



## 2019 SHS Girls Varsity Tennis Policies and Expectations

**Coach Keppel**

**Contact Information:** Email [lkeppel@simsbury.k12.ct.us](mailto:lkeppel@simsbury.k12.ct.us)

Please see complete school policies on the [Simsbury High School website](#)



Players should register with Remind for updated information for team communications.



Follow Coach Keppel on Twitter [@girlstennisSHS](#)

### **Expectations**

**We are a TEAM!** This means we will stay for the duration of all matches and support our teammates. Exceptions only made by **written request in advance.**

All team members are expected to arrive to all practices and matches on time.

Exhibit sportsmanship at all times.

Give your best effort and commitment to the team.

Be supportive of fellow teammates, fellow athletes and coaches.

Players are self disciplined and are drug-alcohol and tobacco free.

Players will display the courage to win together and lose together.

Players will conduct themselves in a manner that reflects a positive image upon their selves, team, coach, school and community. (This includes the use of social media, Facebook, Twitter, Snap Chat, etc.)

Players will follow the Simsbury High School Trojan Code of Conduct and SHS player Sports Contract.

HAZING will not be tolerated! Serious consequences will be given.

Players are to be dressed appropriately to go outside every day and to have their equipment (racquets, tennis shoes and water and after school snack) with them.

If the weather is wet check REMIND  for updates.

Varsity matches consists of 10 players who will be in the match line-up. Other players will have the opportunity to play ghost matches. If a player feels they deserve a spot in the line-up they are to come to Coach Keppel and a “Challenge Match” will be arranged. No “Challenge Matches” will be allowed after there are only 10 matches that remain in the regular season for CIAC eligibility for STATE qualifications. Final line-ups are determined by the Coach Keppel.

Players are to arrive to practice on time dressed and ready to begin practice. Practice will run Monday – Friday, 2:45 – 4:45 pm approx., depending on location, later practice time when scheduled @ Henry James courts. We may stay later on occasion. If a player is late to practice due to academic reasons (extra help, academic testing, etc...) they will be excused. Please bring a pass from your teacher. Full attendance in school on match days is required to play in a match. (SHS Policy) Attendance will be taken daily.

### **Match Days**

The majority of home matches will begin @ 3:45pm. Away matches will begin either at 3:45 or 4pm. The bus will depart school at 2:20pm for all away matches. Players are expected to travel to and from the matches with their team. If a circumstance arises and you need to go home with a parent/guardian this will be allowed with a parent note (form on Athletic website) and must be approved by the Athletic Director. Parents/ guardians cannot transport any other players besides their own child

## Uniforms

SHS has purchased uniform for the team. In years past the players had to purchase their uniforms. We are extremely pleased to have school uniforms. With this brings the added responsibility of each player to take special care of their uniform. They must be washed after each match. If a player loses any portion of the uniform the player will be required to pay for it. The uniform consists of a tank, skirt & team jacket. Players are responsible for their own footwear and they must be **tennis SPECIFIC** shoes. The other item the girls will need is a **WHITE** racer-back sports bra. The tanks are racer-back and do not have a built-in bra. It is not “school appropriate” to have undergarments showing.

Players are required to be in their full uniforms on match days. No uniform, no match. To show our pride, we encourage players to wear their uniforms to school on the day of matches. **NO JEWELRY** to be worn for practices or matches.

## Absence Policy

If you are going to be absent, you must inform coach promptly. “Excused absences include family related issues; emergencies and sickness, and academics, i.e. AP/SAT/College visit...not work! Leaving practice or matches early for after school jobs is not acceptable. It will be considered an absence.

**ONE UNEXCUSED ABSENCE = sit out for one match.**

**TWO UNEXCUSED ABSENCE = sit out for two matches**

**THREE UNEXCUSED ABSENCES = you will no longer be a part of the Tennis Team. If a player misses practice due to an unexcused reason prior to match day, player is not eligible to play in match.**

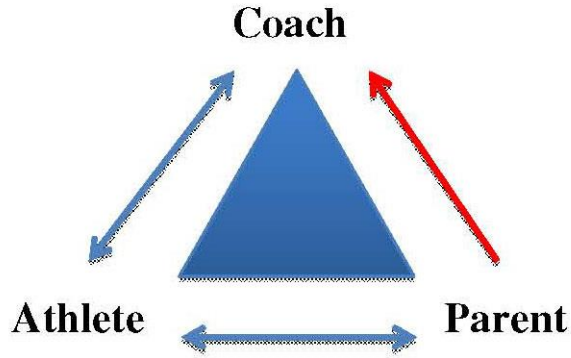
## Cell Phone Policy

**No cell phones are permitted in locker rooms, or during practices and matches.**

**Keep all cell phones in your bag.**

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# Communication Policy



\* The coaches will communicate with the athletes all information concerning the team. The athlete should communicate with their parents about the team. Parents should set up a meeting with the coach if clarification is still needed, (Exception – health and safety concerns).

\* Parents will not try to conference with the coaches before, during or after a match or practice, unless a prior arrangement has been made. Meetings may be set up via email.

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**PLEASE SIGN AND RETURN TO Coach Keppel**  
**By March 29<sup>th</sup>, 2019**

I have read and understand the Girls Varsity Tennis policies and procedures for the 2019 season.

**Players Name/Signature:** \_\_\_\_\_

**Parents Name/Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_