

VALENCIA VIKINGS TENNIS

Player's Handbook

A. Eligibility

1. **2.0 GPA and passing at least 4 classes.**
2. **Have a physical and proof of insurance papers on file with the Athletic Director as well as a signed CIF Code of Ethics paper.**
3. **The day of a game—be in school and attend EVERY class (unless granted permission to miss a class or classes by a proper school administrator).**

B. Academics

1. **You should strive for at least a 3.0 GPA**
2. **You are a student- athlete—do your best and excel in the academic arena.**
3. **Attend all classes and be on time. Put forth a maximum effort and a positive effort in the classroom. Strive to learn as much as you can.**
4. **Coaches will NOT intercede for you in matters of failing grades or eligibility.**

C. Campus and Community Conduct

1. **As a member of our team you are expected to conduct yourself in a manner acceptable to faculty and administration, including any communication on the internet or cell phone screens.**
2. **Follow and obey all school and classroom rules.**
3. **Show a respectful and appreciate attitude toward custodians, secretaries, and other school personnel.**
4. **Remember that we want outstanding young women/men who play tennis, not just “tennis players.”**
5. **Use no profanity and refrain from sarcasm and put-down humor.**
6. **Any actions detrimental to the good name of Valencia High School, either on campus or off, including on road trips, will be grounds for suspension or dismissal from the team.**
7. **Be positive in all comments to the media.**
8. **Do nothing and say nothing that will compromise the integrity of our program or cause others to question your loyalty to it.**
9. **Be a role model in the community.**

D. Tennis Stadium, Bench, And Court Behavior

1. **You are expected to show respect to all opponents, coaches, officials, and fans, regardless of the circumstances.**
2. **Profanity, obscene gestures, and trash talk will not be tolerated.**
3. **When you come out of the match, communicate with your coach immediately about your match. Then interact with your teammates in an encouraging and helpful manner. Maintain a positive attitude. If**

you are substituted show no disrespect or displeasure at coming out of the match. Cheer on your teammates.

- 4. Support and encourage your teammates on the court. No one likes to sit on the bench, but someone must.**
- 5. Try to leave the tennis courts and stadium area cleaner than you found it.**
- 6. The tennis courts are for players, coaches, and school personnel only. Family members and friends should wait for you outside the tennis courts.**
- 7. At all times show consideration for others - - practice the Golden Rule.**

E. Game Day

- 1. Be in school every period of the day, unless given prior permission by the proper school administrator.**
- 2. Attend and be on time to all team meetings, bus departures, meals, and other team functions.**
- 3. Ride the team bus to and from the game unless given prior permission by the administration and coach.**
- 4. Make sure you have all the proper equipment, and attire for the game at school.**
- 5. After the match, help with all court equipment, water buckets, scorecards, tennis balls, and rackets are put away and trash is picked up.**
- 6. After the game, remain at the tennis stadium with your team until given permission by your coach to leave.**

F. Parent Responsibility

- 1. Read team rules and expectations. Help your daughter/son adhere to them. Your understanding and support of these rules and expectations will be expected.**
- 2. Show awareness that attendance at practice helps team morale and performance.**
- 3. Make sure your daughter/son strictly adheres to proper training habits.**
- 4. Plan appointments, vacations, etc, around practice times and games.**
- 5. Encourage your daughter/ son to talk directly to the coach about needed information, problems, questions, etc.**
- 6. Keep a “team – first” attitude. Root for all players on the team.**
- 7. Help your daughter/son maintain a positive, enthusiastic, and loyal attitude at all times.**
- 8. Support the position and authority of the coach.**
- 9. Refrain from coaching your daughter/son and other players from the stands or sidelines.**

10. **Please remember that it is not good etiquette to clap for opponents missed shots or mistakes, but only for our player's winners or good shots.**
11. **Please remember that playing time is a coach's decision and will be discussed only with players, not parents. A spot on the team does not mean that a player is guaranteed any playing time. No one is 'entitled' to a place on the team or playing time.**

G. Training Habits

1. **Any use of drugs (other than medically – prescribed), alcohol, tobacco, or steroids, will not be tolerated and will cause you to be subject to suspension or dismissal from the squad.**
2. **Eat a proper and balanced diet - - "You are what you eat."**
 - a. **Avoid sugar, especially before and during practices and games.**
 - b. **Your pre – game meal should be eaten no later than 2 hours before game time.**
 - c. **Eat a good dinner the night before a game - - you play on that meal.**
3. **Get proper rest.**
 - a. **Sleep 8 – 10 hours each night.**
 - b. **Arrange study time so that you don't have to stay up late at night studying, especially the night before a game.**
4. **Injuries and illnesses.**
 - a. **Report all injuries and illnesses to the coach immediately. Let the coach know right away if something is wrong with you.**
 - b. **We have an excellent training room (707) that can be used for ice, tape, and other injury therapy.**
 - c. **Avoid skiing, snowboarding, or other dangerous physical activities until the season is over. You have a responsibility to your teammates, coaches, and school to do all you can to remain as healthy as possible.**

H. Practice

1. **You are expected to attend every practice. Arrange appointments at times other than practice times. Notify the coach in advance of any problems.**
2. **If for any reason you will not be attending a practice notify the coach before 12:00 noon that day. Coaches plan drills and activities based on the assumption that players will be there everyday.**
3. **Give 100% at all times - - do your best - - strive to improve everyday, regardless of your ability, role on the team, playing time, team record, etc.**
4. **Wear the proper team practice uniform.**
5. **Be on time. You should be dressed, stretched, and ready to go at least 5 minutes before practice is scheduled to start.**

6. **Do not sit down, get a drink, or leave the court without permission from your coach.**
7. **Do not be a complainer, pouter, alibier, con artist or critic.**
8. **Take tough coaching. If it seems that the coach is constantly “on your back” take it as a compliment that they believe in you and care about you.**
9. **Practice sessions are for the players and coaches. Family members and friends should get prior permission to watch practice.**

I. **Care of the courts, equipment, and uniforms.**

1. **Players are responsible for washing the tennis courts then keeping them clean.**
2. **Uniforms should be washed (not bleached) on a gentle cycle. Hang dry uniforms whenever possible. Uniforms are the property of all athletes at the end of the season.**
3. **Required equipment for you to buy:**
 - A. **Practice uniform**
 - B. **Game uniform(s)**
 - C. **Tennis Racket(s)**
 - D. **Quality Tennis shoe.**
 - E. **ASB Card**
 - F. **Tennis Bag and Water Jug – not mandatory but recommended.**