Gainesville High School



GIRLS Tennis Handbook / Contract

2023

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1. **CONTACT LIST for Gainesville HS Tennis Program**

Nataliya Self

Head Girls Tennis Coach

703-468-4336 (work)

[selfnv@pwcs.edu](mailto:fhinson@d49.org)

Daryl Moody

Head Boys Tennis Coach

703-344-3692

[MoodyDL@pwcs.edu](mailto:MoodyDL@pwcs.edu)

Jason Ritenour

Athletic Director

571-248-3200

[RitenoJA@pwcs.edu](mailto:RitenoJA@pwcs.edu)

Kat May

Athletic Trainer

571-285-6320

[maykt@pwcs.edu](mailto:maykt@pwcs.edu)

2. **Important Dates for the 2023 GIRLS Tennis Season**

* February 24th: FINAL SUSPENSE for all required items (Physical, registration form, eligibility clearance)
* February 27th: First Official practice
* March 10th: Final “SEEDING” matches to determine Tennis seeding ladder (Ladder might possibly be adjusted during the first 2-3 weeks of the season. It will be “locked” no later than the ½ way point to ensure each player has required number of 6 matches to qualify for regionals)
* March 13th: First Match of the Season
* **DAILY PRACTICE from 2:45-4:15 at the Gainesville HS Courts.**

3. **Season Schedule**

The “CURRENT” schedule is attached on the following Weebly page. However, we might have changes throughout the season. The latest (MOST CURRENT) copy of the schedule can be found at: <https://nadrianova.weebly.com/tennis.html>

4. **Coaching Philosophy and Goals for the Season**

Success for the Gainesville Tennis Team will not be based solely on wins and losses. OF COURSE, we WANT TO WIN and we WANT TO COMPETE WELL, but more important our focus will be on the following:

* **CLEAR PRIORITIES:** Academic and Character Excellence!! Bad grades or Bad behavior are not acceptable! If you don’t represent Gainesville High School with pride and character you will NOT represent OUR school.
* **Molding a group of individuals into a team**: Life is a team sport and being part of the Gainesville Tennis Team will teach our student athletes key components of teamwork, sportsmanship, and assist in their overall character development.
* **Be part of the game – love of the sport**: Tennis is a LIFE SPORT that our athletes will be able to enjoy with their children and grandchildren. It is my desire to pass on my knowledge and passion of the game to our players.
* **The thrill and excitement of sport and competition:** Life beyond high school is competitive; from getting into college to finding the right job. I want to instill in our athletes a fierce competitive spirit between the lines. However, coupled with that competitive spirit, I want to instill the humility required with victory and the acceptance of defeat when it occurs.
* **Help players have fun:** I am a firm believer that if you’re not having fun, then you’re doing something wrong. Winning is fun, but so is seeing improvement in your own game and in the game of your teammates. We’ll strive to make practice fun!
* **Personal Growth**: I want each player to personally grow during their time on the team. Success is reaching your FULL POTENTIAL; academically, physically, socially, and emotionally.
* **GOALS for the Tennis Season**
  + Develop a team that plays with passion and represent themselves and Gainesville High School with character and class at all times.
  + “LOOK” like tennis players. Procure quality of tennis clothing brands.
  + Continue to build and grow the tennis program. We will strive to win more than 50% of our matches and finish in the top ½ of our demanding region.
  + Junior Varsity: Build a nucleus of 9th/10th grade beginning players that have a passion for the game and can help build a long-term sustainable program.

5. **Policies and Expectations**

* **Athlete Behavior**: On the court, in the classroom, throughout Gainesville High School and in the community (to include schools that we compete against), the expectation and requirement is that players will carry themselves in a way that reflects positively on our program. Behavior failures will result in disciplinary action within the tennis program. Minor offenses will result in a verbal counseling and some additional conditioning training. A more serious offense or continued minor offenses will result in a probationary period to include the suspension for a match. The last resort would be removal from the team.
* **Academic Performance**: Success in the classroom has to be the top priority. The Academic eligibility rules are very clear, and I will fully support tutoring attendance or any other academic remediation to assist the student athlete achieve success in the classroom.
* **Drugs and Alcohol**: The use and/or possession of drugs is strictly prohibited for Gainesville HS student-athletes. Any violation will immediately result in the players removal from the team.
* **Absences and Tardies**: To compete in a match, students must attend every scheduled class that day. Any unexcused absences will result in the player not participating.
  + **Practice is mandatory** each and every school day (non-match days) and will be from 2:45-4:15. Practice could be cancelled due to inclement weather, coaches’ sickness and family emergencies. Players will be at practice every day and will be on time!
  + **Parents must provide a proper transportation** for an athlete after a tennis practice is over. Parents also responsible for providing transportation after home games and away games. Coach is not responsible for supervision of an athlete after practice is over.
  + **Excused absence and excused tardiness:** Players are responsible to notify the coach IN ADVANCE if they know they will be unable to attend practice or be late. It is critical that the notification be directly between the player (or parent) and the Coach. It is not acceptable to have the message relayed from teammates. Acceptable reasons would be a medical appointment, a make-up test or tutoring session, or a significant family event.
  + **Unexcused Tardiness:** It is critical to be at practice on time. The first tardy will result in a verbal counseling. The second and third time will result in additional physical conditioning. Continued tardiness will show a lack of respect for the team and will result in removal from the program.
  + **Unexcused Absence:** The first unexcused absence will result in probation to include missing the next match. A second unexcused absence will result in removal from the program.
  + **Sportsmanship**: Win or lose, all Gainesville High School tennis players will conduct themselves with integrity and dignity. Tennis is one of the few high school sports that typically plays without officials. You are the official and as the National Federation of State High School Association (NFHS) Tennis Bulletin reads, “tennis is a unique game which depends on the ethical behavior between coaches, players, and spectators. Please treat each other with courtesy and respect (for the game and for each other). Hold yourself to high levels of integrity to ensure fair participation for all of those involved in this great sport.”
  + **LINE CALLS**: Balls that are not CLEARLY seen out are considered in!
  + **DISPUTED CALLS**: If you disagree with your opponents call, the simple challenge is to ask the player if they are sure. ALL calls on the opposite side of the net are your opponent’s responsibility. If they say they are sure, you press on and continue playing. If this action repeats itself three times and you are convinced that your shots are not being called fairly then I will intervene and discuss the matter with the other coach. KEEP YOUR COOL and maintain your integrity at all times!

6. **Lettering Guidelines**

* Players that represent Gainesville High School at regionals will meet the requirements for lettering (played six or more varsity matches)
* By exception, other players may letter if they complete the entire season and play a minimum of three varsity matches

7. **Communication Policy:** You have my commitment to keep you informed with any updates to the tennis program. I will have a tennis group email and you can provide addresses on the following page to be included in that group. If there is a specific situation involving your student-athlete, I will contact you directly to discuss on the phone or arrange for a meeting. Additionally, I will work to keep the Tennis web page on <https://nadrianova.weebly.com/tennis.html> updated with current information.

I would request that you follow these steps if you or your player have any issues or problems regarding the tennis program:

* + - Athlete speaks to the coach
    - Parent and athlete speak to the coach
    - Parent and athlete speak to the AD with the Head Coach present.
    - Parent and athlete may meet with the District AD with the Head Coach, and AD, present.
    - Parent and athlete may request a meeting with the BOE with the Head Coach, AD, and District AD present. There are no appeals beyond this point.

**Coach-Player-Parent Contract for**

**Gainesville High School Girls Tennis 2023**

**Coach’s Pledge:**

I’m delighted to be the tennis coach at Gainesville High School and you have my full commitment to work tirelessly to develop your student as a tennis player and a young person. Generally, tennis is considered a non-contact sport so the likelihood of serious injury is significantly less than contact sports. However, with any physical activity, there is always a risk of injury (to include concussions or other head injuries). I will take all possible measures to provide for the safety of your student. However, accidents can occur and neither myself, Gainesville High School or Prince William County Public Schools can be held liable.

Nataliya Self,

Gainesville HS Girls Tennis Coach

**Please read, sign (player and parent), and return this page to Coach Self**.

I have read the provided Gainesville HS Tennis Handbook for the 2023 Girls Tennis Season and will fully support the policies and guidelines as described. Additionally, I understand that injuries can occur with physical activity, and I assume full responsibility for those risks.

Student Athlete Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Athlete Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_

Student email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_