

# 2024 Bengal Tennis Team Handbook

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2024 Coaching staff includes: Coach Sam, Coach Connor & Coach Johnson

Official Team Website: [www.bengaltennis.weebly.com](http://www.bengaltennis.weebly.com)



**Coaches Philosophy-** Respectful sportsmanship and having fun as a team!  
Respect yourself, coaches, teammates, and your competition.  
HHS Tennis is a no cut sport.

It is our goal to create the strongest team possible and a great team environment through commitment, discipline and integrity..

You represent Helena High and the community of Helena.  
Take pride in showing up for practice and matches on time and do the best you can every day!

**HARASSMENT, BULLYING AND HAZING ARE UNACCEPTABLE AND WILL NOT BE TOLERATED!**

**Commitment/Attendance:**

A student athlete must attend the full day of school in order to attend practice that day or compete in a match. (If the match is on Saturday, the student must have been in school all day Friday).

Tennis players are expected to attend all practices, matches and meetings during the season. An academic conflict or illness are the only acceptable reasons to miss practice and must be communicated to the coach at least a day prior.

Timely arrival to practice is expected, as is full attention and participation in drills/games/activities during practice. This includes listening to instruction and full participation in each drill/game/activity as indicated by the coaching staff.

Failure to arrive on time for practice, failure to follow instruction or directions for drills/games/activities as instructed, or poor displays of attitude towards teammates or coaching staff will not be tolerated. Anyone displaying any of these above behaviors will be asked to leave and the practice will be counted as an unexcused absence.

**An unexcused absence means the student athlete will not participate in the next scheduled match.**

Practice starts at **3:45pm** and goes to **5:45pm, Monday-Friday. For player safety, always go around the net. If you jump over the net you will be dismissed from practice and it will be an unexcused practice!**

The first week of the season everyone will practice together. The Friday of tryout week players will be notified of JV or Varsity status to start the season.

Those who start the season on varsity are welcome to tryout for singles. Of those that tryout for singles, there will be a mini-playoff to determine the top 4 singles players to start the season.

Halfway through the season there will be another opportunity for anyone playing doubles to challenge for a singles position. At the conclusion of the 2nd mini-tournament the 4 varsity singles spots will be set for the remainder of the season. Challenge matches are still allowed anytime during the season, but only as doubles v. doubles, or singles v. singles.

#### **Practice Locations:**

**Varsity practice courts are Lockey Park, JV practice courts are at the Civic Center.** We try to be outside as many days as we can and some days it will be windy and cold, so bring warm clothing, even if the weather looks nice, the weather can change quickly!

**If we have rain or snow on the courts, we will move our practice inside.**

Our designated indoor practice space is the **Bryant School Gym from 3:45pm - 5:15pm.**

Indoor practices count toward your **8 required practices before you can participate in a match. You must have your physical and concussion paperwork turned in before you can physically participate in practice.**

We will have practice during spring break starting at 3:45 pm Monday-Friday. Both JV and Varsity will practice at Lockey Park that week (or Bryant Gym depending on weather).

#### **Team Uniforms:**

Every student athlete will be issued a set of Bengal Tennis warm ups that they will be responsible for all season. They are only to be worn for picture day and match days. Do not wear them to practice at any time, as you will be asked to change out of them.

Match Day uniforms will be a cardinal Bengal Tennis top (short sleeve, long sleeve, MHSA approved racerback top, sweatshirt) and a pair of black bottoms with pockets (shorts, sweatpants, athletic tights with appropriate shorts worn over the top).

For practice, please wear a Bengal Top of some kind. It does not have to be tennis, but can be HHS soccer, volleyball, etc. Just as long as it says Bengal on it. We practice in public locations and we want to represent ourselves and our school, which is why you need to wear Bengal gear to every practice.

#### **Letter Requirements:**

In order to qualify for a team letter, the following must be met:

1. Display good sportsmanship at practice and in matches as determined by coaching staff.
2. Meet all school, district and state requirements for student athlete conduct (which are found in the School District Handbook).
3. Play in 50% of Varsity matches and/or be part of the Divisional Team.
4. Coaches' discretion.

### **Inherent Dangers:**

As with all activities there are inherent dangers with tennis. It is imperative that players pay attention to drills and activities on the courts at all times. Be aware of balls at your feet, errant balls that might come your way while waiting in line, and **always go AROUND the net**. If coaches ask for all balls to be picked up, then immediately stop play and pick up all balls. If at any time a player sustains an injury or thinks they have been injured, it must be reported to coaching staff immediately!

**Team Curfew-** In home- 10:00 PM the night before a match. If you are not at home, you will not play the next days' match(es).

### **Match Days:**

You are **REQUIRED** to ride the bus to out-of-town matches. You may ride home with **YOUR** parents **ONLY**. You **MUST check out with your coach before you leave!** Other arrangements can be made ahead of time with Helena High Administration.

For matches at home and away, team warmups occur early before matches start. Everyone playing that day is **REQUIRED** to be at warmups, no matter when your first match is. Failure to arrive on time for warm ups means you will sit out the next match.

Players **NEED to** stay after their matches are complete and support their teammates who are still playing. Adjust your work schedule so you can stay for all matches or if your match goes to 3 sets you won't have to rush or quit your match to get to work.

Also know that some of these days are long and start out cold and will warm up. Or they can get colder as the day goes along!

Make sure you have appropriate clothing, blankets, food, water, Gatorade, sunscreen, your racquets, socks, shoes etc., in your gear bag.

**2024 Team Captains-** Qayl Kujala, Brynn Woodmansey, Rhys Anderson-Foster and Ethan Walsh

### **Players Etiquette-**

- Show good sportsmanship during the match.
- Loudly and clearly call the score before you serve each point.
- Only players on the court can discuss the score. Teammates, players and coaches cannot help with scoring disputes.
- If you are receiving serve and don't know the score, ask your opponent what the score is before they serve (hold up your hands and don't attempt to hit the ball if they serve).
- Make line calls immediately and clearly by calling **OUT**.
- If you are unsure if the ball was in or out, be gracious and give the point to your opponent.
- Shake your opponent's hand at the end of the match.
- Failure to shake hands with your opponent will result in an automatic drop to JV status for a minimum of 2 matches. Coaches will not tolerate unsportsmanlike conduct.
- Students who are verbally abusive will be removed from the match at the coach's discretion and will be sent home or will be suspended.
- Show respect for yourself, your family, and your school.

**Challenges-** The purpose behind challenges is two-fold.

- In case of an injury, the next player on the ladder will be asked to play.
- The student's playing ability will determine their position on the ladder.
- Player may only challenge the player one spot above them.
- Coaches or players can arrange challenges.
- Coaches will coordinate with the players so challenge matches occur in a timely manner.
- The players switch spots depending on the winner.
- Players may only challenge the same player once in a 7- day period. If a player loses twice to the same player, they can no longer challenge that player during the season.
- Players can only play 1 challenge match per day.
- Challenge matches will not occur the day before a scheduled match.
- JV players challenging up to varsity must challenge as a doubles team.
- JV players challenging to Varsity will play the lowest ranked team on varsity.
- All challenges will be best 2 out of 3 sets (standard scoring and 7-point set tiebreaks with 3rd set being a 10 point match tiebreak.)
- The last day to challenge is Wednesday, May 8, 2024.
- At dark on May 8<sup>th</sup>, the top twelve (12) players will make up the divisional team. The 13<sup>th</sup> player will be the alternate for the divisional tournament and will travel with varsity.

*The schedule below is subject to change*

## BENGAL TENNIS SCHEDULE 2024

DATE	TEAM	H/A	Varsity	JV
Mar. 30	Kalispell/Glacier	Away	12pm	
Apr. 6	Great Falls/ CMR	Away	10am	
Apr. 6	Great Falls/ CMR -JV	Home		10am
Apr. 10	Capital High		4pm	
Apr. 11	Capital High - JV			4pm
Apr. 13	Bozeman/Gallatin	Home	10am	
?	<i>East Helena</i>			<i>4pm</i>
Apr. 20	Western Division	Missoula	9am	
Apr. 25	Bozeman/Gallatin - JV	Away		10am
Apr. 27	Billings West/Skyview	Home	11am	
Apr. 30	Capital High	SENIOR DAY	4pm	
May 1	Capital High - JV			4pm
May 4	Hellgate/Sentinel	Away	10am	
May 6	Bozeman/Gallatin - JV	Home		10am
?	<i>East Helena</i>			<i>4pm</i>
May 10	Butte/Missoula Big Sky	Home	10am	
May 16-17	Divisionals	Helena	TBD	
May 23-24	State	Bozeman	TBD	
May 28	Team Awards	HHS Cafeteria	6pm	