

Lewis & Clark Girls Tennis

2022 Early Season Information and Athlete Expectations

Welcome to Tiger Tennis! Where athletes establish goals, rebound from mistakes, think strategically, and become self-reliant on the court.

Coaching staff:

- Kate Burns (Varsity coach); 509-944-5890; kateb@spokaneschools.org
- Amber Eastham (JV/C coach); 509-354-5470; ambere@spokaneschools.org

Before First Practice:

ASAP; please register on Family ID. Even if you don't have a physical yet, we need to know our approximate team size due to the limited number of tennis courts.

⇒ You must have a recent physical on file before you can participate in the first practice.

We communicate with parents through the email listed on Family ID. Please make sure they input an email address they will check.

Practice Times/Location:

2/28:	2:45	LC Commons
3/1-3/4:	4:00-5:45	Hart Field. All players (Boys team practices at 3:00)

After teams are decided/week two:

Varsity/JV	3:00-4:30	Hart Field tennis courts (10 varsity/4 JV)
JV/C Team	4:15-5:45	Hart Field tennis courts (JV/C)

Teams:

During the first week of practice, the Varsity, JV and C teams will be decided based on each player's score results during match play. Challenge matches to determine rank within the team will take place after week one.

Team communication:

Communication is done through the REMIND app that is administered by Coach Kate Burns. Text @lcchamps to 81010 to join.

Team schedule:

Match times and locations can be found online at: lctigers.com. Beneath the 'activities' tab, highlight 'sports'. All LC sports are listed.

Spirit Gear:

An on-line store will be set up at MomentumInk.com to purchase tennis-team specific spirit gear. The link will be provided to all athletes and parents once available.

LC Tiger Tennis Values

A positive high school athletic experience is our goal for each athlete. Tennis is a sport for life; we hope to instill in everyone a love of the game and an appreciation for teamwork, yet at the same time help everyone reach their full potential, both on and off the court.

Responsibility – Take ownership of your gear, your schedule and especially your grades. Last year, the team averaged a 3.78 GPA.

Work ethic – Goals are accomplished through hard work. Effort is the ultimate measure of your success; seek improvement on the court, mentally and physically, every day.

Enthusiasm – Tennis is a lifetime sport. Have fun and enjoy the game. Zealously cheer on teammates.

Support for others – Continual support of teammates creates mutual respect and bonds of strength. Inspire one another to be and do your best.

Integrity – We represent Lewis and Clark on and off the court. We are honest, we are ethical, and we rise above our competition when challenged with a difficult on-court situation.

“The mark of a great sportsman is not how good they are at their best,
but how good they are at their worst.” -Martina Navratilova

Team Expectations

Attendance: Success at any endeavor requires the forming of good habits, therefore daily attendance as a Tiger tennis team member is expected.

We support and encourage well-rounded individuals. Written or personal communication with a coach is expected when exceptions to attendance is necessary (unavoidable appointments and plans made in advance of the season are examples). Continued conflicts that place team time at an unreasonably low priority will be addressed with the athlete. Text messages or emails after an absence are not considered proper planning, and only in emergency circumstances will these be considered acceptable for following up with coaches on an absence.

If you expect to play in a match, you must attend the practice scheduled the day before the match. There are exceptions, especially within the current Covid guidelines, but we encourage you to approach practice and match play with the same dedication.

Uniforms and equipment: Tennis-specific shoes, a black tennis skirt or tennis shorts, a recently strung racket and a water bottle are standard. Black tights with a side pocket are acceptable in early season

play when it's cold. Most importantly, any skirt, short, or tight must have the capacity to hold a ball firmly in place. (You always start the serve with one ball in hand and a spare). All athletes will be provided with a loaner team top and jacket.

Match Transportation: Spokane Public Schools requires all athletes to ride to the matches on the bus with the team. You may leave the match with your parents once you have turned in the appropriate signed paperwork, but *only after the entire team has finished playing*. We understand you may need to leave early from a match; we allow one early release from a match per athlete. More than one will need approval. We cannot release a girl to anyone but that athlete's parent or legal guardian.

Match day expectations for athletes:

Upon arrival to a competition site, players are expected to warm up and begin their pre-match focus. After the match, players are expected to check in with their respective coach, report scores, return balls (if a home match) and reflect, refuel, and stretch.

Once stretching and match feedback is completed, athletes are expected to stay at the courts cheering and supporting other teammates who may be competing.

Athletic Letter:

All athletes who compete in five or more varsity matches will earn a letter.

What you can expect from your coaches:

Please know we have the best interest in mind for each individual on the team, and that facilitating a great experience for the entire group is what drives our coaching decisions, team policies, practice activities, and competition selection.

What we need and appreciate from parents:

Like all teenagers, tennis players need gentle reminders to be more aware of how the other 22 hours affect the time we spend training.

- Reinforce good habits regarding sleep, hydration, nutrition and dressing properly for certain conditions, etc. (It's always colder at Hart due to the wind).
- Be in the information loop (we welcome parents to sign up on *Remind*)
- Help our Booster rep (Kathi Plager; Eleanor's Mom) with fundraising.
- Practice balls (new and used) and rackets are always a welcome donation to the program.

Please feel free to contact either coaches with questions or concerns. *We welcome and value parent and athlete feedback.*

We look forward to a rewarding 2022 season!