



Bella Vista High School Broncos

2020- 2021 Girls Tennis Season Handbook

Congratulations and welcome to the Bella Vista Girls Tennis Program! I am excited to work with you and help you improve as tennis players and as a human being.

This handbook has been created to accomplish three things: to outline the expectations for all athletes, to improve communication between parents, players and coaches, and to pass along important information. The success of the Bella Vista High School Tennis Program depends on your **attitude, involvement and commitment** to the program. We look forward to a great season (whatever that may look like this year) and continued years of hard work, dedication, and success!

The following documents need to be completed/signed and turned in at the Athletic Dept. office

- Player/Parent Contact Information and Contract (page 8)
- CIF - Outside Competition Policy (page 9)
- Register on SportsNet (on the school website under “athletics”)
- Physical Exam (if you had one last year for BV, you’re clear this year)

Coach Contact Info

Coach Lori McDevitt: Cell (916) 276-1987 Email: BVGirlsTennis@gmail.com

Coach Ryan Kersting (assistant)

Website/Instagram

Website: BVGirlsTennis@gmail.com/

Instagram: [BVgirlstennis](https://www.instagram.com/BVgirlstennis)

MISSION

The goals of this program are to improve as a team overall, get more support and recognition from the Bella Vista community by providing a summer camp, have a strong work ethic and maintain motivation throughout the season. These goals can be achieved by holding our athletes to expectations: Being willing to work hard at any and all practices and matches, having a positive attitude, committing to the team, having good sportsmanship, and being a good teammate.

These are the next steps that this team will need to take in order to continue to build a successful and elite program.

CONDUCT

1. It is important for us to be a cohesive team, this team is made up of more than one person; for this team to be successful and accomplish its goals, everyone on the team must be willing to adhere to the expectations stated in the above paragraph. *Students not willing to do this will be removed from the team.*
2. I expect the team to be honest with each other and myself, lying will NOT be tolerated on this team. Communication is highly stressed on this team and is the best way to resolve any conflicts or concerns. *Honesty on and off the court is expected.*
3. I expect to see and hear a positive attitude where students are lifting each other up and giving 100% to this team. Bad attitudes will NOT be tolerated and will be addressed immediately.
4. Players are expected to wear appropriate workout attire and uniforms when attending practices and matches. Failure to do so will result in sitting out. Make sure you have ball storage on your attire at all times.
5. Cell phones will be put away during all practices and matches - unless given permission by coaches. Phones may be turned on after practices are over and once you are dismissed from matches.

GRADES

Athletes need to maintain a 2.0 GPA and only one "F" to be eligible for athletics at Bella Vista High School. Grade checks will be at random times by the coach and most recent quarter and semester grades. If you plan on playing in college, strive for 3.5 and above.

MAKEUPS

Teachers must allow you to make-up tests and assignments missed due to early dismissals, however you must complete make-up work in a timely fashion. Communicate to your coach 24 hours ahead of time or ASAP if the only time to make-up an assignment/test is during practices.

CLUBS

Clubs are not a reason to miss practice. You have made a commitment to the team, your teammates and coaches to be at practice every day, unless ill. If you are an Executive Officer, please let your coach know immediately. Most club advisors will agree to let athletes miss club meetings and/or leave early during their in-season sport.

FLEX DAYS

Use your “off” days to play at private clubs, get private lessons, condition, play a ladder match with an opponent off campus (winner will text scores to Coach Lori), or keep in touch with their off-season tennis coaches.

OUTSIDE TENNIS LESSONS

Lessons/group sessions/drills are encouraged during the off-season, and throughout the regular season. However, outside tennis lessons will NOT count as an unexcused absence. When scheduling these outside lessons, ensure they do not conflict with BVHS Tennis practice/matches/events.

CONDITIONING

Conditioning is an important component to any sport. It improves your speed, agility, endurance, and is something that most teams/athletes tend to ignore. This team will have certain conditioning drills sprinkled into their daily practices. It will not be enough to keep us ahead of the competition and on our toes. Please do your part and make it part of your off-days.

We condition with the goal of being able to keep up with our opponents, especially in the 2nd and 3rd sets of a match. Ideally, we want to OUTLAST our opponents!

PARENT, PLAYER and COACH COMMUNICATION

For general questions or notifications, texting and/or phone calls are the best way to reach the coach. The team will use the REMIND app, Instagram, and our website to post important information as well. If a conflict arises, the issue will first be addressed via a private meeting with the coach and player. If the issue continues to be concerning, then a player-parent-coach meeting to discuss further.

SPECTATORS (at Practices and Matches)

There are NO SPECTATORS this year at any practices or matches. If you are driving your daughter or other girls to away matches, you MUST find something else to do during this time of the match. We are so sorry, but this has to be a guideline for Bella Vista

High School if we want our girls to play. IF another school in another County has an exception, then parents will be able to attend using their guidelines.

SEASON TIME COMMITMENT

The women's tennis runs from Feb. 2 - March 25th. The match schedule can be found online, but may change due to the pandemic this year. It will be vital to learn time management and prioritization (homework, practice, extracurricular activities) in order to prepare for this season and future tennis careers, college, etc.

ATTENDANCE

Athletes are expected to be at all practices, team meetings, matches, and tournaments. Being an athlete and a member of this team is a time-intensive task (although this year, we will only be at the courts on Tuesdays, Wednesdays and Fridays). It is not fair to your teammates to miss this information and slow down our progress as a unit.

1. If a player has an **excused absence**, it must be approved by Coach Lori in person at least **24 hours** in advance.
 - a. Notifying me of an absence **less than 24 hours in advance** will be considered an **unexcused absence**.
2. If a player missed practice or a match due to an unexcused absence, she will face the following consequences:
 - a. **One absence**: Players will sit out for one match. (*Players who are sitting out of matches are still expected to come and support their teammates. Not supporting is another unexcused absence*)
 - b. **Two absences**: The player will sit out two matches (expected to be there to support as in 2a).
 - c. **Three absences**: The player will meet with the coaches to discuss their commitment to the team. *This could result in dismissal from the team permanently.*

INJURY/SICKNESS

1. Injury with Release for Participation: Players injured, but not released by a doctor with partial participation should attend all practices and matches and participate to their fullest ability. It will be up to the coach's discretion to determine if their participation shows the capability to play in the following match.
2. Injury without Release of Participation: Players injured that cannot participate physically should still attend and contribute to the team's practice/match. Even with an injury, team members can listen/watch and learn.

PRACTICES

Practices are scheduled as follows: **Tuesdays, Wednesdays, Thursdays and Fridays 3:15 - 5 pm** when we do not have a Match scheduled. There will be some Mondays as well depending on the week. Players are required to make every practice, be on time, have a positive attitude and ready to work hard. *Please keep the girly drama off the courts and away from practices and matches.*

TARDIES

I acknowledge that your student-athletes have other commitments. Players are expected to reach a compromise and approve it with the coach 24 hours prior.

1. If a player leaves early on a practice or match day without prior notice and approval, it will count as an unexcused absence.

CELL PHONES/HOMEWORK

During all practices and matches, players are to keep cell phones away, unless given special permission to take pictures for our website/instagram or for an emergency. Teammates are to focus on the matches and cheering for teammates. Phones can be used for communicating with parents about ride options as needed, then put away. Ringers must be in the OFF/VIBRATE position during matches. Homework should be limited during match times and should not distract players from the matches being played.

MATCHES

A majority of our matches will be Tuesdays and Thursdays beginning at 3:30 pm. The school district will NOT be providing transportation to and from away games, so transportation by parents is going to be necessary. **You will need to be at matches by 3:00 pm. Be on time!**

Following away games, players may be released to their parents only unless necessary forms have been completed in the athletic office to drive others as well. All players are expected to stay to watch both Varsity and Junior Varsity matches to support our team as a whole. Players can not drive other players at any time and can only drive if over 18 years of age. ***There will be an unexcused absence if a player leaves before the expected time to leave occurs or leaves with an unauthorized adult.***

MATCH CONDUCT

All players will assist in the distribution of score cards, ensuring the water jug is full, and additional needed match day set up.

Making Fair Calls

During matches, players are expected to be respectful to their opponents and coaches at all times. Players should make fair calls to the best of their ability, if there is a disagreement, both players must replay the point, if there are further disagreements, players can call a line judge. If you are unsure that your opponent is making bad calls, here are some steps you can take before escalating the situation.

1. First bad call: Ask them, "Are you sure that was out?"
2. Second bad call: Ask them by their name if they are sure on the call and ask them to show you where the ball bounced. Example: "Hey Lori, are you sure that was out? Can you show me where it bounced out?"
3. Third bad call: Come up to the net, maintain eye contact and offer to get a line judge since you are unsure of the calls that are being made. Example: "Hey Lori, I noticed a lot of my balls are being called out when I saw they were in, I can call a line judge to help us dispute these calls."

Be sure of your calls, make confident and honest calls. Don't ever change your mind if being pressed by your opponent - stand firm! We will not lose points because of shyness to call close balls out/in.

PROGRAM EXPENSES, FUNDING AND FUNDRAISING

Funding

In order to maintain the program here at Bella Vista High School, we are requesting a voluntary contribution of \$100 per player. This donation is tax deductible and will greatly assist us with uniforms, coaching stipends, equipment, tournament fees, etc. **Please keep in mind, all sports programs at Bella Vista High School are self-funded through donations and fundraising.**

This donation is not intended to limit your student-athlete's ability to compete, and is not required to be on the team, but is very much appreciated and helpful in growing our program. The coaching staff would like to thank you for your time and consideration. Please write the check to Bella Vista Booster Club ("Girls Tennis" in the memo section).

Fundraising

The following fundraising opportunities are available.

1. Booster Club donation
2. BV Tennis Tshirts - \$20 each

Total Estimated Expenses

1. Uniform: \$40
2. Extra Outerwear (sweatshirts): \$35
3. BV logo facemasks: \$100 (pending)
4. Balls: \$400
5. Website: \$50
6. Awards/Prizes/Incentives
7. Assistant Coach Gift

TEAM CAPTAIN APPLICATIONS

Applications are due to Coach Lori by Feb. 8th. There will be (2) Senior and (2) Junior Captains chosen. Candidates will present in person “why” they should be chosen to the entire team prior to selection. One will be chosen by peers and the other by coach selection. Team Captains are expected to be the highest role model for the team, team leader, and supporter. Team Captains will lead each practice/match with stretching and will delegate jobs for matches as they arise. See Coach Lori for Application.

PARENT/PLAYER CONTACT INFORMATION

Player Name _____

Grade _____ Player Cell Phone Number _____

Parent #1 Name _____

Parent #1 Cell Phone Number _____

Parent #2 Name _____

Parent #2 Cell Phone Number _____

PARENT/PLAYER CONTRACT

By signing below, you are stating that you have read and understand the terms set for the 2020-2021 Bella Vista High School Girls Tennis Program.

Student Name (Print)

Grade

Student Signature

Date

Parent Signature

Date

___ Yes, I will donate \$100 to the Girls High School Tennis Team on behalf of my daughter. Cash or Check # _____

CIF - OUTSIDE COMPETITION POLICY

CIF Bylaw 600:

1. Competition on an outside team - A student on a high school team MAY participate in an outside “club” sport. Only one high school sport at a time this year. High School athletes cannot compete with college athletes. It can result in NCAA violations.

_____ Student Name (Print)	_____ Grade
_____ Student signature	_____ Date
_____ Parent Signature	_____ Date