. 21)
3. What happens if the ball hit a player's hat that landed on the court earlier in the point? (p. 21)
4. Does the 20 second rule apply to the second serve? (p. 18)
5. Should the receiver be penalized for delay if the receiver was not getting into a ready position until 18 seconds after the end of the previous point even though the server was ready to serve within about 15 seconds? (p. 18)
6. During the service, when does a foot fault occur? (p. 16)
7. May the server hit the serve just as the receiver looks up after getting into the ready position? (p. 17)
8. May a doubles team switch its serving order at the beginning of any set or a match tie-break? (p. 14)
9. May a doubles team switch its serving order at the beginning of any set or a match tie-break? (p. 14)
10. Where may the server stand? (p. 15)
11. Do players change sides after a tiebreak is played to decide a set? (p. 12)
12. Who wins the point if a player hits a ball that hits an object attached to the net or post (such as the scoring device) and then lands in the proper court? (p. 13)
13. In a singles match, what happens if a ball hits to top of the net outside the singles stick and then lands in the court? (p. 13)

14. How high is the net at the center strap? (p. 6)
15. How high is the net at its height next to the double's post? (p. 6)
16. Is the net post in play during a double's match or a single's match without singles sticks? (p. 6)
17. What happens if it is discovered after play has begun that a player has been using an illegally strung or illegal racket? (p. *)
18. May a player who breaks a racket or string leave the court to get a replacement? (p. 8)
19. What happens if a player's dampening device comes out and hits the net or the opponent's court? (p. 21)
20. Must a request to remove a ball that is lying in the opponent's court be honored? (p. 22)
21. What is the difference between a deliberate and an unintentional act? (p.23)
22. Can a player's own action be the basis for that player claiming a let or a hindrance? (p. 23)
23. What happens if a player's cell phone rings while the ball is in play? (p. 24)
24. Is an out call or other noise from a spectator a hindrance that slows a point to be replayed? (p. 24)
25. A 10 point tiebreak is to be played in lieu of the third set. The players mistakenly play a regular set and do not realize the mistake until the score is 2-1 , 30-all. What should be done? (p. 26)
26. During a 10 point tiebreak in lieu of the 3rd set, player A is ahead 7-5 and comes to the net to shake hands with Player B. Player B refuses to shake hands contending that the match is not over. What should happen? (p.27)
27. The same situation as above and player B DOES shake hands? (p. 27)

Coach will read rule 27.1 on p. 26 regarding correcting errors.

Tennis Coach's Checklist

I. Pre-Season

- ☐ Ensure roster is correct and all students are fully eligible on Dragonfly
- ☐ Schedule preseason parent meeting according to dates set by the Activities Department
- ☐ Hold preseason meeting with students to explain team rules and expectations
- ☐ Check inventory and equipment
- ☐ Attend all pre-season meetings required by MHSAA
- ☐ Ensure that any transfer students have been submitted to Activities Department and deemed eligible by MHSAA
- ☐ Complete Transportation Request for all out of town trips
- ☐ Upload schedule onto Dragonfly (Home contests only)
- ☐ Upload roster and schedule onto Roster sheet found in Super Folder
- ☐ Work with Strength and Conditioning Coordinator to create a plan for preseason strength and conditioning. Communicate plan to Activities Department
- ☐ Turn in quotes for all anticipated entry fees and submit a PO request.
- ☐ Complete the "Booster Club Request" form and turn into the Activities Directors (if requesting).
- ☐ Plan and complete the Fundraiser and Fundraiser Follow-Up forms (if applicable).
- ☐ Clean and organize all facilities used
- ☐ Send all dates and times requiring students to be dismissed early to the Activities Directors

II. In-Season

- ☐ Report any roster changes to Activities Department prior to participation or practice
- ☐ Keep daily records of attendance
- ☐ Issue and record equipment and uniforms (Items bought through district funds must be returned by students)
- ☐ Update activities website as needed (schedules, rosters, & tryout information)
- ☐ Notify all necessary parties of schedule changes
 - ☐ Activities Department
 - ☐ School Administration
 - ☐ Heather Lenard
 - ☐ Officials
 - ☐ Bus Shop
 - ☐ Sports Medicine Staff
 - ☐ Parents & Student Athletes
- ☐ Work with Strength and Conditioning Coordinator to create a plan for in-season strength and conditioning. Communicate plan to Activities Department
- ☐ Input all scores from contests into Scorebook Live immediately following contests.
- ☐ Send an alphabetized roster of all kids being dismissed early for competitions to the principal and attendance clerk 24 hours prior to the time needed for dismissal

- ☐ Maintain clean and organized facilities

III. Post-Season

- ☐ Collect uniforms/equipment and complete inventory. Keep an up-to-date file containing inventory that can be produced if needed.
- ☐ Ensure your students complete Post Season Survey
- ☐ Provide Activities Directors with a list of students successfully completing letterman requirements (document will be provided by ADs)
- ☐ Schedule end of season meeting with the Activities Directors to discuss survey results and evaluation
- ☐ Work with Strength and Conditioning Coordinator to create a plan for offseason strength and conditioning.
- ☐ Clean and organize facilities