



2024

**SHS Girls Varsity Tennis
Policies and Expectations**

**Coach Keppel
Assistant Coach Swenson**

Contact Information: Email
lkeppel@simsburyschools.net

lswenson@simsburyschools.net

Please see complete school policies on the Simsbury High School Athletics website

Players should register with Remind for the latest information for team

communications. 

Follow Coach Keppel on Instagram @simsburygirlstennis

Evaluations begin on Saturday, March 16th, 2024 @ 12:00 2:00 PM – weather permitting @ SHS Courts – Evaluations continue Mon - Thurs, March 18-21.

Players will be notified on Friday, 3/22 of evaluation results.

***Fundraisers**

- SNAP!Raise
- BAKE SALE – Date TBA

TEAM TRIP -International Tennis Hall of Fame – Newport, Rhode Island

Lunch and Cliff walk after guided tour. Travel by bus on Saturday, March 23rd

******MANDATORY PARENT / GUARDIAN MEETING TUESDAY, March 12th 5:30 PM
in ROOM D172******

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 at 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 themselves, team, coach, school and community. (This includes the use of social media, Instagram, Facebook, Twitter, SnapChat, TikTok, 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 consist of 10 players who will be in the match line-up. Other players will have the opportunity to play exhibition 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 Coaches.

Players are to arrive to practice on time dressed and ready to begin practice. Varsity & JV will split practice times. Practice will run Monday – Friday, 2:45 – 4:00 pm & 4:00-5:30 approx., depending on location, later practice time when scheduled @ Henry James courts if available. 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

Most 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. Parents/guardians should complete a form for alternate transportation on the Athletic website if the athlete will not be riding on the team bus. Parents/guardians may not transport any other players besides their own child.

Uniforms

SHS has purchased uniforms 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 skirt & team jacket. White tanks/t-shirts will need to be purchased at the beginning of the season and will be embroidered with the school logo; COST is \$15.00, cash or check made out to Vincent's Sports Shop.

Players are responsible for their own footwear, and they must be tennis SPECIFIC shoes. The other item the athletes 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 dangling JEWELRY to be worn for practices or matches for players safety.

Absence Policy

If you are going to be absent, you must inform the 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 ABSENCES = sit out for two matches

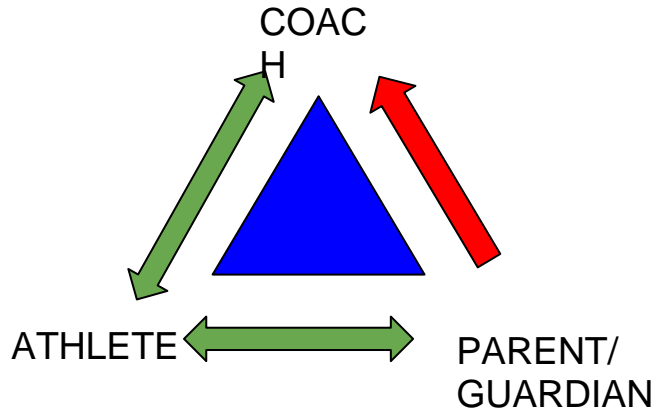
THREE UNEXCUSED ABSENCES = you will no longer be a part of the Tennis Team. If a player misses practice due to an unexcused reason prior to match day, the player is not eligible to play in the match.

Cell Phone Policy

NO CELL phones are permitted in locker rooms, or during practices and matches.

Keep all cell phones in your bag.

Communication Policy



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

*Parents/Guardians 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.

**PLEASE DETACH THIS PORTION, SIGN AND RETURN TO Coach Keppel
By March 27, 2024**

I have read and understand the Girls Varsity Tennis policies and procedures for the 2024 season.

Players Name – PRINT _____

Players Signature: _____

Parents Name/Signature: _____

Date: _____