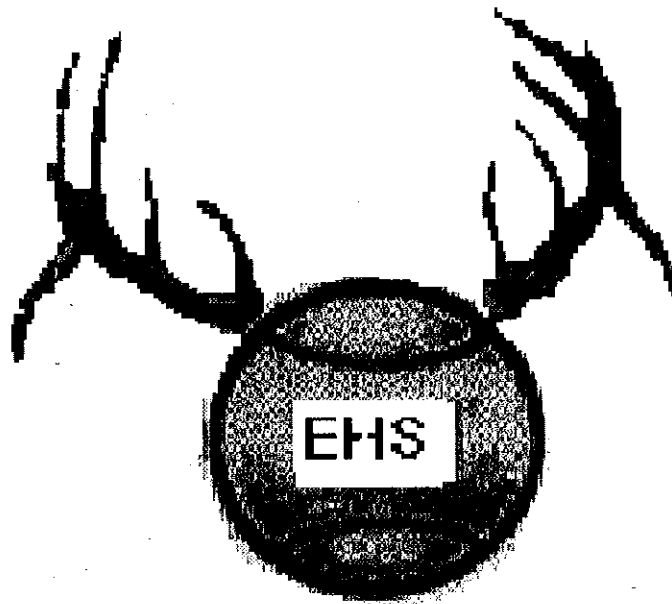


Elkhorn Girls Tennis 2008

# Elkhorn Antler Tennis



# 2008

"We are what we repeatedly do. Excellence, therefore, is not an act but a habit."

*Aristotle*

"Start where you are. Use what you have. Do what you can."

*Arthur Ashe*

"I fear no one, but respect everyone."

*Roger Federer*

# Elkhorn Girls Tennis 2008

Coach Bischof, Coach Kounovsky, Coach Schmidt

Home matches in bold. Match time is 4:00 unless otherwise noted

## Varsity Schedule 2008

Mon February 18 Preseason meeting HS Lecture Hall 3:40  
Mon February 25 First day of Practice  
Thur March 13 Intra-squad match / Parents meeting 4:00 PM  
**Tues March 18 Lincoln Christian**  
Thur March 27 @ York Invite 11:00 AM  
**Mon March 31 Bellevue West**  
**Thur April 3 Duchesne**  
Fri April 4 @ Westside Invite 9:00 AM @ Koch  
Sat April 5 @ Ralston Invite 8:00 am  
**Mon April 14 Nebraska City**  
**Tues April 15 Gretna**  
Thur April 17 @ Lincoln Pius  
Sat April 19 @ Pius Invite 8:00 am  
Tues April 22 @ Blair  
**Thur April 24 Waverly**  
Tues April 29 @ Omaha Skutt  
Mon May 5 @ 1<sup>st</sup> EMC Conference Tourney! NTC in Lincoln 9:00 AM  
**Tues May 6 Brownell Talbot**  
**Thur May 8 Norris**  
Th/Fri May 15-16 @ Girls State Tennis Tournament in Lincoln 8:00 AM  
Mon May 19 Girls Tennis banquet 6:30 pm Don Carmello's Elkhorn

## 2008 Junior Varsity Schedule

Mon February 18 Preseason Meeting HS Lecture Hall 3:40  
Mon February 25 First day of Practice  
Thur March 13 Intra-squad match / Parents meeting 4:00 PM  
**Tues March 18 Lincoln Christian**  
Mon March 31 @ Bellevue West  
**Tues April 15 Gretna**  
**Thur April 17 Duchesne**  
Mon April 21 @ Fremont  
**Thur April 24 Waverly**  
**Fri April 25 Millard West (maybe)**  
Mon April 28 @ Fremont JV Invite TBA  
**Tues April 29 Skutt**  
**Fri May 2 Elkhorn JV Invite 10:00 AM**  
Mon May 19 Girls Tennis banquet 6:30 pm Don Carmello's Elkhorn

Matches start at 4:00 PM unless otherwise noted.

Many times during the season, matches must be rescheduled due to the weather. We also may schedule an extra match if it can be arranged. We will try to give advance notice of the changes when possible, but it is helpful to be flexible during our season.

# Elkhorn Girls Tennis 2008

## Team Rules

1. Be on time to all practices! Outdoor practices will start at 3:35 at the High School courts.
2. Attendance  
One unexcused absence (or two unexcused tardies) drops you one rung on the ladder.  
Two unexcused absences (or four unexcused tardies) and you will sit out the next match or tournament.  
Three unexcused absences (or six unexcused tardies) and you are dropped from the team.  
  
An absence is **excused** for one of the following reasons: Family, School or Church. If you must miss a practice for one of these reasons, contact Coach Bischof (334-9302, or sbischof@epsne.org).
3. Listen to the coaches, and follow instructions quickly and enthusiastically!
4. Focus your effort during drills in practice. If your lack of effort or general behavior is deemed by a coach to be distracting, you will be removed from practice, resulting in an unexcused absence.
5. Follow the rules of tennis, and the athletic code of EHS.
6. Treat coaches, teammates and opponents with respect at all times.

### Determining team members

Selection to the Varsity or Junior Varsity teams will depend on three factors:

Ability, Attitude and Attendance.

Your **ability** will be measured by the coaches using the SSV rating system. A **positive attitude** will be shown by listening and following directions with enthusiasm. **Attendance** will be kept by the coaches.

Challenge matches and the competition ladder are factors in helping the coaches determine placement on teams and order of competition, but the coaches' decisions are based on more than just the results of a few challenge matches.

# Elkhorn Girls Tennis 2008

## Team Goals

Coaches' goals for the team are:

1. At the end of the season you are a better player than you were at the beginning.
2. We want you to be able to say after each day that you did everything as well as you could, that you played hard and had fun!
3. We want to play competitively in duals and tournaments, and place in top five!

## Season Goals

We will emphasize four areas for improvement over the season. These are:

- I. Shot production
- II. Game Tactics
- III. Mental conditioning
- IV. Physical conditioning

I. Shot production refers to your ability to make shots. These shots include:

- A. the Serve
  1. Second serve
  2. Doubles first serve
  3. Singles first serve
- B. Return of Serve
- C. Forehands and Backhands
- D. Volleys
- E. Overheads

II. Game Tactics

- A. Singles
  1. Directionals
  2. Court Position
  3. Shot Selection
- B. Doubles
  1. Serve placement
  2. Shot selection
  3. Movement and Court Position

III. Mental Conditioning

- A. 20% of a tennis match is hitting the ball. The other 80% is thinking about the match. We will develop a three-step plan to maintain players' focus.
- B. Practice the Three Pillars:
  1. Review
  2. Relax
  3. Refocus
- C. Maintain Focus

IV. Physical Conditioning

- A. Flexibility
- B. Quickness/Footwork
- C. Stamina/Endurance

# Elkhorn Girls Tennis 2008

## Other Information

1. **Team ladders** will be developed by the coaches, based on preseason matches, and the results of challenge matches during the season. Challenge matches will be arranged through the coaches. Some challenges will have to be played outside of regular practice time. Phone the results to Coach Bischof, or report the results at the next practice. **Skipping a challenge match automatically drops you on the ladder!**
2. **Team uniforms** will be decided by the team members, and these will be purchased by team members.
3. **Letters** will be earned by state tournament qualifiers, any player who participates in a varsity tournament, and any player who plays at least a third of her matches at the varsity level.
4. You can continue to take **individual tennis lessons** from a tennis pro during the season, but not during our scheduled practice time. **Do not** enter any "non-school" tournaments during our season; you will be ineligible for any matches for the rest of the season. Ask Coach Bischof if you have a question about a "non-school" competition or tournaments or lessons.
5. **Schedule changes** will be announced as they become necessary.
6. **Rules test** must be passed by all new players. The test can be accessed on-line at [http://dps.altdc3.va.twimm.net/usta\\_master/usta/doc/content/doc\\_13\\_4267.pdf](http://dps.altdc3.va.twimm.net/usta_master/usta/doc/content/doc_13_4267.pdf)  
Or at <http://tennis.about.com/od/faqandreference/l/aarulesquiz.htm>
7. **Read** the On Court Rules of Tennis with your parents.
8. Share this information with your parents. If you or a parent have any questions, feel free to call Coach Bischof at Ridge Middle School (334-9302), or at home (289-3678).

## Sportsmanship

The Antler Tennis coaching staff expects all team members to show excellent sportsmanship at all times.

NSAA rules dictate that swearing, throwing rackets, or disrespecting your opponent will result in forfeit of your match and require you to sit out the next contest.

We will exhibit good sportsmanship every day in practice, and display good sportsmanship in matches all season.

# Elkhorn Girls Tennis 2008

## Elkhorn Tennis: On-Court Rules

(Adapted from the USTA On-Court Rules)

1. If you have any doubt as to whether a ball is out or good, you must give your opponent the benefit of the doubt and play the ball as good. Don't just call a "let" or a "do over".
2. It is your job to make the calls on **your side** of the court. You can help your opponent make a call only if she asks you for your help. Do not allow an opponent to constantly question your calls.
3. Make your "out" calls instantly. Don't wait to see if your return is in first. If you don't make an immediate call, the ball stays in play.
4. Do not ask spectators for help in making the calls. Spectators should never criticize line calls made by the opponent, nor offer an opinion.
5. Spectators should applaud good shots made by either player. Spectators should **not** applaud or cheer an opponent's unforced error (a missed shot that wasn't caused by a good shot by you).
6. If you call a ball out and then realize it was good, you should correct your call. If your return was out then you lose the point. If your return was in, then the point is a let and is replayed.
7. Call out the set score and the game score clearly before serving the next point.
8. If players can't agree on the score, they must go back to the last score on which they **both** agree and resume play from that point.
9. Do not stall, sulk, complain or practice "gamesmanship". Win the point through your play on the court.
10. Wait until the players on another court have completed their point before retrieving or returning a ball. Wait until the end of their game before walking behind them to leave the courts after your match.
11. We encourage parents to make comments during the match like: "One at a time!" or "Next one, next point, you've got it!" We discourage parents from questioning calls, cheering unforced errors, or focusing on the mistakes.

Share this information with your family, so they will be aware of behavior requirements at our matches.

# Elkhorn Girls Tennis 2008

**Girls Tennis Destinations: Please check the schedule for home matches. Not all destinations are used each year.**

## Lincoln Christian

Matches are held at Nebraska Tennis Center, Abbott Sports Complex at 70<sup>th</sup> and Arbor. (take I-80 to the 56<sup>th</sup> street exit, turn left onto 56<sup>th</sup>, then take the first left which is Arbor past the truck tire place)

## York

1005 Duke Drive I-80 West to York Exit. Turn right on US 81 into town. Turn right on 6<sup>th</sup> Street, then take a left on Blackburn until you get to the high school.

## Fremont

West on Dodge to Hwy 275 to Hwy 30 (23<sup>rd</sup> Ave in Fremont) West to Lincoln then south to 1750 N. Lincoln

## Bellevue West

1401 Thurston Ave. I-80 to the Kennedy Freeway, take the Cornhusker Rd. Exit and go east on Cornhusker. Turn left at the lights onto Thurston. The school is at the north end of Thurston.

## Duchesne

3601 Burt Street.

## Ralston

8969 Park Drive, Ralston courts on SE side of high school, and some players go to Ralston Middle School a block southeast of 84<sup>th</sup> and L

## Lincoln Pius X

60<sup>th</sup> and A Street in Lincoln courts east side of the high school

## Neb City

Matches are held at Steinauer Park in Neb City I-80 East to the Kennedy Freeway South on US 75 to Neb City. Exit on the Highway 2 exit east. The third left is Steinauer Park Road. Take the right turn into the park before the wooden bridge.

## Pius / Beatrice Invite

Held at various sites around Lincoln. Starts at Woods Park, just south of 33<sup>rd</sup> and "O"

## Roncalli

Matches are held at Orchard Park in Omaha 6502 Hartman. Take I-680 N to 72<sup>nd</sup> Street, then south on 72<sup>nd</sup> then left on Crown Point Ave which becomes Hartman, The park is across the street from an elementary school.

## Waverly

NTC at 70 and Arbor in the Abbot Sports Complex (see Lincoln Christian).

## Millard West

180<sup>th</sup> and Q Street

## Skutt

Matches are held at Koch Family Tennis Center, Tranquility Park Omaha 124<sup>th</sup> and Maple

## Brownell Talbot

Omaha Country Club, north of Immanuel Hospital and east of 72nd

## State Tennis

NTC at 70<sup>th</sup> and Arbor in the Abbot Sports Complex (see Lincoln Christian).