

# Lewis & Clark Girls Tennis

## 2024 Early Season Information and Athlete Expectations

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### Welcome to Tiger Tennis!

#### Coaching staff:

- Kate Burns (Varsity coach); 509-944-5890; [kateb@spokaneschools.org](mailto:kateb@spokaneschools.org)
- Amber Eastham (JV coach); 509-354-5470; [ambere@spokaneschools.org](mailto:ambere@spokaneschools.org)
- Gretchen Tempel (C Team coach); 509-354-4029; [gretchent@spokaneschools.org](mailto:gretchent@spokaneschools.org)
- Toni Sharkey (C Team coach); 509-255-8799; [tonid@spokaneschools.org](mailto:tonid@spokaneschools.org)

#### Before First Practice:

Please register or verify your completed registration on Final Forms.

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

#### Practice Times/Location:

2/26-3/1:        4:00-5:30        Tryouts at Hart Field. (Boys tennis tryouts are at 3:00)

\*\*\*Tryout location and time may change daily due to weather. Check the Remind app daily\*\*\*

After March 3rd, practices will be:

Varsity	3:00-4:45	Hart Field
JV:	4:15-5:45	Hart Field
C Team:	4:00-5:30	Comstock Park

#### Teams:

At the end of the first week of practice, the Varsity, JV and C teams will be decided based on each player's results. Team selections will be posted by Sunday, March 3<sup>rd</sup>. Challenge matches to determine rank within each team will take place after tryouts. The total number of athletes on each team will be:

- Varsity: 12-14 players (10 varsity, top 2-4 JV)
- JV: 12-14 players
- C-Team: 30+ players

If the weather doesn't cooperate, tryouts will be extended until players have the opportunity to play points against other players. Players earn their position by match play; we do not choose which team a player is on arbitrarily. However, doubles teams will eventually be formed by a number of factors; team dynamics, style of play, etc. not just ladder position.

#### Team communication:

- Varsity/JV communication is done through the REMIND app. Text @lcchamps to 81010 to join.
- C Team communication has their own REMIND app. Text @cteamtig to 81010 to join.

Parents are encouraged to join the REMIND apps. We want to include parents in the communication loop!

### **Team schedule:**

Match times and locations can be found online at: [lctigers.com](http://lctigers.com). Beneath the 'activities' tab, highlight 'sports'. Scroll down to find Spring Sports, then click on 'girls tennis schedule' for Varsity/JV schedule.

C Team schedule can be found on the same page, but under Spring Sports, click on 'Girls Tennis', then '2024 C Team Calendar'. The *C Team schedule does not get finalized until mid-March*.

### **Spirit Gear:**

An on-line store has been set up at BSN Sports to purchase tennis-team specific spirit gear. The link will be provided to all athletes and parents during the first week of practice.

## **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 individual 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 **3.96 GPA**. Student-athletes must be organized and committed.

**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!

**Teamwork** – Continual support of teammates creates mutual respect and bonds of strength. When we inspire each another to be and do our best, we thrive as a team.

**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. Athletes should approach practice and match play with the same dedication.

We support and encourage well-rounded individuals, however being a member of the Varsity/JV LC Tennis Team requires dedication. Do not schedule work, tutoring, or other extra-curricular activities during practice and match times. Written or personal communication with a coach is expected **from the athlete** (not the parent) when exceptions to attendance is necessary. Text messages or emails after an absence are not considered proper planning, and only in emergency circumstances will these be considered acceptable.

Continued conflicts that place team time at an unreasonably low priority, or an unexcused absence will be addressed with the athlete and may lead to sitting out from the next scheduled competition. Athletes who require a lot of scheduling flexibility throughout the season will be encouraged to participate on the C Team.

### **Uniforms and equipment:**

- Shoes: Tennis or court shoes (Shoes that provide side-movement support.) Please no running shoes.
- Black skirt or shorts are required for matches. Any skirt, short, or tight must have the capacity to hold a ball firmly in place. Solid black skirts are available to borrow for the season, but many athletes prefer to wear their own solid black tennis skirt or short. Black tights are ok to wear during cold temps.
- Tennis racket. Recently restrung, if possible. We do have loaner rackets available.
- All athletes will be provided with a team top and jacket for the season.

### **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 additional 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 complete, athletes are expected to stay at the courts to cheer and support their teammates who are still competing. *Tiger tennis players do not leave the courts until the last match is finished.*

### **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 appreciate from parents:**

- Reinforce good habits regarding study habits, sleep, hydration, nutrition and dressing properly for certain conditions, etc. (It's *always* colder at Hart due to the wind).
- Please allow your athlete to communicate their schedule/conflicts with the coaches. We expect tennis athletes to take ownership of their time and their responsibilities.
- Help our Booster Club rep, Priscilla Rabinovitch, Daphne's Mom, with fundraising and club support.
- Please feel welcome to share any mental or physical limitations about your athlete that may affect practices privately with the coaches. We want to ensure each athlete thrives in our program.
- Please ask questions, provide feedback, or share concerns. Our program can only improve when we hear from families. *We welcome and value parent and athlete feedback.*

