

## 2016 CCHS Girls Tennis Program

- Practice begins on **Tuesday, August 2<sup>nd</sup>, at 5:00 p.m.**, at the CCHS courts.
- We will participate in the Greene Central Super Scrimmage on Friday, August 12<sup>th</sup>. This is an evening event, starting at 5:00 p.m. We will get an opportunity to measure ourselves against some of the better teams in eastern North Carolina. We will play one other team in singles, and two other teams in doubles. Greene Central is located in Snow Hill. The bus leaves CCHS at 12:00 noon, and we'll be back around 11:30 p.m.
- Our first match will be held on Monday, August 15<sup>th</sup>, at home against Washington.
- You must have a physical (health form) on file with the athletic director to practice or play. Physicals are good for 12 months from the date of the visit to your doctor.
- We run a “no-cut” program. Everyone who comes out will be a member of the tennis program.
- Tennis is a meritocracy. The best players, as determined by challenge matches, play most of the varsity matches. Depending on the number of players the opposing team has, we will arrange exhibition matches as time and court space allow.
- The season runs through the middle of October.
- Vic Ramsey (252-202-3555) is the head coach. He oversees the entire program, works with, and travels with, the varsity team.
- Holly Venard is the assistant coach. She works in the school office, and can be reached at 252-453-0014.

# 2016 Girls Tennis Program – Currituck County High School

## ***Coaching Staff***

- Head coach: Vic Ramsey (252-435-6383 home, 252-435-6230 office, 252-202-3555 cell, [vramsey@currituck.k12.nc.us](mailto:vramsey@currituck.k12.nc.us))
- Assistant coach: Holly Venard (252-453-0014 work, 252-599-9003 cell) [hvenard@currituck.k12.nc.us](mailto:hvenard@currituck.k12.nc.us)

## ***Returning Players***

As of this writing, we expect to have eleven returning players: eight seniors, two juniors, and one sophomore.

## ***New Players***

- We operate the girls tennis program on a “no-cut” philosophy. We will not cut players who are willing to make a serious effort to improve, even if they are beginners.
- We cannot guarantee that every player will play in every match.
- We do guarantee that every player will receive instruction and encouragement from the coaching staff.
- We ask that all new players contact Mr. Ramsey prior to coming to the first practice, so that practice plans can be adjusted for the number of players present.

## ***Eligibility***

To participate on the girls tennis team, players must meet academic eligibility requirements, attendance requirements, and disciplinary standards adopted by Currituck County Schools and by the North Carolina High School Athletic Association. Prior to our first match next fall, these standards will be discussed with students and parents at a meeting with the athletic director.

Freshmen are automatically eligible from an academic standpoint. Sophomores, juniors, and seniors must have passed at least three classes the previous semester (i.e. this spring). Being a teacher’s assistant does not count as passing a class.

Students must also have a current physical examination on file with the athletic director. You should make arrangements with your physician now to obtain a physical exam prior to the start of practice. Your physical is good for thirteen months. If you have a question as to when your physical expires, please speak with the athletic director, or Ms. Bunch.

The blank form is attached. It can also be obtained from Mr. Woodley, (our athletic director). It may also be downloaded from the Girls Tennis page on the Currituck Tennis website ([www.curritucktennis.org](http://www.curritucktennis.org)).

In addition, parents must complete and sign a form giving the coaching staff permission to seek appropriate medical treatment in the event of an injury. This form will be distributed at the first practice in the fall.

The school board has implemented a policy which requires the students in athletics and other extracurricular activities submit to a random, suspicionless drug testing program as a condition of participation. Your participation in the tennis program will be construed as an expression of your willingness to participate in this program. Details regarding this policy are on the school system's website.

## ***Expectations***

- Prompt, consistent attendance at practices and matches, in accordance with the commitment required at the player's level.
- A serious effort to improve physical conditioning and all aspects of your game.
- Willingness to take instruction and try new or different techniques.
- An enthusiastic, cooperative, and positive attitude.
- Respect for coaches, teammates, and opponents.
- A commitment to excellence.

## ***Goals***

- To improve individually and as a team with regard to our tennis skills.
- To be competitive with the other teams on our schedule.
- To finish first or second in our conference.
- To qualify for the state dual team playoffs.
- To have fun playing tennis.

## ***Team Rankings***

Singles rankings are determined by head-to-head challenge matches. Challenge matches will begin on the second day of practice, and continue each practice day until our first match.

Doubles teams will also be formed during the two weeks of preseason practice. The coaches will determine the composition of the doubles teams. An attempt will be made to pair players who are equal in ability, emotionally compatible, and in the same grade.

The first two weeks of practice are extremely important, particularly for players aspiring to make the top six starting positions. Once the season begins, we will have little time for additional challenge matches, and they will be scheduled at the coach's discretion. Players who miss a significant portion of the first two weeks will find it very difficult to win a spot among the top six singles players, or be included in the top three doubles teams.

The coaches are required to play singles players in their order of ability, based on the coach's judgment. We cannot play a player lower in the lineup in order to give them a better chance to win. Likewise, if we believe that a player has improved to the point that she is better than the player in the next highest spot, we are obliged to adjust our line-up accordingly. For these reasons, while our lineup will be informed by the results of challenge matches, the final say regarding our line-up is a coaching decision.

## ***Varsity Schedule***

Our conference, the Northeastern Coastal Conference, is a dedicated 2A conference. The other conference schools are Bertie, Edenton, First Flight, Hertford Co., Northeastern, and Pasquotank.

We will play each team in our conference twice (home and away). We will also schedule a number of non-conference matches with schools such as Washington, Riverside-Martin, and Gates Co.

We will also play Manteo at least twice with our JV players and other "non-starters".

## **Match Format**

Each dual-team match consists of six singles and three doubles matches. Junior varsity and exhibition matches will be arranged as possible, depending on the number of players the opposing team has available.

Singles matches will be “best two-of-two” sets, with an extended tiebreaker (best 10-of-18) played in lieu of the third set. A standard tiebreaker (best 7-of-12) will be played in singles at 6-all in any set.

Doubles matches are 10-game pro-sets. A standard tiebreaker will be played at 10-all.

Only the head coach may give instruction to players during matches, and then, only during the change of sides.

Play shall be continuous. Players must begin a new point within 30 seconds of the end of the previous point. The break after the third game of any set, and every other game thereafter, shall last no more than 90 seconds.

Players shall call their own lines, and disputes shall be referred to the head coaches.

Players will not throw rackets, hit balls into the fence, court, net, or out of play in anger, shout so as to disturb play on adjacent courts, or use profanity or coarse language.

## **Practices**

We will begin practice on Tuesday, August 2<sup>nd</sup>. Our first practice will begin at 5:00 p.m. and last until 7:30 p.m. We will have a brief meeting with parents at the conclusion of our first practice.

Beginning on Wednesday, and depending on numbers, we may stagger practice times, with some players coming from 5:00 p.m. until 7:00 p.m., and others coming from 6:00 p.m. until 8:00 p.m. We will do this to facilitate challenge matches and allow coaches to work with players individually and in small groups.

Once school begins, practices will be from 3:30 p.m. until 5:30 p.m. each afternoon. Students should come straight to the tennis courts at the end of the school day.

If practices are to be canceled, you will receive a phone call, text, or email. Once school begins, an announcement will be made on the school’s public address system at the end of the day if practice will be canceled. In the event of rain, we may practice in the gym, or watch a video. Do not assume that, simply because it is raining, we are not having practice.

Examples of acceptable excuses for missing practices are illness, doctor’s appointments, mandatory family or church obligations. If a player knows in advance that she must miss practice, she should discuss that absence with the coach as early as possible.

If a player is sick, and does not come to school, or leaves school early, that player may not practice or play that afternoon.

Please do not plan to miss practice because you schedule other recreational activities. If you go to the beach, to the mall, etc., instead of coming to tennis practice, that will be seen as a sign that you lack the commitment necessary to participate in our program.

Please do not miss practice or matches because of work obligations. Playing on the tennis team and working an after-school job during the week are mutually exclusive. Limit your work obligations to the weekends once the season begins. We may schedule matches on Fridays. Also, please remember that the regional and state singles and doubles tournaments take place on Fridays and Saturdays. (See the attached schedule.)

School comes first. Tennis is an extracurricular activity intended for those who can manage their academic workload. Use your time wisely, especially the weekends. Please do not miss practice because of homework, reports, studying for exams, tutoring, etc. This will be seen as an indication that you do not have time for tennis and need to concentrate exclusively on your academics.

## ***State Playoffs – Dual Team Tournament***

The state dual team playoffs begin on October 18<sup>th</sup>. This year, only the conference champion will receive an automatic bid to the state tournament. The remaining slots in the Eastern half of the draw (seven in all) will be awarded to the non-champions with the best overall records.

The state dual team tournament is a 32-team draw, single-elimination, with matches between teams, using the same format as that of our regular season matches.

- ◆ First Round – Tuesday, October 18<sup>th</sup>
- ◆ District – Tuesday, October 25<sup>th</sup>
- ◆ Sectional – Monday, October 31<sup>st</sup>
- ◆ Regional – Wednesday, November 2<sup>nd</sup>
- ◆ State – Saturday, November 5<sup>th</sup>

## ***Conference Tournament - Individual Regional & State Tournaments***

Our conference will probably receive five bids to the 2A Eastern Regional. Those conference representatives will be determined by the results in our conference tournament, scheduled for Monday and Tuesday, October 10<sup>th</sup>-11<sup>th</sup> at Edenton.

We will be allowed to enter two singles players and two doubles teams in the conference tournament. The head coach will make the determination as to who plays in the conference tournament, and who plays singles and doubles.

The 2A Eastern Regional is scheduled for Friday and Saturday, October 21<sup>st</sup>-22<sup>nd</sup> at the Greene Central tennis facility in Snow Hill. Semifinalists at the regional tournament advance to the state tournament in Cary the following weekend.

## ***Uniforms***

Uniforms will be distributed to players based on their ranking. Players are responsible for the proper care of the uniform during the season. Please observe the laundry instructions carefully.

The uniform will be worn at all matches. At the end of the season, players must return the complete uniform to the coaches.

Warm-ups, sweatshirts, t-shirts, and other apparel may be purchased by players. An order form will be distributed the first week of practice, and an order will be placed by the end of August.

## ***Equipment You Will Need***

- A good quality tennis racquet (preferably two identical racquets). Broken strings are generally not as big a problem with the girls team as it is with the boys, but you will need something to play with if you break a string. See the coaching staff for assistance on buying racquets, restringing, etc.
- A good pair of tennis shoes (no black soles, please). If you buy shoes for tennis, please purchase “tennis” shoes, not cross-trainers, basketball or running shoes. “Tennis” shoes, also known as “court” shoes, are designed to provide support for the lateral movement that is prevalent in tennis. Shoes must not leave a visible mark on the courts.
- For practices, shorts and a t-shirt. (No tank tops, please.)
- A “tennis bag” containing:
  - ❖ a towel
  - ❖ an extra pair of socks (white)
  - ❖ sweat bands for your wrists (optional)
  - ❖ band-aids, in case of a blister (the flexible cloth band-aids work much better than the plastic kind)
  - ❖ “scrunchies”, head band, hat, etc., to keep your hair out of your eyes
  - ❖ sunscreen
- A water bottle you can take with you on court. We will provide ice water at all practices and matches, but you will need a container to use on court.
- If you have questions, contact Mr. Ramsey for guidance concerning tennis racquets and other equipment.

## ***Things You Can Do This Summer to Get Ready***

- Get in shape. Be prepared to run around the schools (about a mile) without stopping on the first day of practice.
- Play as much as possible.
- Participate in the Currituck Summer Tennis Program. Registration forms are available at each school, and at [www.curritucktennis.org](http://www.curritucktennis.org). Contact Coach Ramsey if you cannot find a form.
- Have your racquet(s) restrung with fresh strings just prior to the beginning of fall practice.