



**Shawnee Mission East High School
Lancer Tennis Handbook
2018-19**

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Shawnee Mission East has a tremendous tennis history. Since KSHSAA started recognizing team state champions in boys tennis in 1986 and girls tennis in 1989, SME has won 19 team state championships. SME has also had one of the largest tennis teams (I would say largest, but I don't know for sure) in the state.

As a program, we are committed to continue to compete for state championships and allowing as many players as possible an opportunity to be part of our program.

There are four keys areas that I want our team to focus on doing better so that we can make SME tennis even greater. Later in the handbook, you'll find statements about four core values – **passion, unity, selflessness, and humility**. These values (though I've used a variety of different words for these ideas through my coaching career) have been my guide as a coach and will be the guide for our program.

There will be several areas I will emphasize this year. They are guided by SME tennis tradition and these core values.

#1 – Commitment to Building Team – From returning state medalists to a 9th grader who has never before competed in a match, we are a team. As a team, we have a responsibility to support each other at school, at practice, during matches, and in the community. We need to continue to get better at becoming a team.

#2 – Intentionality during Practice – Practice is the time that we have in order to get better. Improvement happens through intentional practice. We have added additional coaching staff to allow us to be even more intentional in practice. Practice will have several components – physical and mental skill development, strength and conditioning, strategy, and match play. The Varsity/JV group will practice from 3:00-5:00. The Blue and White groups will practice from 5:00-6:00 on alternating days. Blue and White practices will emphasize skill development and match play. Commitment to being at practice and maximizing practice time is a must.

#3 – Development of Resilience – Players and people who are able to respond to adversity best have the greatest opportunity to be successful. Responding to adversity requires the management of emotions, a willingness and ability to problem-solve, and a deep desire to perform at our best in the biggest matches.



CORE VALUES

Being a student-athlete is a privilege, provides opportunities to learn, and requires responsibility. A student-athlete is first and foremost a student. Each of us will be responsible for our academic requirements. A student-athlete is also an athlete. While most of our competitive athletic days will be over sooner than we realize, there is much that we can learn through the experience. The Lancer Tennis program is organized around four core values that will help us as we encounter the challenges of being a student-athlete.

We expect our student-athletes to be passionate, united, selfless, and humble.

PASSION – Each season, each practice, each match, each tournament only happens one time. We expect that you will give your best in all that you do. Be the best student you can be, be the best teammate you can be, be the best player you can be.

UNITY – High school tennis is unique. You have the opportunity to be part of something that is bigger than yourself. We are a team, and you are a teammate. By choosing to be part of our program, you are committing to being a supportive teammate.

SELFLESSNESS – High school tennis allows you to pursue individual goals. Strive to reach your goals. Your goals, however, are secondary to the team. We expect you to pursue your goals, but recognize that team goals will come first. More importantly, we expect you to fulfill your responsibility to not only support your teammates but to also make your teammates better.

HUMILITY – Know who you are and whom you represent. You represent our community, our school, our program, your family, and your teammates. On the court, humility is not only shown through the way you present yourself when you shake hands at the end of a match but also in how you treat your opponents, coaches, spectators, parents, teammates, equipment, and yourself.

We believe that when you live out these four core values. You will be able to PUSH beyond and become the best you can be.



TRYOUT INFORMATION

Tryouts for girls tennis will begin on Monday, August 13. Tryouts for boys tennis will begin on Monday, February 25.

We will have two groups for tryouts. The first group will meet from 3:00-4:30. The second group will meet from 4:30-6:00. All players will have the opportunity to earn a place on a team.

Placement will be determined by skill level as demonstrated during competitive drill work and match play. Attitude and coachability will also be factored into the evaluation process. During the week, groups for tryouts will be reorganized to make sure that matches that need to be played as part of the evaluation process are played.

Typically, we have used Monday and Tuesday to make an initial assessment of players and their skill level. Then, we have used the remainder of the week for match play to help in determining which players will be part of the Varsity/Junior Varsity Group.

Players will be notified about their placement on one of the girls teams by the end of the day on Sunday, August 19. Boys team members will be notified of their placement by the end of the day on Sunday, March 3.

Approximately 32 players will be designated as the Varsity and Junior Varsity teams. Competition for specific positions will take place as the season progresses. Starting on Monday, August 20, girls Varsity and Junior Varsity players will practice from 3:00-5:00. On Monday, March 4, boys Varsity and Junior Varsity players will practice from 3:00-5:00. Players will be notified about specific match assignments in the Weekly email, which usually comes out on Sunday.

All remaining players will be placed on either the Blue or White teams. Every attempt will be made to make the Blue and White teams balanced. The Blue and White teams will alternate practicing every other day from 5:00-6:00. For example, if Blue practices Monday and Wednesday, White will practice on Tuesday and Thursday. Blue and White team players will also be notified about specific match assignments in the Weekly email.

Our goal is for all players who are part of the Blue and White teams to be able to compete in at least 2 interscholastic matches. Some Blue and White team players may be asked to play in additional interscholastic matches.



PARTICIPATION REQUIREMENTS

Required Paperwork

All student-athletes must have a completed KSHSAA Pre-participation Physical Exam (dated after May 1, 2018) and a fully completed and signed Athletic Participation Packet. The Athletic Participation Packet should be completed through both the parent/guardian's Skyward account and the student-athlete's Skyward account. Physical forms should be turned in to Mrs. O'Grady in the high school office.

Academic Eligibility

All student-athletes must have passed 5 new courses the previous semester and currently be enrolled in at least 5 courses in order to participate. Additionally, coaches receive daily eligibility reports for student-athletes. Student-athletes must be currently passing 5 courses in order to eligible to participate each week.

School Attendance

All student-athletes are required to be in attendance all day to be eligible to participate in practices and matches. All appointments or absences during the school day on competition days must be pre-approved by the Athletic Director – Mrs. Katzfey. You can contact her through email to get absences cleared – debbiekatzfey@smsd.org.

TEAM EXPECTATIONS

School Conduct

Student-athletes will carry themselves as a positive role model in each of their classes. Work to develop good rapport with school faculty and staff as well as classmates. You gain respect from peers and faculty by showing respect to them. Teachers and administrators inform me about your classroom behavior. Student-athletes who are involved in both office and classroom discipline problems may also face team consequences.

If a student-athlete is involved in a discipline situation, he/she should present information to the coach. I should learn about situations from you rather than a teacher and administrator. Part of being a responsible student-athlete is owning the consequences of your actions and admitting when you have messed up.

Tobacco/Alcohol/Drug Abuse Agreement

Shawnee Mission High School student-athletes must sign the district policy (it was in the pre-participation packet). All student-athletes are prohibited from the use, possession, transfer, or sale of any alcoholic beverage, restricted substance, or tobacco (including e-cigarettes/vaping) at all times. Violation of the policy will result in the consequences listed in the pre-participation packet. There may also be additional team consequences for violations.



Practice Attendance

Practice is the time that we have to improve as players. **Attendance is mandatory.** You will know your practice schedule at least a week in advance. Generally, the Varsity and JV teams will practice from 3:00-5:00. The Blue and White teams will practice every other day from 5:00-6:00.

You need to schedule to be at practice. If you must miss or will be late to practice, it is your responsibility to send an email to Coach Gibbs – andrewgibbs@smsd.org. Even if you have an excused absence from school, you still need to communicate that you will miss practice.

Missing any practice session may result in adjustments to match assignments. Missing multiple practices will result in dismissal from the program.

Practice Expectations

Use practice to intentionally work at becoming a better player:

1. Be on time for practice.
2. Focus on practice.
3. Bring proper equipment – tennis shoes, racquet, and athletic clothing. If you do not have proper equipment, you will not practice.
4. Bring a filled water bottle and take it to your court. You should also be prepared for whatever challenges the weather conditions present.
5. Leave your cell phone in your bag, car, or locker. Cell phones should not be taken on court during practice and never during matches.
6. Observe proper tennis etiquette. Inappropriate language, racquet and other equipment abuse, and disrespect of teammates and coaches have no place in our program.
7. Be responsible for the care of equipment and the picking up of all tennis balls both on and around the courts.
8. Be responsible for the care of the facilities we use. It is a privilege to be able to use the Harmon Park facility. Recognize that without the additional court space, we could not have nearly the size of program that we do. Clean up after yourself and your teammates.

Players who do not meet practice expectations will be dismissed from practice and may face additional team consequences including reduction in match assignments and potentially dismissal from the program.



Match Assignments

Assignments for matches each week will be sent out as part of the Weekly Email each weekend. If I can communicate match assignments earlier, I will.

All players are limited in the number of matches that they can play. Our schedule has more matches than a single player can play. Generally, we have between 8 and 12 players participate in a varsity dual match. 6 players participate in all tournaments, except the SMSD tournament. The number of players participating in JV dual matches depends on the number of players that other schools have and available court space. We have had some JV events that involve as many as 30 players.

When assigning matches, my goal is to create as competitive of matches as possible. There will be times when we have JV or Blue or White team members competing in matches that are designated as varsity matches on the schedule.

Match Expectations

In order to be prepared to compete, players must:

1. Be on time for matches.
2. Bring proper equipment – tennis shoes, racquet, and uniform. If you do not have proper equipment, you will not play.
3. Bring a filled water bottle. You should also be prepared for whatever challenges the weather conditions present. You may need a hat, towel, sunscreen, or warmer clothes.
4. Leave your cell phone in your bag. Cell phones should not be taken on court during matches.
5. Support and cheer on teammates.
6. Stay until the completion of all matches. For matches that are designated as Varsity events on the schedule, players competing in the match should stay for the entire event. For matches that are designated as Junior Varsity events on the schedule, players may be permitted to leave early at the coaches' discretion.
7. Observe proper tennis etiquette. Inappropriate language, racquet and other equipment abuse, and disrespect of opponents, officials, teammates and coaches have no place in our program. Failure to observe proper tennis etiquette will result in code violations – point, game, and match penalties – during the match and additional team consequences including suspension from competition and dismissal from the program.
8. Be responsible for cleaning up the facilities that we use.



Match Travel

When district transportation is provided, all players are expected to ride on district provided transportation. This is both a time and safety consideration. Coaches travelling to matches need to know that we have all players and need to be on time for matches. Travelling together reduces the likelihood of problems. You may ride home with your parent/guardian (or another player's parent/guardian with your parent's permission).

If you have specific reason that you need to drive, you may request to drive **yourself** provided you have a completed transportation form. These requests must be made in advance and go through Coach Gibbs.

Failure to follow this policy will prevent you from being able to compete in matches.

Uniforms

The Shawnee Mission School District has signed a uniform and apparel contract with Under Armour, so teams must wear Under Armour uniforms during competition. For both the girls and boys teams, players are required to order a uniform top.

Players are also required to provide a uniform bottom. They may use items that they have or purchase their own. Teams select a color – usually black or white – for the uniform bottom. We work with our uniform providers to also offer a uniform bottom as part of the uniform order.

We never want cost of a uniform to be an issue that keeps a player from being able to participate as part of our team. If this expense is a challenge for you, please contact Coach Gibbs. The Shawnee Mission East community has several groups so can help to provide assistance anonymously.

Both the girls and boys teams offer additional team wear – hats, t-shirts, sweatshirts - but these orders are always optional.

Athletic Trainer

SME student-athletes have access to a professional athletic trainer. The trainer can be found in the training room located on the first floor by the girls' locker room. Be proactive and communicate injuries to the coaching staff and the athletic trainer. Coaching staff members are able to communicate with the trainer during practices and matches.

Team-Building Activities

Members of the tennis program are expected to attend team-building activities like team dinners and service projects. All players are also encouraged to attend matches in which they are not participating.



Communication

Information will be communicated in a variety of ways. The coaching staff will use email, the tennis team website, and twitter as well as announcements during practice.

- Email – specific information, practice schedules, and match assignments
- Tennis Team Website – general information including archives of Weekly Emails
- Twitter – updates, match results, and news items

KSHSAA TENNIS

Regional and State Tournaments

Each school is allowed to 2 singles entries and 2 doubles entries in the regional tournament. These six student-athletes get to represent all of us. The top 6 finishers at the regional qualify for the state tournament.

Outside Competition

Student-athletes who are members of an athletic squad cannot participate as a member of an outside team or as an independent competitor in the same sport during the high season. Student-athletes become a member of a school athletic squad when they first participate in a practice session. Student-athletes cease to be a member of the squad after their last contest. In other words, tennis players may not compete in outside tournaments between the time they have participated in their first practice and the completion of the season.

*Girls season – KSHSAA has recently clarified that girls team members may compete in outside events until Labor Day even after they have participated as members of the HS team. Girls, however, are still subject to the KSHSAA private instruction rules from the time they first participate in practice.

Private Instruction

Student-athletes may receive private (one-to-one) instruction at any time during the school year. Additionally, a player and her doubles partner may take a private lesson together provided the instruction is focused on doubles play. They may not participate in group clinics or training sessions during the season (again defined as the time they have participated in their first practice until the completion of their season).

Because violations of these rules carry steep penalties, please consult with the head coach and athletic director if you have questions about KSHSAA regulations.



Preliminary Schedules

Here's an early draft of the match schedule for the entire program. As mentioned earlier, assignments for individual matches are made a week at a time through email. The email is usually sent out on Sunday for the following week's matches.

Girls Tennis – Fall 2018

*Team designation denotes which portions of our opponents' teams will be competing in the match.

Date	Opponent	Location	Team
8/27	Bishop Miege	Harmon	JV
8/30	SM Northwest	V @ SMNW; JV @ Home	V/JV
9/4	SM West	V @ SMW JV @ Home	V/JV
9/5	Columbia Rock Bridge	Home	V/JV
9/6	Lincoln Academy	Home	V/JV
9/7	JV Tri - SM South and St. James	103rd and Marty	JV
9/8	SME - Kansas Dual Match Challenge	CBAC, BVN, and BVNW	V
9/11	Gardner-Edgerton Tournament	GEHS (All Day)	V
9/11	SM North	V @ SMN JV @ SME	V/JV
9/12	Sumner Academy	Home	V/JV
9/12	Mill Valley	Home	V
9/12	SM South	Indian Creek - 103rd and Marty	JV
9/13	BV Northwest	V @ BVNW JV @ Home	V/JV
9/13	Lawrence - JV Tri or Quad	Away	JV
9/15	SMSD Tournament (5 singles/5 doubles)	All SMSD High Schools	V/JV
9/15	Pembroke Hill Tournament	Pembroke Hill	V
9/17	Quad - Manhattan, Junction City, SM South, and SM East	Home	V
9/18	Aquinas Invitational	Plaza	V
9/18	Olathe North	Home	V/JV
9/19	Olathe East	V @ Olathe East JV @ Home	V/JV



9/20	JV Sunflower League Tournament	GEHS Host/CBAC	JV
9/21	Lincoln Academy	Harmon	V/JV
9/22	Emporia Varsity and JV Tournament	Emporia	V/JV
9/24	St. Teresa's	Home	V/JV
9/25	Sumner Academy	Home	V/JV
9/26	Pembroke Hill JV Tournament	Pembroke Hill	JV
9/27	Varsity Sunflower League	Olathe West Host/CBAC	V
9/27	Barstow	Home	V
10/2	Lawrence	Home	JV
10/3	Blue Valley North	V @ BVN JV @ Home	V/JV
10/4	Blue Valley	V @ BV JV @ Home	V/JV
10/5-6	Regionals	TBA - October 1 (Mill Valley)	V
10/12-13	State Tournament	Olathe	V

Boys Tennis – Spring 2019

*Team designation denotes which portions of our opponents' teams will be competing in the match.

Date	Opponent	Location	Team
3/20	Topeka High	Harmon	V/JV
3/22	Lawrence Free State	Home	JV
3/26	SM South	V @ Indian Creek JV @ Home	V/JV
3/30	Emporia Varsity and Junior Varsity Tournament	Emporia HS	V/JV
4/2	Blue Valley West	Home	JV
4/3	Lincoln Academy	Home	V/JV
4/4	SM West	V @ SM West JV @ Home	V/JV
4/5-6	Columbia Rock Bridge Mid-Missouri Invitational	Bethel Park (Columbia, MO)	V
4/8	SM Northwest	V @ SM Northwest JV @ Home	V/JV
4/9	Quad – Blue Valley Northwest, Olathe West, SM East, and Washburn Rural	CBAC	V



4/11	Olathe East	V @ Olathe East JV @ Home	V/JV
4/12	Rockhurst	Home	V/JV
4/13	SMSD Tournament (5 singles/5 doubles)	All SMSD High Schools	V/JV
4/15	Blue Valley West	Blue Valley West	V
4/16	Bishop Miege	Harmon	JV
4/17	Blue Valley Northwest Invitational	Plaza Tennis Center	V
4/18	JV Sunflower League Tournament	CBAC	JV
4/19	Lawrence Invitational	Lawrence	V
4/22	St. Thomas Aquinas	Home	JV
4/22	Gardner Invitational	Gardner-Edgerton HS	V
4/23	Blue Valley Northwest	V @ Home JV @ BVNW	V/JV
4/25	SM East Quad	Home	V or JV
4/29	Kansas City Christian	Harmon	V/JV
4/30	St. James	Home	JV
5/1	Blue Valley North	V @ BVN JV @ Home	V/JV
5/2-3	Regionals	TBA	V
5/10-11	State	CBAC	V

