



Mountain View High School Spring 2023 Tennis Expectations and Regulations

I. Team Commitment

A. This is a four month, Monday–Thursday commitment.

B. Exceptions:

1. Sicknes—Illnesses that cause you to miss school, and family emergencies are excuses for missing practice.

2. Other situations—Let’s Discuss.

II. Expectations of Student Athletes

A. Accept your role on the team. Embrace it. Perform your role to the best of your abilities; if you want to change your role, earn it through hard work and quality performance.

B. Play hard all of the time! (Practice Hard; Play Harder)

C. Maintain a positive attitude toward everyone: teammates, opponents, coaches, officials, parents, etc. no matter what the score is.

D. Be “coachable”. Be prepared to learn and change. Don’t make excuses. Continually focus on improving skills and knowledge.

E. **Players understand that in order to be at peak performance they must not be involved in the utilization of alcohol or drugs unless prescribed by a medical physician. Players represent Mountain View and are held to a higher standard of conduct than the regular student body. Participating in an athletic program is a privilege and honor.**

F. Being a student athlete is an esteemed position at Mountain View. As Mountain View Tennis Players you are visible representatives for the high school. You are expected to demonstrate good sportsmanship, promote school pride, and carry yourself in an appropriate manner both on and off of the court (i.e. in school, on social media and off of school property)

1. Any form of hazing is strictly prohibited and will result in immediate expulsion of the team.

III. Expectations of Parents

A. Pick up players from practice and matches on time. Our schedule is available on our website and has been provided in print.

Coaches cannot leave until your player is picked up.

1. After three incidences of being 15 or more minutes late, parent/guardian will be required to meet with the coaches to determine player’s eligibility for further participation in tennis.

B. Cheer for us and not against the other team. Know the rules! **You cannot coach during the match at all.** You cannot cheer during the point but feel free to cheer once the point is over. Don’t talk to the players, question their calls, or make comments under your breath. Be mindful of “tennis court etiquette.”

C. **You cannot approach the court during games.** The players will learn to get what they need before a game starts (drinks, equipment, etc.). Once the team starts our pre-game routine, there should be no need for parents to intervene unless asked by one of the coaches.

D. If at any time there is a question about playing time or any other concern, the student athlete should initiate a meeting with the coach to discuss the matter. If this does not clarify the situation, then the parent and player can set up an appointment with the coach to discuss it further.

E. Understand that other player’s playing time or performance will not be discussed.

F. Keep in mind why we are out here. The Varsity Tennis Team is meant to be competitive. However, it is our goal to make sure they are all having fun by learning and improving their skills while competing in matches. We will always strive to win, but we do not have a “win at all costs” mentality.

G. **Meals:** Every family will be expected to bring a meal for team matches once or twice over the course of the 2023 tennis season. A schedule will be provided and posted on the website. **If you cannot provide the meal for your particular match it is your responsibility to contact another tennis parent and change your date. If there is a change please notify the coaches by email.**

IV. Playing Time Expectations

- A. Players will earn their spots in the line-up. Playing time is not guaranteed and will not be balanced.
- B. Expect the line-up to change more at the beginning of the season. We will make changes for a variety of reasons. The coaches will make the line-up. If your player is moved "down" the line-up, they need to see this as an opportunity, not a punishment. (Remember the rule about accepting your role on the team).
- C. We will teach every player about doubles and singles strategies.

V. Expectations for Practices and Matches

- A. Practices will start in January from 2:30-4:00pm. We will practice 4 times per week until matches begin.
- B. In the event that players will miss either practice or a match coaches must be contacted via email, text, or in person prior to the missed event. Player needs to contact the coach by 12pm.
- C. Players who must miss a match will only be excused for the following reasons: **serious illness, family emergency, and/or mandatory academic events.**
- D. Once region play starts, on days without matches we will practice.
 - 1. After three missed practices and/or one missed match without notice parents and/or players will be required to meet with the coaches regarding player eligibility.
- E. **Players will attend and stay for the entire match. (Any exceptions are at the coach's discretion).**
- F. Matches are subject to change. It is your responsibility to continually and consistently check the team website for updates.
- G. Practices are subject to change.

VI. Dues

- A. Player Participation dues.
 - 1. **Tennis Dues:** includes sweatshirt, sweatpant, uniform-black and gray dry fit tops for players (tanks for girls and short sleeved shirts for boys), tickets to banquet (player plus 2 guests), and equipment (balls, homegame court fees, etc).
 - 2. **New Player Pack (\$275):** includes warm-ups and uniform tops.
 - 3. **Returning Player Pack (\$225):** includes uniform tops.
- B. **Payment Due Dates:**
 - 1. The first half of your dues is due on **Tuesday, January 17, 2023**
 - 2. The second half of your dues is due on **Friday, February 3, 2023**
- C. Dues can be paid by **check** to the following: **MVHS Tennis Booster Club. Please be sure to note in the memo line your player's name.**
- D. If a student is dismissed or chooses to quit the tennis team there will be no refund of tennis dues.

By signing this form below, you are stipulating that you have read and understand the philosophy and the conditions for participating in Mountain View High School Tennis as listed above and that you will adhere to these conditions.

Player Name _____ Player Signature _____ Date _____

Parent Name _____ Parent Signature _____ Date _____