Cascade High School Tennis

Philosophy:

Tennis is a unique sport because every level of play is accompanied by its own challenges in strategy and technique. The tennis program at Cascade offers athletes the opportunity to develop the skills required to play matches at various levels of competition. In addition to skill development, **emphasis is placed on sportsmanship**. Through *hard work, commitment, and a positive attitude*, tennis players at Cascade can learn to become tough competitors, both physically and mentally. As an athlete you are expected to make sacrifices that other students may not, including training and time commitments.

Eligibility:

Any student between the grades of 9-12 is eligible to try-out and participate, provided she meets the eligibility requirements of the WIAA, has purchased an ASB card, satisfies the fee requirement, and is maintaining passing grades and minimum class load.According to WIAA regulations, athletes must attend 10 practices before they are eligible for match play. Only 8 practices are required to be eligible for a jamboree. Players must be passing all 6 classes to be eligible to compete. Grades will be checked on a bi-weekly basis throughout the season. Probation/suspension policies will begin the 3rd week of season. If you are struggling in any class, please talk to your coaches and your teachers.

Code of Conduct:

No alcohol, drugs, or tobacco are permitted. No athlete will put himself or herself in a compromising situation where these are prevalent [e.g. party, friend's house, car, park, etc.] If the athlete finds herself in this position it is expected that she will leave immediately.

CHS players will conduct themselves in a sportsmanlike manner on and off the courts. Players will support each other and treat each other with respect and understanding, as well as their opponents. Remember that athletes are representatives of the school, team/coaches, parents, and most importantly themselves. Unsportsmanlike conduct may result in suspension from matches/team.

Dress Code:

Varsity players are provided with a uniform that consists of a skirt and a top. JV players are provided with a team top. All players will have the opportunity to buy a team T-shirt at the beginning of the season. All players must wear a black skirt for match days. Players must be in uniform prior to getting on the bus. No changing on the bus is permitted.

Attendance:

Cascade is an educational institution and student-athletes must attend all classes. **In order to be eligible for a match, players must attend the practice prior to a match.**

* If an athlete needs to leave school early or be late, the school & coach must be notified. See school policy for a list of excused absences.
* If an athlete is absent due to illness the day before a match, she will be ineligible to compete in the match.
* Failure to prearrange an absence or follow school policy may result in suspension from the matches.
* *If you have a job, it is your responsibility to let your employer know your practice and match schedule*. Having to work is **not** an acceptable reason to miss practice or a match.
* All absences should be prearranged and the coach contacted.

Practices:

Practices will be held from **2:35-4:35** on non-match days. **Practices are required** and it is important to be at all practices.

Challenge Matches:

Challenge matches may occur on the last practice day of each week starting the 2nd week of matches. A challenge match will consist of 1 pro-set to 8 games (tie-break at 7-7). A player may challenge for a position that is directly one spot above their current position. A player from #1-3 doubles teams may challenge for #4 singles. The top player from JV may challenge the bottom player of Varsity for a spot on Varsity. If a player has lost a challenge for the same position two weeks in a row, they may not challenge again the following week. If a player is sick on the scheduled challenge day, then she forfeits the challenge.

Matches:

* The top 10 varsity players [4 singles and 3 doubles] comprise the "varsity" line up. The top 14 players will travel with the varsity. Those players not in the top 10 will be considered exhibition for matches and will play a pro-set to 8 games, tie break at 7-7. Players not in the top 14 are not guaranteed a match.
* **Home matches:** Players are expected to be at CHS courts by 2:35pm. ***All*** players are expected to stay and support their team until ***all*** matches have finished. Expect to remain at home matches until approximately 6PM.
* **Away matches:** Players are expected to be at the bus 5 minutes before scheduled departure. Please be aware of the bus schedule and when we will leave early from school. We will travel as a team for away matches, departing from and returning to Cascade together via bus, with the following exceptions: away matches at **Everett, Kamiak, Jackson, Glacier Peak and Mariner High Schools as well as Gateway Middle School. These are classified as “drop only” matches**, which means that we will depart as a team from Cascade High School; however, each player is responsible for arranging their own transportation after the match. Players that will be driving themselves to drop-only sites must fill out and return the proper form to Mrs. Covert.
* Matches rained out will be rescheduled for the next available day for both teams. Athletes will be notified at the end of 6th period via “Remind” text message from their coach and/or via the school intercom. **Practices will be held**, unless otherwise notified.

Safety after practices and matches:

Students must coordinate with their parents for a ride home after practices end at 4:35pm. Similarly, students are expected to have rides home within 15 minutes after home matches are completed, and within 15 minutes of arriving back to Cascade after away matches. This is largely a safety issue, but also an issue of respect to our coaching staff. Students may not be left unsupervised and our supervision duties are considered completed once practices and matches have finished.

Spectators:

We encourage all parents, guardians and friends to attend matches. However, please note that there can be no coaching by parents or other spectators. According to WIAA rules, coaching can occur only between coach and player during a match. Recognition for a good shot or point, however, is acceptable and encouraged. Tennis is a spectator sport; yet, tennis etiquette must always be observed. The cheers and/or jeers of spectators should not interfere with match play.

Varsity Letter Criteria:

* You must compete in at least 10 Varsity matches (top 10 or exhibition) to be eligible for a letter.
* Varsity players will receive ½ point for playing in the top 10. They will receive another ½ point if they win. Exhibition players will receive a ½ point for a win.
* Obtain a 3.0 – 3.59 GPA for the semester prior to the season = 1 point
* Obtain a 3.6 or above GPA for the semester prior to the season = 2 points
* Participation in a tennis clinic, lessons or tournament = 1 point total (NOT 1pt each)
* 95% (no more than 2 absences) attendance during the season = 1 point
* Years of participation = 1- 4 points
* Points may be deducted for behavior, unexcused absences, leaving early, etc.
* **A total of 10 points are needed to obtain a letter.**

Please contact coaches if you have any questions:

(Best method of communication is email.)

Ashley Femrite [afemrite@everettsd.org](mailto:afemrite@everettsd.org) Varsity Coach

Gina Corpening JV Coach