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**DRHS**

**Girls Tennis Rules:**

**1. Always Give Your Best.** This means be on time, have a positive attitude, treat teammates and

coaches, as you would want to be treated, and work hard.

**2. Be Prepared.** Bring racquets, water, tennis shoes, proper apparel, practice tennis balls, and a

towel to practices and to matches. Be mentally prepared as well for all practices and matches.

**3. Be Proud.** Wear your team shirts at school with pride. Invite people to our matches. Talk-up the

team with your family, friends, and teachers.

**4. Be A Good Teammate.** Support your teammates at school by always addressing them in passing

in the hallways. Older players should lookout for younger players and should make them a part of

the school and team. Treat your teammates as friends, even if you aren’t friends with them the

other 10 months of the year.

**5. Show Respect.** Address the coaches as Coach Roesler, Coach Flatley, and Coach Alt. Expect respect from

your coaches as well. Respect your teammates by not criticizing their actions. Instead, show respect

for their hard work.

**6. No Regrets.** Leave everything on the tennis court. Fight hard during a match and give it everything

you have so if you lose, you still know that you tried as hard as you could to win. Also, do not do

something on the court or after the match that you will regret later.

**7. Excellence Is Earned.** You become excellent by the decisions you make each day. The

decision to work hard, listen to coaching, and inspire your teammates will lead to excellence.

**8. If You Are On Time, You Are Late.** Always try to arrive early so that you aren’t responsible for

holding-up the rest of the team.

**9. Look Your Best.** Dress neatly for practice and for tennis matches. This means proper tennis attire

for practices and the team uniform for matches. Jewelry must be removed, hair must be neat, and

any add-ons to the uniform (hats, wristbands, etc.) must be approved by the coaches.

**10. Sportsmanship.** DRHS strives to attain the highest level of sportsmanship during the season. This

means being totally focused during a match. Leave trash talking, disruptive outbursts, and disparaging

comments regarding opponents and fans, and other non-tennis behavior completely out of your

performance on the court. This includes pre, during and post match behavior.

**Team Rules**

This is a list of specific team rules. It is by no means inclusive. The team expectations cover most of what is

expected of players on the Damonte Ranch High School Tennis Team.

**Eligibility**

1. You must have a current athletic physical form on file with the Damonte Ranch High School Athletic

Department by the first practice.

2. You must have a Drug-Testing Consent form on file as well.

3. You must have completed 10 Team practices before you can participate in an IHSAA match.

4. The DRHS Student Handbook will be followed and enforced.

5. You must keep a journal of your everyday tennis activities during the season. This journal can be a

notebook, diary, or planner. You should describe your actions, performance, opponent’s names,

results, etc. for each practice and or match. The coaching staff will review these journals

throughout the season.

6. Be sure you have met the academic requirements to be able to be on an athletic team.

7. IHSAA Guidelines for eligibility in relation to illness and injury are as follows:

You shall be considered ineligible if ―you are absent five or more consecutive school days

due to illness or injury and do not present to your principal written verification from a

physician licensed to practice medicine stating that you may resume participation.

8. Stars for visors must be on your visor for the next scheduled match or you may be asked not to play until they are on.

9. All players will support team by having logo on tennis strings.

10. You must ride the school bus to and from matches. Anyone needing to do otherwise must contact coach Don and send email to AD in order for this to happen.

|  |  |
| --- | --- |
| Days Missed | # of Practices Required |
| 5 to 10 | 4 |
| More than 10 Consecutive | 6 |

**Being on the Team**

1. You must be present and participate in 10 practices to be considered eligible for the team. Any

exceptions must be approved by Coach Roesler prior to the official first day of practice.

2. Any unexcused absences from practices and/or matches will result in the player’s suspension from

match participation in the next scheduled match. A request for any excused absence must be

submitted in writing on the day of that practice, and must be approved by the coaching staff. If you

have been absent from classes on a practice or match day, you must gain approval from the

coaching staff prior to returning to practice.

3. There are exceptions that can be made in extreme cases like a family emergency. The coaching

staff needs to be notified of any family emergency that results in a missed practice or match as

quickly as possible.

4. You must attend at least the final four periods of the school day to be eligible to practice or play in

an athletic event. In other words, be at school each day, all day, on time.

5. School comes first, sports second. However, plan ahead so that you are not caught with hours of

homework the evening of a late match.

6. Failure to comply with any of these items can result in a player’s suspension from practices,

matches, or even dismissal from the team.

**Player Seedings and Rankings**

1. Varsity, JV and freshman players will be seeded or ranked by the coaching staff during

the first full week of practices. (This may be abbreviated, due to match scheduling).

Factors that will be utilized to determine these rankings will include head to head play,

position skill levels demonstrated, attitude, and effort.

2. The Coaching staff will conduct a team meeting to announce the starting line-ups for each

team prior to the first scheduled match.

3. Do not approach the coaching staff prior to the Team Position meeting. There will be no

player/coach discussions regarding rankings prior to the official announcements.

4. Challenge Matches – Players will be given the opportunity to play Challenge Matches

against other players prior to seasons beginning. Coach Roesler will decide if there will

be challenge matches throughout the season.

A.) A player requesting to move up in the rankings must beat the player listed

immediately ahead of them in the rankings, in a head-to-head singles challenge

match.

B.) Any player wishing to challenge for a spot more than one position ahead of their

current position, must submit a written request to do so. The request should

include at least two factors why they feel that they can play in the higher position.

C.) To win that spot, the player must then play and win against the player listed

immediately ahead of them in the rankings, and win against the player ranked

two spots ahead. Both wins must be succession.

**Example:** Player A is ranked number 6 on the JV depth Chart after the team Position

announcement meeting. Player A feels that they can beat Player B(ranked 4th) , and

Player C(ranked 3rd), due to previously playing them in the off-season. To move into the

4th position from 6th , Player A will need to submit a written request to the coaching staff,

asking for the opportunity to challenge up. Once acknowledged by the staff, Player A

must successively beat Player D(ranked 5), and Player B(ranked 4th) to assume the

Fourth position in the Depth Chart. Next week, newly ranked Player A(4th), they can

then challenge Player C for the number 3 ranking.

D.) Challenge Matches will be conducted without prior notice to the players involved.

We will be taking this direction, as flexibility is key to success in high school

tennis, and, 99% of substitutions for matches are made with little or no notice.

E.) Players may play a Maximum of 2 Challenge Matches during any one week

during the season unless Coach waives it.

**No cut policy**

1. You will not be cut from the team if you participate in a summer tennis camp

for at least one week, **or** do something to the equivalent that is approved by

the coach.

2. Any disruptive player will be cut .

**Match Rules**

**1.** During the match, you must support your teammates by spreading out to cover all the courts

when you are not playing.

**2.** Players must report your scores to a coach as soon as the match is over.

**3.** Players must ride the team bus to matches. If parents are there to take the player home after

the game, this must be approved by Coach Roesler.

**4.** All players are responsible for getting the tennis balls and equipment out and for putting it all

away. At times, the coaches may assign selected players each day to be in charge of this.

Any equipment left on the courts or in the tennis area will result in 100 jump ropes per player,

per occurrence.

**5.** Cursing/inappropriate language is not permitted. This includes the use of any language deemed

unacceptable by the IHSAA. Such as ―Jesus, Jesus Christ, Lord, God, etc.‖ as well as any and

all profanity. Any cursing at practice will result in an immediate sprint for all players involved in

the current match or drill. Racquet abuse or ball abuse goes under this rule as well.

Cursing/racquet abuse/ball abuse during a match will result in a point penalty, game penalty,

and possibly, a forfeiture of the match.

**6.** During a match, if you are called over on a changeover by a coach, grab your water and

hustle back to the fence so that the changeover time rule can be honored.

**7.** During practice, don’t walk to and from your practice court—you need to hustle. Practice time

is very limited and we need to make the most of it. Also, when told to ―bring it in, do so very

quickly.

**8.** You need to have a ride arranged after practices and matches. Please make sure the ride is

on time. Coaches will not wait for students since they are on school property it is parents

responsibility to see that the student have a ride available.

**9.** Be on time or early to practices and matches.

**10.** When we are gathered as a team, behave as ambassadors of Damonte Ranch High School. This is

especially important at tourneys or matches.

If you are in doubt of what to do in a situation, please ask a coach. This list of rules is not complete and just

because a specific rule does not appear here, that does not mean it does not exist. Use your common sense

and the Team Expectations. Also, listen to the coaches and ask questions when necessary