

# WILDCAT ATHLETICS

## BOYS' TENNIS SYLLABUS



### SPRING 2018 SEASON

## ST. IGNATIUS ATHLETIC MISSION STATEMENT

An interscholastic athletic program as a co-curricular activity is an integral part of the total educational and growth experience at St. Ignatius. Athletics is designed to affirm and promote the Ignatian values as stated in the Graduate-at-Graduation document and engage student-athletes fully in mind, body, and spirit. Student-athletes, coaches, and parents are called upon to work together in a true spirit of sportsmanship to assist in creating an environment in which those Ignatian values can be revealed, tested, and proven relevant both to participants and the entire school community. Through participation in athletics at St. Ignatius, students will mature physically, emotionally, socially, and spiritually. They will learn to take responsibility for personal growth by developing loyalty, pride, integrity, and commitment. Athletics provides the opportunity for the student-athlete to exhibit a progression of physical skills and knowledge of a particular sport, enabling him/her to apply these skills and knowledge to new situations and a variety of learning formats. Through participation in athletics the student-athlete learns that God is active in all things and that individual and liturgical prayer will bring him/her closer to God. The student-athlete comes to trust that he/she is known and loved by God, and that this invites a personal response, which is an expression of movement within the individual beyond self-interest or self-centeredness. The student-athlete is called to be conscious of the call to be a leader in service and to acknowledge his/her active commitment toward fostering fairness and justice in society. Every member of the St. Ignatius school community must seek to encourage, instill, and foster such growth and development in all student-athletes.

## THE SI ATHLETE WITHIN THE SI ATHLETIC PHILOSOPHY

The philosophy that guides the St. Ignatius Athletic Department has been shaped by the school's Graduate-at-Graduation document. As the Athletic Department exists because of and for the students, the purpose of the department must be defined through its effects upon the students; its goals and objectives must focus on the product of athletic participation — the St. Ignatius student-athlete.

<b>OPEN TO GROWTH</b>	Through participation in athletics, the St. Ignatius student-athlete matures as a person — physically, emotionally, socially, and spiritually.
<b>ATHLETIC COMPETENCY</b>	Through participation in athletics, the St. Ignatius student-athlete exhibits a progression of physical skills and a knowledge of his/her particular sport itself.
<b>RELIGIOUS</b>	Athletics at St. Ignatius includes a religious dimension that should permeate the student-athlete's life; thus, through participation in athletics, the student-athlete finds a value in sports as an instrument that can lead him/her closer to God.
<b>LOVING</b>	The St. Ignatius student-athlete is known and loved by God; that love invites a personal response which is an expression of movement within the human heart beyond self-interest or self-centeredness to relationships that insist upon individual care and concern for each teammate.
<b>COMMITTED TO DOING JUSTICE</b>	Participation in St. Ignatius athletics must not be for selfish reasons or for merely personal satisfaction; rather, such participation and commitment should prepare the student-athlete for further participation and an active life commitment in the church and community in the service of others.
<b>PURSUIT OF LEADERSHIP GROWTH</b>	Athletics, then, must provide an environment in which the student-athlete can develop his/her abilities for the betterment of the community and not for personal gain.

# **MEDICAL CLEARANCE & PARENTAL PERMISSION FORMS**

All student-athletes must have a complete Medical Clearance Form (Ticket To Play) on file with the athletic office on a yearly basis. Students may not tryout or participate in any team function until this form is on file.

## **ACADEMIC POLICY**

The provisions of AB2613, "C" average law, have been incorporated in the CIF Bylaws and are applicable to all CCS schools. The basics of this academic requirement are as follows:

1. The student must have passed 20 semester periods of work in the previous grading period.
2. The student must be currently enrolled in 20 semester periods of work.
3. The student must be meeting school "progress toward graduation" requirements.
4. The student must have attained a 2.0 GPA on a 4-point scale the previous grading period. Grading periods do include quarter grades.

## **DRUG & ALCOHOL POLICY**

All St. Ignatius athletic teams are expected to be alcohol and drug free. Participation in athletics at St. Ignatius is a privilege. As a member of the athletic program a student's actions affect others in addition to himself/herself. Therefore, the athlete is held to the highest standards of behavior.

St. Ignatius athletes are bound by the school alcohol and drug policy, which appears on pages 11 and 12 in the Student/Parent Handbook.

## **HAZING POLICY**

St. Ignatius College Preparatory affirms the dignity of every student - hazing is not permitted at St. Ignatius College Preparatory. No individual, student organization, club, team, or any other St. Ignatius-affiliated student group is permitted to plan, engage in, or condone hazing, on or off the St. Ignatius campus.

St. Ignatius College Preparatory expects its students to conduct themselves in socially responsible and respectful ways. Thus, participation in hazing, either as an individual or as part of any student group, may result in serious individual and organizational consequences including, but not limited to: disciplinary action up to and including expulsion and loss of eligibility to remain a member of any club, team, or other St. Ignatius-affiliated student group. Consent, implied or expressed, is not a defense to any complaint or charge alleging a hazing violation.

A number of St. Ignatius offices may take institutional action, including the Offices of the President, the Principal, the Deans, the Academics, the Student Affairs and the Director of Athletics.

## **CONCUSSION PROTOCOL FOR ATHLETES**

Please review the concussion protocol for athletes found on the Parental Permission to Play Sports Form, which addresses AB 25, recently passed by the California Legislature on January 1, 2012, and states the following: A student-athlete who is suspected of sustaining a concussion or head injury in a practice or a game shall be removed from competition at that time for the remainder of the day and will not be allowed to return to play unless cleared by a licensed health care provider.

## **PLAYING ON OUTSIDE TEAMS**

A player is allowed to play on an outside sport club team **only with the varsity head coach's approval**, and **any club activity will not conflict with any function of the SI sport team**. As mandated by the California Interscholastic Federation, when a student-athlete is in season playing a sport for St. Ignatius, that student-athlete may not play the same sport for a club or other outside team.

If the athlete participates in a sport where this is individual sports such as cross country, swimming & diving, or track & field, and athlete **must never compete as an attached athlete** with their club unless the event has been sanctioned by the CIF. If you have any questions about this please contact the athletic director.

# **COMMUNICATION WITH THE ATHLETIC DEPARTMENT**

## **CONFLICT RESOLUTION PROCEDURE**

In order to support our mission, the coaches and athletic staff need the support of the parents. We ask that parents remember the following:

- Good sportsmanship is expected of everyone at St. Ignatius. The coaches and players are expected to and are held responsible for representing St. Ignatius with dignity and class. We expect the same high standards of behavior from our parents.
- Not all players get the same playing time. The nature of high school athletics and competition means that we try to field the most competitive team. It is the coach's job to decide who the most qualified players are to give the team its best chance at success. It is also the coach's job to determine team strategy and play calling. Part of any student-athlete's maturation process includes putting one's personal desires aside for the good of the team.
- Coaches are to be treated with the same respect accorded any other professional. We need parents to model the respect for coaches that is expected from the student-athletes.
- If a parent has a concern, it should be expressed at the appropriate time and place.

From time to time, a parent may have a concern that he/she would like to bring to the attention of the coach - appropriate concerns to discuss with coaches include the treatment of a son or daughter, psychologically and physically and concerns about a son's or daughter's behavior.

The following matters should be left to the discretion of the coach:

- Decisions regarding which athletes make or do not make a team.
- Playing time.
- Team strategy and play calling.

If a parent does have a concern, the parent's son or daughter should first talk with the coach about his/her concerns. If the matter is not settled, the parent should call the coach to discuss the matter by phone or, if necessary, in person. Parents should avoid approaching a coach before or after a contest or practice. These can be emotional times for both the parents and the coach. Meetings at this time usually do not work well for the coach, the parent, or the player. If the discussion with the coach or coaches does not provide a satisfactory resolution, the parent should contact the Athletic Director.

Parents should follow this route in bringing their concerns to the school:

1. Coach.
2. Head Coach.
3. Athletic Director.
4. Assistant Principal For Student Affairs
5. Principal.
6. President.

## **INJURIES**

If a doctor, or the SI trainers have diagnosed an SI student-athlete with an injury, the student-athlete will need to do the following:

- 1) Take the rehab program seriously throughout the course of the recovery, whether short or long term.
- 2) Communicate to the head coach the full extent of the injury.
- 3) Work in conjunction with the coaching staff and the SI trainers to design and implement a rehabilitation program.
- 4) Receive medical clearance from the SI trainers and/or doctor prior to being allowed to participate in any practice or game.

## MEDIA

When addressing the media, always put the team first. Speak humbly. Speak positively about our team, program and its members, as well as our opponents. Keep all team information to the team. If you do not feel comfortable answering a question, say that you “respectfully decline to comment”. Do not feel pressure to answer all questions. Finally, “Think BEFORE you speak”.

**Social Media:** All members of our program will handle themselves in a mature manner and use social media in a mature manner. It's important now more than ever that all involved in our program understand the ramifications of our social networking habits. We need to remember we represent our families, the St. Ignatius community and the program. We also need to understand the wide scope of social networking, and that once something is posted it is out there **forever**. Not only is it out there forever, it is out there worldwide. It is not just limited to the circle of friends for which it was intended. We must “think before we post”. Ask if this something we want ANYBODY else to read or see? Things can spiral out of control and take on a life of their own very quickly.

## COST OF PARTICIPATION

Playing sports can be expensive. Based on previous years, student-athlete expenses have been several hundred dollars depending on the sport.

**Travel Cost** – Some varsity teams travel to compete and families are responsible for airfare, hotel, transportation, and other travel expenses.

**Uniform and Apparel Cost** – Payment is made at the time of the purchase. Most purchases will be made through our online e-store, which is facilitated by an e-store website. More information about this process will be e-mailed at the time your son/daughter makes a team.

## EARLY DISMISSALS

Depending on the sport, some athletes will need an early dismissal from class in order to travel to a tournament or game. The Athletic Department will decide the time of dismissal and post that time on the Weekly Athletic Schedule every Monday. It is the responsibility of the athlete to ensure he/she has communicated with his/her teacher prior to the day of the early dismissal. The student-athlete is responsible for any material covered and any work assigned. A teacher has the option of denying the athlete an early dismissal based on performance and/or behavior in the classroom. Playing a sport at SI is a privilege, not a right and therefore it is essential that athletes communicate with teachers about missed class time and material covered in the classroom on the day of an early dismissal.

# **TENNIS TEAM GOALS, RULES & EXPECTATIONS**

## **Mission**

The mission of the Boys' Tennis Program at St. Ignatius College Preparatory is to provide an environment in which the player can develop physically, emotionally, spiritually, and socially. Individual competition will allow each player to focus on their skills and improve their game to the best of their ability. The team environment will help each student-athlete learn the discipline, hard work, and commitment it takes to become a team player. Above all, this team will help players to become "men for others" and focus on team building, good sportsmanship, and collaborative team effort.

## **Team Goals**

At all levels of the program, each student-athlete will:

- Be on time to practices and matches
- Be responsible for his role on the team
- Endeavor to have fun and develop a positive attitude for yourself and the team
- Support your teammates at all times and help each other accordingly
- Strive to develop your mental toughness
- Work to become a "man for others"
- Always give the best she has on any given day and strive for excellence
- Be polite and courteous towards your teammates & opponents in victory and in defeat

## **Team Policies and Procedures**

1. Be on time for practice and games; the team depends on you. If your name appears on the school absentee list, you are excused. If you are not absent from school and you are going to miss practice or a match due to illness or emergency circumstances, do not communicate thru captains or other team members. Contact your coach in person, by phone, by text, or by e-mail before noon that day. Your coach will require a written release for excused absences.
2. If you miss practice without a valid reason, you will not play in the next match. If you are late on game day, you will not participate in that day's match. If the match is away and you are late, the team van may leave without you and the team could forfeit the match you would play. Again, your team is depending on you.
3. Practices will last around 2 to 2.5 hours and will include running, stretching, drills, match play and conditioning. If you are late, you will still go through the cycle of running and stretching that your teammates did and will be assigned additional team duties for tardiness.
4. To prepare for matches, take care of yourself. Get plenty of rest the night before, eat appropriately the day of the match, and drink plenty of water. Bring water and/or your favorite sports drink with you to each match. As stated in the S.I. student manual, you promise to avoid illicit drugs and alcohol as a member of this athletic team. To reference the drug and alcohol policy for athletes at S.I., please see the athlete-parent handbook.
5. For all home matches, all team members are required to stay through the completion of all matches to support your team! On match days, plan for personal transportation home from SI since they can finish later than 6pm. During matches, watch your teammates play, offer them support, and learn from their experiences on the court. Every player is important to the team's success. Team spirit can make a difference in close matches. You are also teammates off the court. Whether you are on Varsity or Junior Varsity, Freshman or Senior, we are all teammates on and off the courts. Respect each other, be courteous to each other and care for each other.
6. Always maintain the highest level of sportsmanship. Honor your teammates and your opponents and treat them with respect. Profanity, throwing your racquet, negative attitude, and especially "tanking" or not trying will not be tolerated. We want to be known as a classy, hard-working team that represents SI in a positive way. You will help build our reputation one point at a time, one game at a time, one set at a time, one match at a time.
7. Plan on traveling to and from matches as a team. Only in special circumstances and with written permission will a player be allowed to travel privately. Riding together as a team is a big part of team building.
8. Please communicate any needs, concerns, or questions to your coach. Your coaches are here for you and communication is key to our team's success.

## **EXCUSED VS. UNEXCUSED ABSENCES**

An excused absence is one that is communicated at least one week in advance and approved by the coach. An unexcused absence is when a player doesn't show up to either practice or match without any notification.

- A teacher meeting is an excused absence. If a teacher keeps you after class, notify your captain(s) to communicate to the coach that you will be late. In addition, have a written note from the teacher for an absence or tardiness to the team.
- College visits are an excused absence if it is an "officially sanctioned visit" by the college. Provide your head coach with documentation from the college.
- Doctor appointments are an excused absence and typically scheduled more than a week in advance. Provide your coach at least one weeks notice with a written note.
- SI retreats are an excuse absence. If possible, please schedule retreats after the season.

## **PRACTICE SCHEDULE**

On a normal school day practice will begin a half hour after the last bell. Half the time will be spent on court. The other half will be for strength/conditioning. Practices will not go past 5:45pm to ensure the team members can take the "late bus".

Athletic clothing for practices and non-marking tennis shoes on court are required. Two SI Tennis practice shirts are required for purchased for "first time" team members. The practice shirts are not required to be worn for practice.

The SI community should know when an athlete is playing a game. Besides the dress attire defined by a coach, varsity athletes should wear the varsity jacket and the JV team should wear the tennis pullovers on game days.

## **SCHEDULING VACATION DURING THE SEASON**

If you are planning a vacation during the season, please notify the coaches at least one week in advance.

## **TEAM TRAVEL**

At St. Ignatius, varsity teams are allowed to travel for overnight tournaments whereas junior varsity teams are allowed to travel only for day long tournaments.