

2024 GIRLS TENNIS RULES AND EXPECTATIONS

Everyone on the team is expected to do their best. This applies not only when you are on the tennis court, but academically and socially as well. School always comes before athletics. All school rules and the athletic rules adopted by the Santa Ynez Valley Union High School District and presented in the **Santa Ynez High School Athletic Handbook** are always in effect and will be strictly enforced.

TEAM RULES:

1. Attendance at all practices is mandatory! Please be on time. If you have a conflict, notification must be given to the head coach BEFORE the missed practice or match by 1:00 pm.
3 unexcused absences = removal from the team. Athletes will be required to make up missed practices within a week by staying after or before practice for 30 minutes. Arrangements can be made with the head coach. Players late to practice will result in consequences for the entire team. You may not miss a full practice for a private lesson.
2. All players are to stay on the courts or in the tennis area during practice. Leaving the school campus without permission is not allowed.
3. Players must be at practice the day before a match, *unless special permission is given by the Head Coach*, or they will be ineligible to compete in that match.
4. Good sportsmanship is mandatory. Throwing equipment, disrespect, poor body language, and bad language will not be tolerated and may lead to game suspension, if continued, removal from the team.
5. Support your teammates. Tennis is a team sport, and everyone's presence is required until the entire team is finished playing matches. Phones will be away during practice and matches. Go support your teammates!
6. The use of alcohol, drugs, or tobacco **will not** be tolerated! **Any form of hazing or bullying is not allowed. Immediate removal from the team will happen for any hazing activity or substance use.** Our current meeting is considered your warning, after that you will be off the team.
7. Players will dress up at school for match days. Captains will notify players the day before the match.

Equipment Requirements:

- Proper tennis shoes (court shoes and running shoes).
- Racquet-strung, grip in good condition so you are ready for every practice and match.
- **EVERY PLAYER MUST BRING THEIR OWN WATER BOTTLE TO PRACTICE** and eat lunch before practice or a match. Come hydrated and fueled up! It will enhance your playing ability!
- **Uniforms-** all players must wear an approved Santa Ynez High School uniform.
- **Cell phone will be put away during practice and matches.**

Practice Times:

Times may vary per week based on coach's needs, schedules, weather, and player needs. All players are expected to be at every practice. Practice will be M-F, except for game days. We will be on the court until practice ends, then cleaning up, planning for the next day, and closing with a team cheer. Plan on 10 minutes after the listed time to pick up.

Varsity: 2:30-4:30 PM

JV: 3:00-5:00 PM

Grades

Player's grades will be checked every other Monday by the head coach. Students with D's and/or F's will be assigned lunch tutorials in P4 (even days) or in an academic teacher's classroom. If grades continue to slip, player, coaches, teacher(s) and parents will have a conference to find the best plan to assist in raising grades before, during, or after practice/match time. Players must maintain above a C average (2.0), with no F's to

2024 GIRLS TENNIS RULES AND EXPECTATIONS

travel to away matches. The school will check GPA eligibility each quarter (Oct) and players will not be able to play in any matches if they are below a 2.0.

Boosters-SYV Youth Tennis

To build a successful tennis program there needs to have “buy-in” from coaches, players, faculty members, and most importantly parents. Getting involved not only helps the program by volunteering but it shows your children you care about what they are doing. It helps to foster a “family” environment between coaches, players, and parents, and it helps to create a solid support group. Here are some events coming up! The Board would love to have you join the planning at our next booster meeting after the parents meeting on Tuesday, August 13th.

- Court/Refugio Road Sponsorships-Ongoing- parent leader needed.
- Snap Raise-September-parent leader needed.
- Bundt Cakes November-parent leader needed.
- See's Candies-December/March- parent leader needed.
- SYHS Mixed Doubles Fundraiser October- parent leader needed.

All players are asked to raise a minimum of \$250.00 to help support the needs of the tennis booster club.. Funds go towards balls, equipment, transportation, uniforms, court improvements, banquet, awards, and training/court assistance. We are also planning on some long-term court improvements including backboards, shade structure, and pickleball courts.

You can write a check (SYV Youth Tennis) to cover the \$250.00 if you would don't want to fundraiser.

Uniforms

Players will receive the uniform (skirt/tank) to keep if they fulfill the fundraising minimum. Hoodies, sweatpants, and other gear are player responsibilities. Players can wear their own practice clothes, but tops must have straps and cover the chest, and no midribs/butt checks should be showing on shirts/shorts. If it becomes a problem, we will wear a team practice T-shirt.

Transportation

All players will ride to the match with a coach in the school van. Parents may take home their player from away matches once the entire match is completed. If you are requesting to take someone else, a note is needed 24 hours prior and must be turned into the coach and then sent to the AD.

LETTERS

Varsity Letters will be awarded to players in good standing (no D's and F's, or suspensions) throughout the entire season. Players who do not complete the entire season will not be awarded varsity status. The player must have participated in a minimum of 51% of the varsity matches during regular season play. **Varsity players who are not available to play in CIF (after the varsity regular season) will not letter. Playoff dates are Oct. 29, 31, Nov. 5, 12. State Team playoffs are Nov. 22 and 23. Individual Playoffs are Nov. 8, 9, 15, and 16.**

Communication

Communication is key, and the coaching staff appreciates all feedback to ensure a safe, fun, healthy teaching and learning environments for all participates involved. All players and parents will receive emails weekly with key team information. If you are not receiving email, please email Coach Rasmussen jrasmussen@syvuhd.org to be added to the email list. Players should start all communication with coaches first, before parents reach out, unless something serious is needing attention.

A mandatory player/ parent meeting will be held on Tuesday, August 13th at 5:00 pm at the tennis courts.

Thank you,

Coach Rasmussen-Varsity Head Coach
jrasmussen@syvuhd.org
805-325-1548

Coach Walden Bonet-JV Head Coach
ewalden01@yahoo.com
805-350-1901

Assistant Coaches -
Ron Misner
Briana Lamica

2024 GIRLS TENNIS RULES AND EXPECTATIONS

Please mark the area you can assist with and return at the parent/player meeting on Tuesday night. The parent lead will be responsible for organizing the event, with coach's support. The support person helps sign up volunteers (parents and players) and works with the coaches to collect money or items.

- Court/Refugio Road Sponsorships-Ongoing-Parent lead: _____ Support: _____
- Give Butter-September- Parent lead: _____ Support: _____
- Bundt Cakes November- Parent lead: _____ Support: _____
- See's Candies-December/March- Parent lead: _____ Support: _____
- SYHS Mixed Doubles Fundraiser October- Parent lead: _____ Support: _____
- Construction-Shade Structure-Parent lead: _____ Support: _____
- League Records/- Parent lead: _____ Support: _____

I have read and agree to the rules, expectations and procedures listed above.

Player's name: _____ Player's Signature: _____ Date: _____

Parents Name: _____ Parent's Signature: _____ Date: _____

I read and agree to the player dates and responsibilities listed above.

Player's name: _____ Player's Signature: _____ Date: _____

Parent's Name: _____ Parent's Signature: _____ Date: _____