

# SJHHS

## Tennis Handbook

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## San Juan Hills Boy's and Girl's Tennis Handbook

**The Code of Conduct:** USTA rules as well as the code of conduct for tennis players and parents will be adhered to at both practices and at matches. After reading, please return a signed copy to the coach.

**Practice and match schedule:** A copy of all teams' match schedules can be found online at the team website and through Canvas.

**Team Uniforms:** Each year is different because tennis is a sport that typically does not use the same uniform from year to year because of availability from vendors. We try to order a uniform which will be available for purchase online or can be ordered from a local vendor. If you are having trouble finding a size, etc., please contact Coach DiLeo for help with a solution. The players will provide input on the uniform selection and Coach DiLeo will make the final decision based on cost, appropriateness, etc.

**Parent Information:** A phone call or email is the best way for Q&A. We will not have a back and forth discussion about anything other than YOUR child. We will have a parent meeting before the start of each season for open discussion, but if something was not addressed, please check the website for schedules and information or contact Coach DiLeo at [tddileo@capousd.org](mailto:tddileo@capousd.org).

**Voluntary Donation:** Boosters will help with the purchase of miscellaneous necessities from year to year depending on their budget. We are responsible for the rest. Each player is responsible for purchasing their own team uniform and any other accessories they may want. We strongly encourage all families to voluntarily donate money to the program to meet budgetary goals that will help pay for court equipment, coaches, banquet, clothing, etc. We will be having fundraising activities throughout the year to help reach our financial goals. All money raised and donated goes directly into the tennis ASB and Boosters accounts and directly back to the kids.

**Lettering Policy:** The policy for receiving a Varsity letter is as follows:

- *Any player* who participates in 10 or more Varsity matches and finishes the season with the team will automatically be awarded a Varsity letter.
- *Any player* who participates in 4 or more Varsity matches or wins at least **two** Varsity points will earn a Varsity letter as well.
- *Captains will be decided by team vote. Coaches and captains will discuss their role and duties once voting is complete.*

**What To Have In Your Tennis Bag:**

- 1.) Two strung tennis rackets (at least). If you constantly break strings, do not rely on your teammates to borrow rackets.
- 2.) A LARGE water bottle jug.
- 3.) Small towel for sweat. Large towel for conditioning on the ground.
- 4.) Appropriate practice attire, uniform, non-marking sole tennis shoes, hat, sunglasses, sunscreen, etc.
- 5.) Please keep your snacks healthy and please no more than one Gatorade (it is not as good for you as you think).
- 6.) You can leave your tennis bags inside or outside Coach DiLeo's classroom.

## Code of Conduct

**We believe that the student-athletes in the tennis program at San Juan Hills High School should exemplify the highest ideals of sportsmanship and citizenship. The student –athlete will be expected to be courteous, respectful, and responsible both on and off the court.** Although tennis is often considered an individual sport, high school tennis is a team sport. We have team goals. We want to see everyone improve and help the team. We are looking for team players -- players who will motivate their teammates through their words and actions.

### **Academic Eligibility and Responsibility:**

Players must be eligible according to the minimum CIF rules and have a 2.0 grade point average. Players on academic probation may be required to attend study hall or after-school tutoring to improve their grades.

### **Practice, Team Meetings & Dismissal Times for Matches**

Players must attend mandatory workouts, practices, and meetings and are expected to be on time. Failure to attend or to arrive ON TIME will result in disciplinary action. Players must notify their coach as soon as possible regarding schedule/health conflicts with practice. Do not wait until the last minute unless something occurs suddenly. *Every* player is valued on the team and we want to know if you are ill/injured.

Players need to come to practice ready and prepared to play both mentally and physically. Practices typically consist of stretching, drilling, match play, conditioning, and cool down. It is up to each player to be prepared for anything. Players should always come to practice properly dressed and with 2 working racquets. Practice attire should be appropriate. The dress code for girls is too broad and open for debate so it comes down to the opinion of the coaching staff whether something is appropriate to wear at practice. Players are allowed to wear hats and sunglasses during practices and matches. Boys must wear shirts at practice (no tank tops).

Repeated failure to attend mandatory practices, mandatory meetings, or to be at the courts/bus on time for matches or practices will result in further disciplinary action and /or **dismissal from the team. The dismissal remains the decision of the Varsity Head Coach.**

I completely understand that many of you have private coaches. Please discuss all scheduling issues with Coach DiLeo prior to the season so we can try and find a way to fit it all in your schedule.

\*\*I am very aware of the camps, academies, and programs in the area and am very aware of what they provide to you as players. If you do not meet the PE exemption requirements set by the district and school, you must attend all practices and matches. In addition, as players in the program, you should want to attend everything to build solid relationships with your coaches and teammates. However, if you want to discuss practicing off site, I am willing to discuss the option of your child practicing off site at their academy. Division I college scholarships are tough to come by and if you are ranked high enough to meet the PE exemption, and you would like to discuss splitting

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your practice time between SJHHS and your own schedule, I'd be happy to discuss the details.

### **Transportation:**

All athletes will take the bus to the tennis matches. You may not drive yourself to the match even if you have your own car. If you need to arrive late to the match for any reason, please let the coach know in a timely fashion. **UNDER NO CIRCUMSTANCE** are you allowed to drive other players on the team to the match during school hours, even if you are passed the 6 month DMV probationary period. The schedule dictates when we must leave for away matches for each match. This gives us all plenty of time to get to the courts, stretch and warm-up together. All players will ride the bus home from each away match unless discussed with the coach.

### **Player Behavior:**

We expect every player to give his very best with maximum effort physically, mentally & emotionally. Players will not argue with or demean officials, opposing coaches, opposing parents, or other opponents. If you do anything to violate the USTA rules at a match, you will lose one point, then one game, then forfeit – in that progressive order. We want you to be outstanding citizens with outstanding sportsmanship. Players will be honest. Players who cheat or lie will be disciplined and/or may be dismissed of the team. Players will follow directions given by the coaching staff. If someone is verbally abusive to one of our players at a match, please report that to one of the coaches as soon as possible. Please let the coaches handle any situation that may arise. Parents are not to intervene in any way during the match except for cheering on our team. Bad line calls are an unfortunate part of the game but we will not tolerate parents escalating the situation.

### **Parent Behavior:**

Parents will follow the code of conduct set forth by the USTA as well as the parent conduct form I will have you sign at our parent meeting. You will not get involved in any way at a match or practice. **YOU NEED TO REALIZE THAT YOUR ATTEMPTS TO HELP YOUR CHILD DURING A MATCH IS DOING EXACTLY THE OPPOSITE.** If you have any suggestions about your child (only), it is to be discussed in person with the coach. A good rule of thumb is that if the email is going to be more than 4 lines, let's set up a time to talk. Please do not corner any of the coaching staff before, during, or after a match to talk about your child. The coaches have many players to watch after and if there is something that you would like to discuss at another time, please contact the coach to set up a time to talk. Any violation of the USTA or parent code of conduct will result in being banned from spectating at the matches. Lastly, parents are to have limited contact with their child at matches. Tennis is much different than football or basketball in that the players, coaches, and parents are all mingled on the sidelines. When your child is done with their match, please give them a high five, and send them back to cheer on their teammates.

### **Substance Abuse:**

Players will not use tobacco, drugs or alcohol of any kind at any time while a member of the team. (Please notify your respective coach if you are on any prescribed medication.) The school, district and CIF policies will apply and lead to dismissal from the program and **LOSS** of Varsity letter. Be mindful that this includes any school activity and being under the influence of an illegal substance. Remember, Capistrano Unified School

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District has a **Zero Tolerance Policy!** Any evidence found on social media that is brought to the attention of the coaches will lead to these consequences as well.

### **Consequences:**

Aside from the policy on behavior on the bus and the drug/tobacco/alcohol policy, here are the following progressive discipline actions set forth by the coaching staff:

1. Verbal warning and call/note home
2. Suspension from practices
3. Suspension from matches
4. Dismissal from the team

Any inappropriate behavior whatsoever could result in this progressive discipline plan, and if the behavior is deemed extremely inappropriate, the consequence could potentially skip directly to number 3 or 4 on this list of consequences. All disciplinary action will be enforced by the coaching staff as well as the school's administrative staff.

*Absolutely no hazing is allowed. In the State of California it is considered illegal and those involved can be subject to criminal prosecution. Such acts can and will result in expulsion from the team. Hazing refers to any activity that humiliates, degrades or risks emotional or physical harm, regardless of the person's willingness to participate.*

**Hopefully, we won't have to deal with any of these issues this year.  
Let's have a great season!**

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**Acknowledgement of the Code of Conduct**

Student Name \_\_\_\_\_

Parent's/Guardian's Name \_\_\_\_\_

**Please read carefully and sign below:**

- I hereby give my consent for the above-named student to participate in athletics.
- I hereby give my consent for the above-named student to have his/her picture and/or statistics published. This may include print/electronic media.
- I hereby authorize CUSD or a representative to transport and supervise the above-named student.
- I hereby give my consent, in case this student is injured or becomes ill, for the school and/or its representative (coach, etc.) to secure medical aid, ambulance transportation, and for them to render treatment.
- We realize that there is a risk of our son/daughter being injured while participating in sports and the risk of injury may be severe, including the risk of fracture, brain injuries, paralysis, or even death. We are assuming all risks inherent in this athletic activity.
- I, as a student-athlete, have read and will adhere to this Code of Conduct.
- I, as a parent/guardian, have read and will adhere to the Code of Conduct for parents/guardians.

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**Player's Signature**

**Date**

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**Parent's/Guardian's Signature**

**Date**