

FREEDOM HIGH SCHOOL TENNIS TEAM POLICY

Reviewed: 2/5/25

The following is a list of rules and consequences for breaking the team rules.

Basic Regulations:

- 1) Practices start at 3:45 and last until 6:00 Monday through Friday with the exception of major holidays and the fall/spring break in which hours are to be announced.
All members must participate until the end of practice unless:
 - A) A doctor's excuse is present.
 - B) An educational class conflict exists, and a note is presented.
 - C) A coach dismissal.
 - D) An extraordinary circumstance such as family troubles.
 - E) The top six players may take one day off per week for competitive play with an off-campus coach. Failure to be at practice without an excuse from above will result in a conditioning exercise of one Freedom loop, and/or if it is the practice the day before a match, a suspension lasting one game.
 - F) A player must be at practice the day before a game or the player will not play; no exceptions.
 - G) A player who is tardy must do 20 pushups (under 10 min.) If you are 10 minutes or later, you will do 20 pushups and 20 sit-ups. A teacher's note is a valid excuse. NOT DETENTIONS!
- 2) All members will excel in the practice of sportsmanship and honesty.
 - a) Coach will strongly encourage each member to shake the opposing player(s) and coach(s) hand(s) before and after the matches.
 - b) Each member will call line calls honestly to the best of their ability.
 - 1) A line judge can be requested if opinions on the court differ.
 - c) Under no circumstances can any member goad, insult, or badger an opponent.
 - d) Profanity will not be tolerated. Any violation will incur a 15 push up or 1-lap penalty for the individual using profanity.
 - e) Team members will support each other in all matters.
 - 1) Team members will be unbiased during challenge matches.
 - 2) Players of challenge matches will not appeal to observers for line calls.
- 3) A team captain will be voted on the day before the first league match and has the following duties:
 - a) Report the team morale at various points during the season.
 - b) Encourage team members when needed.
 - c) Set a high example for the team.
 - d) Report to Club Council Meetings with issues regarding tennis and debrief team at next practice or meeting.
 - e) Create and delegate fund-raisers to the members of the team.

****4)** All players will devote enough time to complete their scholastic duties and not fall behind.

- a) All players will pick up homework assignments before class when an away match is scheduled.
- b) All players will not become involved in discipline matters at school.
- c) Any cut classes the day of or before the day of a tennis match will result in the penalty of not being able to participate in the match.
 - 1) Any cut will result in a six-lap penalty and a formal written letter of apology to the teacher whose class was cut.
- d) Any combination of four cuts during a tennis season will result in an expulsion from the team.

****Regulation #4** may only be edited or changed with approval of administration and may be changed by administration at any time.

5) Boys/Girls may attend practices during alternating off-seasons with the following guidelines:

- a) Courts must be relinquished to players on-season.
- b) Off-season players must assist on season players if necessary.
- c) Conduct detrimental to the above will result in a one-week suspension from visitations.
- d) On season players will vote on effectiveness of off-season players on Fridays if the team finds it necessary to do so.

Ladders:

- 1) The coach will provide an active ladder for the public at every practice after tryouts have been completed.
 - a) All those interested in becoming members of the tennis team must attend all tryouts unless the individual trying out is ill and presents a parent note upon return (no more than 2 days) or is involved in a conflicting school activity (no more than 2 days).
 - 1) If an individual trying out is seriously injured but will be able to participate at some point through the year, the individual must attend all practices for one hour.
 - 2) Upon recovery, the injured individual will be placed in the lineup at the coach's discretion.
 - 3) A minimum of four freshmen must be included.
 - 4) Any senior below the fifteenth ladder ranking will see limited playing time during matches with other schools.
 - b) Ladders will be created with the strongest player at the top and the members in need of most improvement at the bottom.
 - c) After the initial ladder creation by the coach after tryouts, members may challenge within two spots above their current position during pre-season. Once BVAL season begins then only 1 challenge per week with alternating positions allowed to challenge each week, first week the even positions, the next week the odd positions and so forth.

- d) Coach will allow each player an opportunity to challenge up, a player cannot challenge a 2nd time until each player who is at practice is provided the opportunity to challenge.
- e) There are no refusals of challenge matches.
- f) Challenge matches may take place during practice with the agreement of both members involved.
- g) The top players on the ladder positions will be given the choice to play singles or doubles, but the doubles partner must be on the top 14 of the ladder.
- h) The thirteenth through twentieth spot will make up the starting JV team which will consist of doubles teams. A singles match may be requested.
- i) Once doubles teams are established, they will last for the season unless extenuating circumstances occur.
 - 1) Injury or serious illness
 - 2) Family hardship
 - 3) Ineligibility
- j) Any spot after twenty will be considered a JV spot with the lowest number being 30. All those below 30 are cut (with exceptions of injury before the season) but are encouraged to come out to the tennis club on Wednesdays in the off season to practice for tryouts the next year.

Suspensions:

- 1) Suspension will occur only when rules of the school or guidelines of the team have violated. In addition, a suspension can be issued for conduct detrimental to the team.
 - A) The coach decides the suspension period.
 - B) Minimum suspensions will be two days.
 - C) Maximum suspensions will be two weeks.
 - D) Anything longer or a combination of suspension adding up to two weeks will be considered an expulsion from the team.

Budgets and Fundraising:

- 1) A current tennis team budget will be provided by the coach by any member request.
- 2) All members are responsible for replenishing the budget for anything spent during the season.
 - A) This includes, but is not limited to, uniforms, food, travel, expenses, trophies, etc.
- 3) All budgetary functions must first be cleared through the coach.
- 4) Members will be responsible for the creation of fundraisers.

Non-Policy Incidents:

- 1) The policy will be reviewed at the end of each season and adjusted / amended accordingly.
- 2) Any issue that arises and is not covered by the current policy will be decided and acted upon at the coach's discretion.
 - A) An appeal can be made to the athletic director if unsatisfied.