



Dana Hills High School Tennis Policies & Procedures

Regulations & Team Culture:

- Coaches and players must comply with CUSD regulations, Dana Hills Code of Conduct, CIF rules and USTA court conduct policies and procedures.
- Respect for all Dana Hills coaches and opposing coaching, teammates, opponents, officials, and parents is required & encouraged. There is zero tolerance for bullying or disrespectful behavior on the bus, at team practices or at matches.
- Team culture centers around these values: Honesty, Integrity, Hard Work, Improvement, Goal Achievement and Teamwork. Fueled by a Positive Mental Attitude, our mindset is focused on the process, and not dependent on wins or losses.
- Medical clearance is required for all players.

Practice & Matches:

- Practices are scheduled Monday-Thursday: Varsity is 3:30 – 5:00 PM. JV is 1:30-3:00 PM on Tuesday/Thursday and 3:30-5:00 Monday & Wed. **Friday Practice is optional.** Players can come out and hit, drill with coaches, or challenge up the ladder on Fridays.
- Coaches encourage players to continue working with their private coach and taking lessons during the season. Please communicate with the Coaches in advance so they know what day (s) you are unable to make practice for these lessons.
- Players are expected to listen to and respect their coaches and the decisions they make to help them with strategy, technique, and court position.
- **No cell phones during practice or matches.** They must be turned off and stored in your backpack or racket bag. If you're on your phone during practice and/or matches the phone can be collected by the coach. If it's an emergency, please see your coach.
- Being late to practice earns you running at the coach's discretion. 1 min of running for every minute late. Be on time and ready to play.

- Playing positions are determined by coaches based on level, match results, competition, coachability, eligibility and singles vs doubles skills. Players should expect to play both singles and doubles throughout the season.
- Make sure you have all equipment for practice and matches. Ideally 2 strung rackets (if you break a string, you need a back-up), water, snack, hat, and shoes. Be dressed (in appropriate workout clothes or team uniform) and ready to play.
- If you're unable to attend practice, please let the coaches know by 8 am of that day. There may be a loss of playing time for not communicating a missed practice. **Communication is key so please keep coaches informed.**
- Committing to the team means coming to all matches unless approved by your team Coach, **even if you are not playing in the match.** You cannot leave matches until all matches are completed- Teamwork is one of our core values and supporting teammates during matches is one of the best ways to flex this value.
- All players need to ride on the bus for away games and return to campus on the bus unless special circumstances approved by the Coach. Cell phones can be used on the bus.

Reminders for Parents:

- No coaching from the sidelines. Remember, players when finished must cheer for their teammates so please refrain from pulling your player away from their team duties.
- Playing time, playing singles vs doubles and other players will not be discussed. Coaches' decisions are final.
- Expectations are that players will remain open to play where needed to best support the team.
- Learning to play both Singles & Doubles is important and being open to playing with different partners is required. Learning to play with a variety of players encourages a flexible, growth mindset and helps players develop their skills.
- Parents are a key part of our team community. We encourage you to show support by coming out to practice & matches. If you have a specific issue or concern, schedule a time to discuss with the Team Coach. Please do not address issues with coaches during practice or on match days as these are typically not ideal times.
- \$400 optional donation to Dolphin Foundation is requested for JV & \$500 for Varsity. These funds help support travel, uniforms, coaching, equipment purchases, snacks, and team events. Payments must be made with a check made payable to The Dolphin Foundation.