



Lindale Tennis

Handbook

Continuing a winning tradition



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1. COACHES

Coach Namanny: Coach Namanny grew up in Lindale Texas. Was a 2006 graduate from Lindale High School where he played tennis all four years in high school. 2004 placed 3rd in state team tennis regional quarter finalist in singles. 2005 placed 2nd in state team tennis State qualifier in Singles. 2006 2nd in state team tennis and regional semifinalist in doubles. Went to LeTourneau University to play tennis and played tennis all for years. Competed in the conference tournament 2008, 2009, 2010. Second in conference in 2009 and ranked top 30 in the nation as a team at LeTourneau. Graduated from LeTourneau University in 2010 with a Bachelor's of Science Degree. 2011 was the interim head tennis coach at LeTourneau University. Was the head tennis coach at Sulphur Springs High School for three years before accepting the head tennis job in Lindale in 2014.

Coach Rogers: Coach Rogers grew up in Tyler Texas and graduated from John Tyler in 1989. After graduating from John Tyler, Coach Rogers attended Stephen F. Austin State University and graduated in May 1994 with a Bachelor of Science in Kinesiology and a minor in Biology. While attending SFA, he served in the US Army reserves. Coach Rogers is about to start his fifteenth year in Lindale. While serving Lindale ISD, he has coached girls' basketball and is currently coaching tennis. Coach Rogers has taught mainly Biology over the years and has also coached football, track, and cross country at previous districts.

2. NOTE TO SENIORS

****Note to Seniors:** If you have any aspirations of playing college tennis at a Div 1 or II school, you must register with what is known as the CLEARING HOUSE. You can talk to the counselors or go to www.ncaa.org for info.

3. PROGRAM GOAL

The GOAL of the Program The objective for the Lindale Tennis Team is to influence young men and women to make goals for their life and to have the determination to achieve them. The Team will have high moral character and appreciate the value of hard work.

4. GENERAL POLICIES AND PROCEDURES

- I. **A. T. S. And Then Some:** This is a phrase that the Lindale Tennis Program uses to describe the type of character and effort that it takes to be a champion. We expect the player to give 100% both on and off the court, And Then Some.
- II. **Discipline:** If a player chooses not to behave in line with the Goal of the Program or does not follow the instruction of the coach, he or she will be subject to consequences chosen by the Coach. • 90's – 9 laps + 90(pushups, crunches, treadmills, squat-n-thrusts) Major Offenses • 45's – 4 laps + 45(pushups, crunches, treadmills, squat-n-thrusts) Minor Offenses Extra conditioning will be done outside and in addition to the normal team workout. If time is limited players may be required to report before school. Continuous or repetitive offenses may result in suspension or removal from the team.
- III. **Missed Practices/Matches:** Most practices end between 5:00 and 5:30. If a player has an excused absence from practice they may be required to do a 45 on their own time to make up for the practice or they will make up the conditioning missed. Excused absences are for sickness, death in the family, or pre-approved absences due to extenuating circumstances or due to educational needs. All other absences from practices will be considered unexcused absences and will be required to do 90's for every practiced missed. Unexcused absences from matches or tournaments will be made up with 2 - 90s. Please consider the practice and match schedule when scheduling doctor or dentist appointments. Wednesdays are one of the better days to schedule to be gone from practice.
- IV. **Practice dress code:** Players should be dressed for practice. No jeans, tops out of dress code, shoes that are not tennis shoes or court shoes. Students need to be in athletic attire and need to have these items with them to change into immediately. If you are out of dress code or forget workout clothes then it will be a 45 the following day.
- V. **Challenge Ladder:** There will be a ladder tournament at the beginning of the fall and spring seasons that will determine the starting position of each player on the ladder. Challenge matches are played throughout the season to give the players a chance to advance and also to increase their match play skills. Players will have a numerical ladder rank. The format of the challenge rounds will rotate from odds challenging evens to evens challenging odds. There may be changes to when challenge matches are; be pre-prepared any day to play a challenge match.

- VI. **Team Tennis/Fall:** Team Tennis is when the best players on our team compete against the best players of another team in singles and doubles. There are 6 boys singles matches, 6 girls singles matches, 3 boys doubles matches, 3 girls doubles matches, and 1 mixed doubles match for a total of 19 possible wins. The first team to reach 10 wins will win the team match. During the fall is when 3A, 4A, and 5A schools hold their regional and state team competitions. TENNIS IS A TEAM SPORT.
- VII. **Individual Tennis/Winter & Spring:** We will play in individual tennis tournaments mainly in the winter and spring. This is when the players will specialize in double or singles and prepare for district, regional, and state UIL individual tennis events.
- VIII. **Summer Points:** The reason for the points is to ensure us that we have players that enjoy tennis and want to get better. It also encourages the players not to lay their racquets down entirely during the summer and lose the edge that they had when school let out. We reward players who get 800 points during summer with several days off of conditioning. If players do not get all 350 points they will be allowed on the team, but there are consequences. For every 1-50 points that the player does not get it is an automatic 90 and for every 50-100 points they will forfeit a challenge match to start on the ladder. If the player is missing more than 300 points they will start at the bottom of the ladder.
- IX. **Racquet Stringing:** The tennis coaches also have the equipment to restring racquets, however, please pay for the stringing when you give the racquet to the coach for stringing, or AT THE LATEST, when you receive the racquet back from the coach.
- X. **Communication:** It is very important to have good communication between the players, coaches, and parents. If you have any questions, please ask. Don't TELL the coaches what you are going to do, YOU ask them. It is extremely hard to run a practice and get challenge matches done when players and parents don't check with us about the possibility of being gone. If the student is going to be gone or miss due to make up work or test that student must let the coach know at least 1 day ahead of time and ask if they can miss. Wednesdays are a better day to miss practice. The coaches contact information is in the Introduction of Coaches section of this handbook.
- XI. **Out of town trips:** It is very important not to be late when going out of town. The coaches allow enough time to get there and get a good warm up. Please make sure that you give parents you match information sheet. Also, make sure that you communicate to parents when you will be home the minute a coach gives you and estimated time of getting back home. Almost all out of town trips will require players to bring a sack lunch and money for dinner.

- XII. **Tardiness** affects the entire teams preparation time. If you are on time you are late, if you are early you are on time!!! One lap for every 5 mins late to practice or a match. If you are late to a tournament and I have not received a phone call or I cannot get a hold of you or someone at your house you will be left.
- XIII. **Overnight trips:** The Athletic Code of Conduct applies at all times. There should never be boys and girls hanging out in the same room without a coach present. No guys in girl's rooms, no girls in guy's rooms. Always behave as if a coach were standing right beside you. **School dress code still applies on trips.**
- XIV. **Transportation:** The bus will leave at 2:34pm for the tennis period. If you are late you will RUN over to the courts. No hitching rides. During the tennis athletic period if you have a car you may drive over. If you do not drive or have a car, with parent's permission, you may ride over with another player, but only with other tennis team members that your parents have approved, and have communicated with the coaches as to which ones those are. All varsity players must be at the courts and dressed for practice at 2:45.
- XV. **Locker Room:** Please keep our locker room as well as all tennis facilities clean. Please put locks on lockers if you do not want something stolen. You are responsible for all equipment assigned to you: lost, stolen, or damaged.
- XVI. **Paperwork:** Players must fill out
- 1) Acknowledgement of UIL rules
 - 2) Eligibility form,
 - 3) Lindale Athletic Code of Conduct
 - 4) Medical history form,
 - 5) Privacy consent, and
 - 6) Concussion form,
 - 7) Cardiac awareness form and
 - 8) Lindale Tennis Handbook agreement form every year before practice starts.
 - 9) Social media Contract
 - 10) LHS Athletic Code of Conduct
- **All Freshmen and Juniors and anyone who checks yes to questions 1, 2,7,11 or 17 on the medical history form, must have a current physical on file with the Athletic Trainer before practice starts.

5. LINDALE TENNIS PLAYERS CODE OF RESPONSIBILITY:

1) Be prepared---it is your responsibility to have a spare set of clothes and racquet in your locker. "My mother forgot to bring me my stuff"/ "had no clothes clean" will not cut it---you must be responsible for all of your own actions. You have a sink and soap you mom/dad is not the one responsible for getting you clothes clean or remembering to get them.

2) Don't be a weatherman---The Texas weather is very unpredictable, pouring in the morning and dry in the afternoon. Don't say "it was raining this morning so I didn't think we would practice."

3) I have a Doctor's appointment/make up test today---NO THANK YOU, that is too late to let a coach know that you will be gone. You must communicate with the coach about missing practice at least one day ahead of time. Get mom to work with the coaches on scheduling doctor's appointments, they can help!!!! Again Wednesdays are great!!!

4) Keep locker rooms and courts clean---there are plenty of trash cans, let's be proud of our facilities and keep them clean.

5) Pick up tennis balls after practice---if we lose 10 a day that is 200 a month. The more we keep track of the longer they all last.

6) The ONE BULLET THEORY---you would not go into battle with one bullet, so don't come to practice or a match with one racquet and break a string.

7) For Matches---Have your own water jug filled with water and ice---take snacks and meals, you do not know if we will be able to take you to lunch.

8) ALWAYS BE IN LINDALE UNIFORM DURING MATCHES!!!

9) TRAVEL WITH THE TEAM---be a team member and travel with the team until we return from the match---except when okayed by the coach for birthdays or holiday travel.

10) BE A SUPPORTIVE TEAMMATE---When we are in competition with other teams, and your teammate is out there playing their heart out, WE EXPECT YOU TO BE AT THEIR COURT AND ACTIVELY SUPPORTING THEM. It is not time to have a social hour, do homework, or making a cell phone call (we will take the phone up and turn it in to the principal. Cell phones are to be off at the time we tell you to be at the courts for home matches, and when we get off the bus at away matches, and do not come back on until we are through playing).

11) Bullying will not be tolerated on any level---Any problem with a teammate must be brought to the attention of coach and handled face to face in a respectful manner. These issues need to be addressed immediately to the coach not days after. **Inappropriate text messages, facebook posts, tweets on twitter, Instagram photos and quotes will not be tolerated.** We are all Eagles and to treat each other with respect. We expect each one of you to fully support your teammates and coaches or there will be consequences.

Tennis Parents: It is a privilege, not a right, for your child to participate in the Lindale Tennis Program. We want to have good communication between players, coaches, and parents. The Tennis Handbook is attached and it will answer most of your questions about the tennis program, contact the coaches should you have any further questions. We look forward to working with your player!!

Randal Namanny---cell #903-316-8702 E-mail--- namannyc@lisdeagles.net

Derick Rogers-----cell #903-312-5533 E-mail— rogersd@lisdeagles.net

SCHOOL WEBSITE: www.lindaleeagles.org

UIL WEBSITE: www.uil.utexas.edu/ath

**Please read the handbook and return this page with you and your child's signature.

I HAVE READ THE LINDALE TENNIS HANDBOOK AND GIVE MY PERMISSION AND SUPPORT FOR _____ TO BE A MEMBER OF THE LINDALE TENNIS TEAM.

PARENT OR GUARDIAN SIGNATURE _____ DATE _____

PLAYERS SIGNATURE _____ DATE _____