

Welcome to the 2024 Boys'  
Tennis Season Zoom Meeting  
02/28/24

# General Eligibility Requirements



- Be enrolled at CLMS or CLHS.
  - Transfer students that have not connected with the Activities Director must call 651-213-2526, transfer paperwork must be completed prior to participation!
- Online registration forms completed, fee paid and have a physical on file...PRIOR to the first day of practice.
  - All students must have a valid physical on file-physicals are good for 3 years
- Be in good academic standing.

# Academic Eligibility Requirements



- Seniors: MUST be enrolled in at least 3 classes.
- Grades are formally checked at the end of each term...
  - One failing grade=academic probation, the AD will contact the student and parent/guardian if this occurs.
  - Two or more failing grades=ineligible till mid term of the next term. AD will contact the student and parent/guardian if this occurs.

# MSHSL Violations



## Examples of Violations:

- Use of mood altering chemicals (tobacco, alcohol, drugs, etc.)
- Racial, religious and sexual harassment
- Violence and hazing acts
- Inappropriate conduct at school (fight, disrespect towards a teacher, etc.)

**1st Violation:** 2 contests or 2 weeks, whichever is greater

**2nd Violation:** 6 contests or 3 weeks, whichever is greater

**3rd Violation:** 12 contests or 4 weeks, whichever is greater

\*Students who earn a violation during a season are not eligible to letter or earn any post season awards.

\*See Bylaw 220 of the MSHSL handbook for complete details

# Communication Policy



Step 1: Participant and coach/advisor (initiated by student)

Step 2: Participant, parent/guardian and coach/advisor (initiated by student)

Step 3: Participant, parent/guardian, coach and AD (initiated by student or parent/guardian)

\*24hr rule

\*Items not for discussion: team selection, playing time and other players

# Transportation



- District transportation will be provided for all team events.
- Athletes may ride to and from events with a parent/guardian with **prior** approval from the coach/advisor.

# Athlete Responsibilities



- **Attitude and Effort:** Bring a positive attitude and maximum effort every day in the classroom, during practice and in competition.
- **Sportsmanship:** Demonstrate good sportsmanship towards teammates, coaches/advisors, opponents, officials and fans. Good sportsmanship reflects positively on every participant, team/group, our school/district, families, and community.
- **Be a good teammate:** Demonstrate care for each other by striving to build strong relationships. Relationships are built on trust, respect and caring for each other. All participants are important to the team/group and play a vital role in its success.
- **Be a good citizen:** Citizenship standards of honesty, respect, compassion and responsibility are set high. Participants should strive to be role models for peers, younger students and our community. Behavior can and does affect a team/group's success.



# Spectator Expectations



Failure to abide by the following expectations will result in removal from that event and potential future events:

- Respect the opposing team and their spectators.
- Respect event officials, comments directed at an official will not be tolerated.
- Use appropriate language, profanity will not be tolerated.
- Refrain from walking on a playing surface, unless permission is given.
- Leave any and all noisemakers at home (megaphones, cowbells, whistles, etc.).
- Leave any and all flags at home.

\*If you are removed from a event by an official or site supervisor you will be suspended from the next event. If it occurs again, you will be suspended for the remainder of the season.



# Athletic Trainer-Tory Salokar



## Role of our Athletic Trainer:

- Manage and provide care for injuries day to day.
- Implement and facilitate the MSHSL Concussion protocol as needed.
- Communicate with parents/guardians regarding injuries, etc.
- Ensure that a physician's note is obtained prior to returning to play

\*Tory is only on site on Tuesday, Thursday and Friday's

# Reminders...



- Visit the [Activities Webpage](#).
- Bookmark the Activity [CALENDAR](#)...it will be the best source for changes.

(Note: a) the Activities Webpage referred to above also has a link to the new website (more info to follow); b) the new website also has our calendars there.)

# Contact Information



- Ron Ingalls, Head Coach
  - Email: [ringalls@isd2144.org](mailto:ringalls@isd2144.org)
- Steve Otte, JV Coach
  - Office: 651.213.2480, Email: [sotte@isd2144.org](mailto:sotte@isd2144.org)
- Jake Sauter, Volunteer Assistant Coach
  - Email: [jsauter@mcdonaldnet.com](mailto:jsauter@mcdonaldnet.com)
- Jodi Otte, Activities Director
  - Office: 651.213.2526, Cell: 651.775.4226, Email: [jotte@isd2144.org](mailto:jotte@isd2144.org)
- Valerie Rogers, Administrative Assistant
  - Office: 651.213.2528, Fax: 651.213.2527, Email: [vrogers@isd2144.org](mailto:vrogers@isd2144.org)
- Tory Salokar, Athletic Trainer
  - Office: 651-213-2613, Email: [tzais@isd2144.org](mailto:tzais@isd2144.org)



Excellence Is Our  
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# Welcome To The 2024 Boys' Tennis Season Zoom Meeting

## 02/28/24

The following 16 slides are from Coach Ron



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#### Communication

Joining the Boys' Tennis  
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Vision & Coaching  
Strategy

Player Responsibilities  
Coaches Responsibilities  
Parental Responsibilities

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## 1) Communication — Remind App

For the 2024 season, we will again use the Remind App for quick short notifications. But, because Remind restricts us to a limited amount of characters, we will use it in conjunction with our new website. In other words, a Remind message may very well send you to the new website for more details.

With that said, all players and parents will need to sign up for the new group: CLHS Tennis by **texting @faffg92 to 81010**, and then wait for approval. The former Remind group from last year will not be used in 2024. Thanks, Coach Ron





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# 1) Communication – New Website

Our new website can be found at: [www.chisagolakestennis.com](http://www.chisagolakestennis.com)

I will constantly try to keep it up to date with pertinent information concerning the Boys' HS Team. PLEASE make it a habit to make this your main place to seek information throughout the season.





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# 1) Communication – New Website

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Scan the QR below to quickly get to the website on your phone.







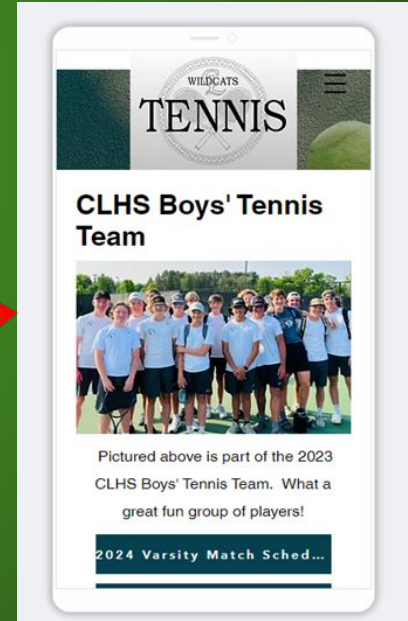
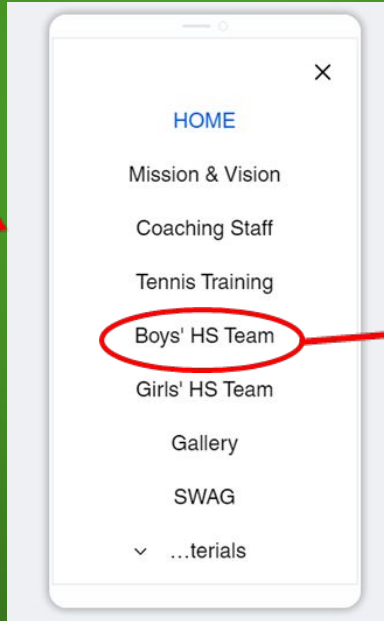
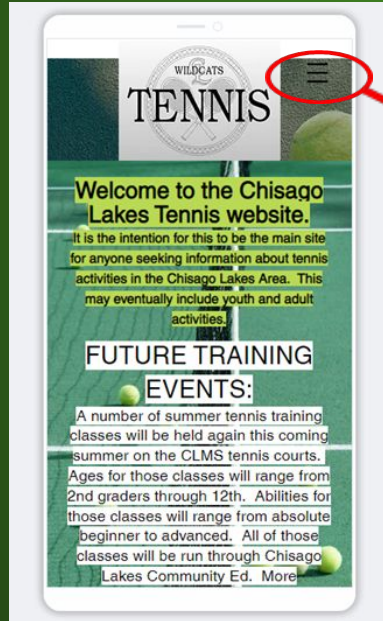
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# 1) Communication – New Website

Our new website can be found at: [www.chisagolakestennis.com](http://www.chisagolakestennis.com)

Because the website was created by WIX (a cheaper yet affordable web tool), it may not properly format images and/or alignment for your desktop or laptop.

My advice: use either a Samsung/Android or Apple I-phone.





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## 2) Joining the 2024 Boys' Tennis Team (additional points)

Like any school accredited program, the CLHS Boys' Tennis Team is not a right but a privilege. Boys need to earn their privilege to play in a certain position. I'll explain by clarifying a few things:

a) **It's a competitive program.** As a competitive program, along with having grand goals of shaping our boys' lives, our goal is to compete to win. Thus, the best players are on varsity, and the JV team is meant for training those next in line for varsity. And, we have head to head tryout matches to determine positions.

b) But regardless of where any one boy ends up on the overall roster, **we are a no-cut program.** No one will be cut from the tennis program. But, it doesn't mean that every boy gets to play every match either.

c) And, for those on varsity, I will expect them to understand that **this is the TENNIS season.** This isn't the tennis season and (name another sport or activity) season. In the same way that other sports have their seasons, so does tennis. Respect is a two-way street.



### 3) Vision & Coaching Strategy

#### Vision

As your Head Coach, my long-term vision is to put into place the required *elements* to establish perpetual competitive tennis teams for our area. The elements identified by examining other schools throughout the state that have these types of tennis programs are: 1) parental and volunteer support, 2) a feeder program which constantly brings in new kids (as young as 2nd grade) through year-round beginner lessons, 3) available local year-round group and private lessons for students as old as 12th grade, 4) summer tournaments, 5) the establishment of a local USTA Junior team, and 6) affordable local indoor court access.

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## 3 ) Vision & Coaching Strategy

### Coaching Strategy

The coaching strategy for this effort will be based on the idea of establishing a solid proper foundation for tennis strokes within each student. This approach takes patience as each aspect of each stroke is broken down into its various components and much time spent to perfect them. As a result, it's an approach that may bore some students who are simply wanting to go hit some balls around now rather than put in the effort to become great tennis players in time. But for others who desire to become better and better tennis players, it will be exactly what they are looking for. It's a fact that this approach produces great tennis players!

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# 4) Player Responsibilities

I want all of the boys to pursue excellence. I believe the excellence I am wanting for them can be pursued carrying out the 4 following things.

- 1) SHOW UP.** Pretty simple. By signing up for the team you are making a commitment. Therefore show up every day, on time, and stay until the practice or match is over.
- 2) HAVE A GOOD ATTITUDE.** This is probably the most important point of all because it affects everything else you do. What I mean by this is that you need to have a teachable spirit. You need to be positive. You need to be respectful to the coaches and listen when they are instructing you, and you also need to be respectful to all your fellow teammates. It does NOT mean that you are demanding or negative or one that doesn't listen or one that complains all the time. Always have a good attitude!
- 3) WORK HARD.** It doesn't matter to your coach if you don't know how to play the game in the first place or even how to hit proper strokes. It does matter that you are willing to listen, take instructions to heart, and work hard at trying to become better. **Your own personal goal should be to strive for excellence.** Complacency and mediocrity should not be your goal, but instead your goal in life in everything you do should be to be the best you can be!
- 4) BE A GOOD TEAM MEMBER.** It is important to support all of your fellow teammates. This means that not only are you striving to do better each day but you also are encouraging those around you. This means that you stick around to the very end of every match and root your teammates on. It means that you learn to think as a team member and not just as an individual. It means that you learn how to love your fellow teammates. That's right – I said love. It's a love based on mutual care and respect!



## 5) Coaches Responsibilities

As coaches, we understand that we are leaders both on and off the field, and we are dedicated to much more than the strategy of the game. We are therefore committed to the following:

- a) We'll do our best to demonstrate the **highest character** as a role model for all students.
- b) We'll do our best to try and help each boy to learn to **strive for excellence** in everything they do.
- c) We'll do our best to try and help each boy to become the **best tennis player they can be**.
- d) We'll do our best to help the boys find that tricky **balance in competition**: absolutely compete to win but remember it's just a game; or put in different terms: go out and totally annihilate the competition, but do it in such a gracious way that their opponents want to be their friends after the match.

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## 6) Parental Responsibilities

This is kind of a funny topic. For the most part, Parental Responsibilities are more of a request than requirements. For the most part, I as a coach can't tell you how to act and/or how to parent your kids. I am therefore not going to say: "I expect you..." Instead, I am simply going to make these requests to you based on what I feel is best for your son and the team:

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1) **Be an objective supporter** of your son's involvement on the boys' tennis team. And here's my explanation for why I've used the adjective "objective." I believe as a parent that we need to support all of our kids equally in the same manner regardless of the sport they choose. It may be that you had nothing to do with tennis in high school, but that doesn't matter. They chose it now. **Unless your son has told you otherwise, I believe that you should support his tennis effort objectively with as much vigor and time as you would any other sport he might go out for.**

2) **Be a fan of the overall CLHS Boys' Tennis Team!** Although technically tennis is an individual sport, your son is part of a larger team. The overall match is won or lost by virtue of the sums of the individual matches. The overall winning team earns the most points out of 7: 4 singles matches and 3 doubles. Just because your boy has perhaps finished his individual match, if the overall match hasn't been decided yet, then it's not over. My request here is that you learn to take pleasure in watching your son AND his teammates play a sport they enjoy, all the way to the end of the overall match. **Your example will be the most important example your son will see!**

3) **Gain an understanding and appreciation of the rules of the game of tennis**, whether or not you've ever played it yourself. Here are a couple to note (and by the way, these are enforceable by an opposing team's coach):

- No coaching during matches – period! The only coaching that can take place is by the coaches themselves and that's only during changeovers or at the end of sets.
- Cheering is fine, just after the point ends.

**Bottom line: Support and Cheer On your son(s) in their attempt to improve themselves and strive for excellence.**





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## 7) Let's GO Then: **Dates**

The official starting date for the 2024 season is March 25th, 2024. At this time our first scrimmage is scheduled for April 2nd against Osceola, and our first match is scheduled for April 4th against Stillwater. That gives us a little over a week via tryouts to decide on who is on what team as well as decide who will be playing singles and doubles. So be ready to GO on March 25th. **It would be in each boys' best interest to get out and hit the ball before the season starts!**

The season's hard ending date is May 28th, but depending on how we do in section play, the season might extend past that.

**NOTE: when the season gets here, a weekly calendar will appear on the website for the CLHS Boys' Tennis Team.**



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## 7) Let's GO Then: **Determining Teams**

As the previous slide stated, our initial line-up will need to be determined in a hurry after we start our season. During the first week the initial teams will be determined primarily by tryouts.

One of the nice things about tennis is that the determining factor is rather objective in that we can simply have one boy play another in a set to see who is best. But when 2 boys are very close in abilities, other factors come into play.

If each boy already has in mind whether they want to play singles or doubles, that would also help the coaches determine positions. (As a side note: singles and doubles are two different games utilizing different strategies. Therefore one boy may excel in singles while another excels in doubles.)

Although an initial line-up is determined, the key word is *initial*. Challenges will be given consideration throughout the season. But, because of time constraints and preferred doubles pairings, this isn't always possible. **The best thing a boy can do is be ready on day one to earn his position!**



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## 7) Let's GO Then: **Practice**

Unless we are playing a match, you can assume we will be practicing! After you are appointed to a team (either J or JV), it is your responsibility to check the appropriate calendar and our website! Once again - if you don't have a match, you should assume you'll be practicing.

Practices will happen Monday through Saturday unless otherwise noted. The times for the practices Monday through Friday will run from right after school until we are done sometime between 5 and 5:30pm. Although we may not stay until 5:30 everyday, plan on it. We also may not practice on Saturdays every week, but you should still plan on it. If there is a Saturday practice, it will go no later than 10am.

And, get to the courts as soon as you can after school is out. Do not tarry in getting to practices. Plan on being at the practices the whole time!

**This all comes down to my 4 requirements: show up, with a good attitude, and work hard at getting better, and supporting the entire team, in your goal to become excellent!**

And if someone is thinking that 5:30 or Saturdays are a bit too much, my response is:

Please, I know how much time is required for some of the other sports. If other sports can practice for lengthy times and even on Saturdays, so can we!



## 7) Let's GO Then: apparel/gear & other

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### Apparel/Gear

We will be going with different shirts this season, so everyone will need to acquire new shirts. Your former shorts may work ok if they aren't worn out or you haven't outgrown them. Also, there will be other items on the on-line store that will be nice to acquire like a sweatshirt and warm-ups. **The shirt and shorts are the only required 'uniform' items.**

**The primary apparel supplier for this season will once again be BSN. Also, our local vendor Goldstar Printworks will be of assistance if needed. More details to follow on our website.**

'Gear' for the team are shoes of your choice and racket(s) of your choice, and a tennis bag. If you have any questions about these items, contact Coach Ron.

### Other

I pledge to parents and the boys to always listen to concerns. I may not agree, but I am always open to questions. If a situation can't be resolved simply through the athlete/coach discussion, the next step is to get parents involved. And if that doesn't resolve the concern, we can go to the AD. But please, before we go that far, let's just talk.



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## 8) Wrap up & Questions

### Putting It All Together:

So there you have it. The vision is to establish a perpetual winning tennis program with certain key elements in place. The foundation for that vision will be grounded in the idea of teaching kids proper tennis strokes from the beginning so they can become great tennis players in time. **The overriding goal for each of them is to strive for excellence in their tennis effort.** Their learning to strive for excellence in tennis will not only help the team succeed but will then help them to strive for excellence in everything else they do in life.

**Oh, and by the way, each student will undoubtedly have LOADS OF FUN as they accomplish their own personal goals of becoming better tennis players. Any sport is a lot more fun when you know how to compete well!**





## 8) Wrap up & Questions

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If you have any questions at all, please email me at either [ringalls@isd2144.org](mailto:ringalls@isd2144.org)  
OR [ingallsrontennis@gmail.com](mailto:ingallsrontennis@gmail.com). Unless you don't want me to (and please tell  
me when you reach out to me), I will post the questions on-line on our website  
for the benefit of all. If I post your question, your name will remain anonymous!

Thank you!

Coach Ron