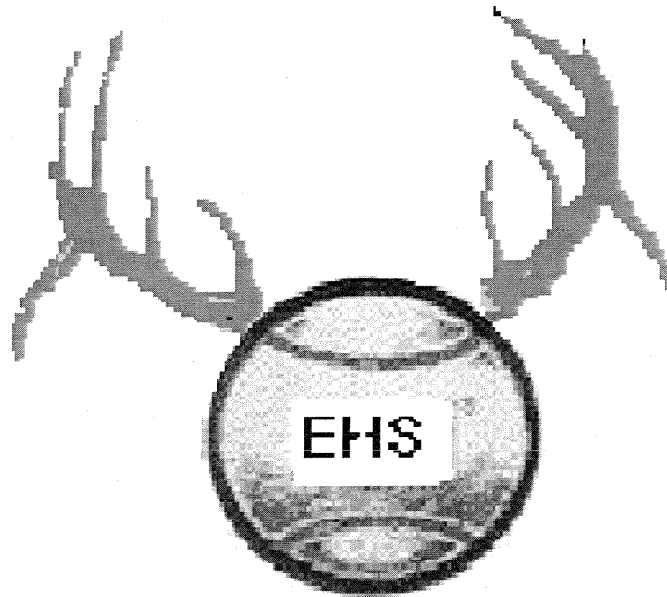


Elkhorn Girls Tennis 2010

Elkhorn Antler Tennis



2010

“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 2010

Coach Bischof, Coach Kounovsky, Coach Schmidt

Home matches in bold. Match time is 4:00 unless otherwise noted
Varsity Schedule 2010

Tues February 2	Preseason meeting HS Lecture Hall 3:20
Mon March 1	First day of Practice
Thur March 18	Intra-squad match / Parents meeting 4:00 PM
Tues March 23	Lincoln Christian
Thur April 1	@ York Invite 11:00 AM (<i>during spring break</i>)
Tues April 6	Bellevue West
Fri April 9	@ Westside Invite 9:00 AM @ Koch
Sat April 10	@ Ralston Invite 8:00 am @ Koch
Tues April 13	Duchesne
Tues April 20	Gretna
Thur April 22	@ Lincoln Pius
Sat April 24	@ Beatrice Invite 8:00 am (@ Woods)
Mon April 26	@ Millard West Invite (Koch)
Tues April 27	@ Blair
Thur April 29	Waverly
Sat May 1	@ Papio Invite
Tues May 4	@ Omaha Skutt
Mon May 10	@ 1 st EMC Conference Tourney! NTC in Lincoln 9:00 AM
Thur May 13	Norris
Th/Fri May 20-21	@ <u>Girls Class A State Tennis Tournament</u> @ Koch 7:30 AM
Mon May 24	Girls Tennis banquet 6:30 pm Don Carmelo's Elkhorn

2010 Junior Varsity Schedule

Tues February 2	Preseason Meeting HS Lecture Hall 3:40
Mon March 1	First day of Practice
Thur March 18	Intra-squad match / Parents meeting 4:00 PM
Tues March 23	Lincoln Christian
Tues April 6	@ Bellevue West
Monday April 19	Neb City
Tues April 20	Gretna
Thur April 22	Duchesne
Mon April 26	@ Fremont
Thur April 29	@ Millard West
Mon May 3	@ Fremont JV Invite TBA
Tues May 4	Skutt
Fri May 7	Elkhorn JV Invite 10:00 AM
Mon May 24	Girls Tennis banquet 6:30 pm Don Carmelo's Elkhorn

Matches start at 4:00 PM unless otherwise noted.

Schedule updates are available at highschoolsports.net You can set it up to notify you by email if there are schedule changes.

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 2010

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 2010

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 2010

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
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 2010

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 2010

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

Lincoln Christian

Matches held at Woods Tennis Center in Lincoln, just south of 33rd and "O" Streets

York

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

Bellevue West

1401 High School Drive 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.

Westside Invite

Held at the Koch Family Tennis Center, Tranquility Park, Omaha 124th and Maple

Ralston Invite

This year the tournament is scheduled for Koch Family Tennis Center, 124th and Maple Omaha

Duchesne

3601 Burt Street.

Lincoln Pius X

60th 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.

Millard West Invite

Held at Koch Tennis Center, 124th and Maple

Gretna

Matches are held at the courts next to the elementary school on 200th St south of Highway 370

Fremont

Hwy 31 to Maple, west to Hwy 275 to Hwy 30 (23rd Ave in Fremont) West to Lincoln then south to 1750 N. Lincoln

Beatrice Invite

Held at Woods Tennis Center, 33rd and O in Lincoln

Blair

Matches held in the park right across the street from Blair High School.

Millard West

180th and Q Street

Papillion Lavista

South of Giles on 84th Street to Centennial, but I think the tournament is held at Koch

Papio Lavista South

Highway 370 and 108th Street

Gross Catholic

Matches are played at Dewey Park, just south of 30th and Harney on Park Drive

Roncalli

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

Waverly

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

Skutt

Matches are held at Skutt High School, South of Center at about 156th.

Norris

They don't have home courts yet, so all their matches are away.

State Tennis

Tournament is held at the Koch Tennis Center Omaha 124th and Maple