

**Hempfield Tennis Handbook
2016-2017**



**Hempfield High School
200 Stanley Avenue
Landisville, PA 17538
(717) 898-5500**

Table of Contents

Introduction.....	Page 4
Philosophy.....	Page 4
Other Important Information (general).....	Page 4
Try-Out Information	
Requirements.....	Page 5
Activity Fee.....	Page 5
What to bring.....	Page 5
Evaluations.....	Page 6
In case of rain.....	Page 6
Expectations.....	Page 6
Hempfield Team Policies	
Practice Times.....	Page 7
Match Times.....	Page 7
Travel.....	Page 7
School Attendance.....	Page 7
Academics.....	Page 8
Challenge Matches.....	Page 8
Singles.....	Page 8
Doubles.....	Page 8
Court Etiquette.....	Page 8-9
Uniforms.....	Page 9
Drug and Alcohol Policy.....	Page 9
Length of Season.....	Page 9
Lettering.....	Page 9
Captains'.....	Page 10
Other Expectations.....	Page 10
Dismissal from the team.....	Page 10
Guidelines for Social Networking.....	Page 11-12
Roles and Responsibilities	
Captains'.....	Page 13
Team Manager.....	Page 13
Spectators'.....	Page 14
Booster Club.....	Page 14

Important Contact Information

Coaches.....	Page 15
Local Racket Clubs.....	Page 15

Goal Setting

Types of Goals.....	Page 16
Individual vs. Team Goals.....	Page 16
SMART Goals.....	Page 16
Examples of Individual Goals.....	Page 16
Examples of Team Goals.....	Page 16

Nutrition

Snacks throughout the season.....	Page 17
Nutrition Information.....	Page 17
Hydration.....	Page 17
Eating Before Exercise.....	Page 18
A-Z Healthy Snack List.....	Page 19
Eating for Recovery.....	Page 20
Recommendations for Hydration.....	Page 21-22

Strength Training

Why Strength Train?.....	Page 23
Off Season Plan.....	Page 23
Useful Links for Strength Training.....	Page 24

Playing in College

Important Links.....	Page 25
Checklist for College Bound Student-Athletes.....	Page 25
Division I Initial Eligibility Requirements.....	Page 26
Division II Initial Eligibility Requirements.....	Page 27
Division I Worksheet.....	Page 28
Division II Worksheet.....	Page 29
Key information about playing in college.....	Page 30

Other

Positive Team Pledge.....	Page 31
---------------------------	---------

Hempfield Tennis



Introduction:

Playing a sport at Hempfield High School is a big time investment, which requires significant time management skills. Remember, you are a STUDENT-athlete; tennis supplements your education. Your first priority is your family, then school, then tennis.

Philosophy:

Participation in the Hempfield High School tennis program is a privilege, not a right. Dedication, a solid work ethic, self-discipline, and a positive attitude are the foundation of a successful team. Working hard in school, in practice as well as placing team goals ahead of personal goals are priorities. All student-athletes, coaches, parents and spectators are expected to display good sportsmanship and respect for the entire team as well as our opponents.

Other Important Information:

1. During the season we will emphasize tactics and strategies while focusing on effort, attitude, fitness, motivation, mental toughness, and sportsmanship. Winning is a by-product of these efforts and winning should never be placed first.
2. Student-athletes are expected to win and lose gracefully.
3. Give everything you've got when practicing and conditioning. Remember you play how you practice!
4. Develop positive relationships with your teammates as well as your opponents.
5. Focus on realistic goals throughout the season—embrace the challenge!

Hempfield Try-out Information



Requirements:

- All paperwork (CIPPE physical form, CIPPE recertification form, etc.) need to be turned in to Mrs. Wettig in the trainer's room AT LEAST 5 days prior to try-outs!!
- Other paperwork (listed below) will be handed out at practice and must be returned by Friday of the first week. If these are not returned by this date, you will not be able to play in our first game!
 - Sudden Cardiac Arrest Form
 - Insurance Release Form
 - Drug Testing Consent Form
 - Possession/Use of Substance Policy Consent Form
 - NCAA Academic Eligibility Requirements
- Missing try-outs will impact your ability to be selected as a member of the team.
You must be at try-outs every day!

Activity Fee:

- Each player is required to pay a \$75 activity fee by the Hempfield School District for all school extracurricular activities.
- Players must pay this fee ASAP *after the team is set* otherwise they will not be allowed to participate in matches!
- Even if you pay online, you must return the envelope

What to bring:

- Each player should bring at least 1 racket to try-outs
- Players should be dressed in proper athletic attire, including sneakers or court shoes.
- All players should be prepared for all conditions.
 - In the fall, players should be ready for heat and bring sunscreen, water bottles, visors/sun glasses, etc.
 - In the spring, players should be ready for cold weather and bring sunscreen, multiple layers of clothing, water bottles, etc.

Evaluations:

- Coaches will evaluate the following when selecting the team on a scale from 1-5 with 5 being the highest:
 - Groundstrokes
 - Serves
 - Volleys
 - Footwork
 - Attitude/Hustle/Coachability
- Players will also be evaluated while playing challenge matches (pro-sets).
 - This includes head to head scores
 - Proficiency in singles and doubles play (both technical, tactical and mental skills)
- Sportsmanship
- Commitment/responsibility
 - This includes off-season preparation such as fitness/condition, playing tournaments, practicing/attending open court time, etc.
 - Also includes being on time for try-outs and prepared every day
- Attitude
- 14-16 players will make the team this year

In case of rain:

- Players should check e-mail and/or listen to afternoon announcements prior to try-outs because in the case of rain, try-outs may be moved indoors to Hempfield Area Rec Center.

Expectations:

- Players are expected to come prepared to play outside or inside every day.
- All players must be on time and work hard the entire practice/try-out. *Previous standings on the team will not impact any decisions for this year, just because you were on the team last year does not automatically mean you will be on this year. Everyone has an equal chance.*

Hempfield Tennis Team Policies



Practice Times:

- Monday-Friday from 3:10-5:00/5:15 (on school days)
- Saturdays will be used for challenge matches and practices as needed
- All players are expected to be at all practices. If you are going to miss a practice, you must notify Coach Bell at least one (1) day prior to that practice for a planned absence OR in school if they are in school but cannot attend practice.
 - Missed practices may impact a player's participation and/or their position on the team ladder.
- During practice times, players are expected to be 100% focused. That means phones are away except in emergency situations.

Match Times:

- Matches begin at 4:00pm-you will find these times and dates on the schedule though often if both teams are ready, we begin closer to 3:45pm.
- All team members are required to stay with the team until the match has concluded. Match duration can vary; therefore all players must plan accordingly.
- Any requests to leave a match early must be submitted in writing at least two (2) days prior to the match date. Only emergency/VERY important situations will be approved for an athlete to leave a match early.
- Don't forget to bring layers AND snacks since you will likely not be on the court the entire time and matches can take a while!!

Travel:

- Players must travel with the team on the bus (or van) to and from all scheduled away matches or tournaments.
- Individual travel arrangements will only be considered on an emergency basis and must be submitted in writing at least one (1) day prior to the day of the match.

School Attendance:

- All tennis players must be in school by 9:30 AM in order to be eligible to participate in practice or matches for that day!

Academics:

- All athletes are expected to maintain passing grades in their classes. ***Any player with a D or lower in any class will be temporarily suspended in order to receive tutoring to raise their grade.***
- If any member of the team is assigned a detention or suspension, they will be suspended from the team for a time period determined by the coaching staff.
- KEEP YOUR GRADES UP AND STAY OUT OF TROUBLE!

Challenge Matches: (revised 2016)

- Challenge matches are used to determine each player's position on the team and begin as soon as try-outs culminate.
- Once the team ladder has been established, players may ask to challenge once per week.
- Each player may potentially play twice per week: Once to move up and once to defend their spot.
- A player WILL NOT play the same player more than once per week.
- A player has 3 chances to take the spot of the person ahead of them. If they do not win any of their 3 challenges, they will not be allowed to challenge that person again.
- In order to "win" a challenge match, the challenging player must defeat the player ahead of them in an 8 game pro-set with no-ad scoring. (a coach can substitute with a 6 game pro-set at their discretion)

Singles:

- The singles line-up will be solely based on the team ladder.

Doubles:

- Doubles combinations will be decided upon by the coaching staff throughout the season AND may change at any point. Skill level, experience, and compatibility will be considered when creating the doubles teams.

Court Etiquette:

- All players are to follow the USTA and L-L-League guidelines for sportsmanship and court etiquette.
- Remember, you are representing Hempfield, yourself, your team and your family, therefore you are expected to uphold the qualities of good sportsmanship and respect your opponents at all times.
- Behavior including, but not limited to, racket throwing/smashing, cursing, taunting opponents, etc. will result in point penalties and eventual removal from the court, forfeiting the match.
- Players are only allowed to discuss strategy and other match related items with team coaches during the matches, nobody else!

- All cheering should be directed towards our own players following a good point. Cheering should not follow an opponent's unforced error!
- Players who are not on the courts are expected to be spread out and cheering on the other members of the team who are currently playing.

Uniforms:

- Players will be issued uniform for the season
- Boys: A two-piece warm-up will be available to athletes who want them for the duration of the season.
- Boys: All players should wear black shorts (with pockets) as part of the uniform. This is the responsibility of the players to obtain.
- Players are responsible for keeping their uniform and warm-up clean and in the same condition in which they received it.
- All school issued uniforms and warm-ups must be washed and returned in excellent condition at the end of the season.

Drug and Alcohol Policy:

- Players are expected to not partake in any activities involving drugs and/or alcohol both in season and during the off-season.
- If a player is at a party or somewhere that there are drugs or alcohol, the player is expected to immediately leave and contact Coach Bell by e-mail or the next school day to make sure the coaching staff is aware of the situation and that you left immediately.
- MAKE GOOD DECISIONS!!!

Length of Season:

- Due to the nature of the sport, the post-season is often lengthy.
- The top 8 players continue with the team through the post-season.
- Throughout the post-season, the top 8 players often have to miss classes due to matches, which are scheduled during the school day.
 - Players are expected to make up all work, which they miss AND notify teachers PRIOR to their absence that they will be out.
 - 5th period is especially hit hard during the regular season AND post-season. Players are encouraged to meet with their guidance counselor in order to determine if they can take an elective during 5th period.
- If you are in the top 8, expect to miss multiple days a week (or partial days) during the post-season
- ALL JV PLAYERS ARE *ENCOURAGED* TO ATTEND PLAY-OFF MATCHES DURING THE POST-SEASON (ESPCIALY CHAMPIONSHIP MATCHES) BUT IT IS NOT REQUIRED.

Lettering:

- A player must compete in at least 4 varsity matches in order to receive a varsity letter.

Captains:

- Captains will be selected by the coaches and team members
- Any junior or senior who 1.) Exhibits good leadership qualities 2.) Is in good academic (C's or above in all classes) and behavioral (no disciplinary action/referrals during the school year) standing and has shown commitment to the team is eligible.

Other Expectations:

- Athletes and parents should follow the chain of command when addressing an issue or concern. Below is the chain of command.
 - Athlete meets with head coach (this should be done after practice or at a pre-determined time)
 - If the athlete does not get a resolution, then the parent and athlete should meet with the head coach (this should be done at a pre-determined time)
 - If there is not a resolution, the athlete and parent should set up a meeting with the head coach and athletic director.
- Social media: Athletes will represent the team in a positive manner on social media. Athletes are expected not to post negative things on any social media outlet regarding our team OR any other team/player. Win with class and lose with dignity.

Dismissal from the team:

- Any player who does not represent the team appropriately (both on court and off court) will be dismissed from the team immediately.
- Any player who does not respect their teammates and the coaching staff will be dismissed from the team immediately.
- Any player caught using illegal substances (alcohol, drugs, etc.) will be dismissed from the team immediately.



Guidelines for Social Networking

As a Hempfield athletic program, we represent the Hempfield School District and need to hold ourselves to a higher standard. Our purpose as a program is to create a team culture that is a positive influence on all those who come in contact with us. This includes opponents, spectators, officials, coaches, other athletes and our own teammates.

The participation in social media has both a positive appeal and potential for negative consequences. Our student-athletes are not restricted from using any on-line social networks or digital platforms but must recognize the importance of being aware of possible consequences of negative postings and exercise caution if they choose to participate.

The following guidelines are intended to provide framework for student-athletes to conduct themselves safely and responsibly in any on-line environment:

1. Be careful with how much and what kind of identifying information you post on social networking sites. Virtually anyone with an email address can access your personal page. Facebook and other sites provide numerous privacy settings for information contained in its pages; use these settings to protect private information. However, once posted, the information becomes property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on on-line social networking sites. You should think about any information you post on Facebook or similar directories potentially providing an image of you to a prospective employer or school. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions.
4. Remember photos once put on the social network site's server become their property. You may delete the photo from your profile but it still stays on their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

Things student-athletes should avoid:

1. Derogatory language or remarks about teammates or coaches; other student-athletes, teachers, or coaches; student-athletes, coaches, athletics administrators or representatives of other Schools.
2. Demeaning statements about or threats to any third party.
3. Incriminating photos or statements depicting violence, hazing, sexual harassment, vandalism, stalking, underage drinking, selling, possessing or using controlled substances, or any other inappropriate behaviors.
4. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
5. Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

One of the biggest lessons social network users can learn is that anything you post online enters the public record. Although not every social network negative posting makes the national news, users should always be sensitive to how others might perceive what you posted. A private joke isn't so private when it's accessible to millions across the internet, and it can easily offend someone who doesn't understand the context.

Inappropriate Use of Social Networks

If you are caught with inappropriate use of social networks, you are exposing yourself to any of the following disciplinary actions:

1. A verbal and/or written warning
2. Contact and/or conference with parents
3. Suspension from competition(s)
4. Suspension from the team
5. Removal from the team

If that isn't enough to make you think twice about posting an inappropriate picture or off-color comment, consider your future and what message you are putting out there. This can have a grave impact on how college recruiters and potential employers view you.

If you have any questions or concerns please talk with any of your coaches, captains or a school administrator. We are here to help make your experience a positive one.

Role and Responsibilities

HHS Tennis Captain

The captain will be selected by the coaches as well as their teammates based on upperclassmen status (junior or senior), leadership qualities, good academic and behavioral standing within the school district, and commitment to the team.

The role of the captain is as follows:

1. Lead warm-up every day at practice and before matches
2. Introduce the team before matches
3. Assist in communicating information to the entire team
4. Serve as a positive role-model for the entire team (both on court and off court)
5. Serve as a go-between for the other players and coaches if players are unable to address the coaches on their own
6. Ensure that all members feel included and are a major member of the team
7. Plan and implement team building activities

It is a privilege to be selected as a captain and all captains are expected to fulfill the requirements set forth, if you are unable to fulfill your obligations, you will be relieved from your role as captain.

The Team Manager

Just like being a player on the team, the role of manager is a privilege, not a right. Managers are required to behave in the same way all members of the team are required to behave. All rules and expectations set forth for the tennis team members apply to the manager as well.

The role of manager includes:

1. Attendance at every practice AND match (if a manager is to miss a practice or match, they MUST let Coach Bell know prior to the match)
 - a. A 3 strikes and you are out policy is in place for managers. Any manager that misses three practices or matches without notifying Coach Bell will be relieved of their role as manager.
2. Maintaining the scorebook and keeping an accurate record of match scores for each match
3. Serving as a role model for the team and encouraging each and every team member to perform their best and try their hardest.
4. Exhibiting good sportsmanship

Any manager that does not fulfill these requirements will be removed from their position as manager.

The Role of a Tennis Spectator

As a tennis spectator you have an important role in setting a positive tone for the match. If you do not follow the guidelines below, you put the coaches, student-athletes and other spectators in an uncomfortable situation.

1. Do not clap or cheer an opponent's unforced error.
2. You cannot, in any way, assist the players with the match (including scoring, line calls, rules, coaching, etc.)
3. Realize that you are watching the match from angles that differ from the players'. Line calls are very different to make as a player as opposed to a spectator.
4. Good sportsmanship means respecting the abilities of all players involved. It also means giving credit to both sides—win or lose!
5. Please set a positive example for not only your child, but all student-athletes on the team!

The Role of the Booster Club

Every year the Booster Club plays a key role in supporting the tennis team and helping the team achieve their goals. One or more parents serve in the role of Booster President BUT all parents are encouraged to participate in the Booster Club.

The role of the Booster Club includes (but is not limited to):

1. Spirit wear sale
2. Coordinating fundraising efforts
3. Being proactive in supporting acquisition of items for the teams
4. Scheduling spirit events at various members of the teams houses (by volunteer only)
5. Arrange candid photos to be taken for the team photo book
6. Organizing a snack schedule for each match
7. Organizing senior night
8. Organizing the team banquet

The Booster Club President is also in charge of the Tennis Booster Club funds/checking account.

In addition, the Booster President is guided by the bylaws and Coach Bell has final approval of all activities.

Important Contact Information

Contact Information for Coaches:

Head Coach

- Coach Bell: Melinda_Bell@hempfieldsd.org
- Location: HHS room 215

Assistant Coaches

- Coach Athey: e.athey@comcast.net
- Coach Jeff Clark (boys team only): jclark@lepcoonline.com
- Coach Ann Clark (girls team only): squid716@aol.com
- Coach Madison Pipkin: madison_pipkin@hempfieldsd.org

Local Racket Clubs (for lessons, clinics, etc.)

Hempfield Area Rec: (717) 898-3102
950 Church Street
Landisville, PA 17538

Lancaster Country Club: (717) 393-3886
1466 New Holland Pike
Lancaster, PA 17601

Racquet Club West: (717) 299-5631
200 Running Pump Road
Lancaster, PA 17603

Goal Setting

Types of Goals:

- **Process Goals:** How you perform a certain skill. You have complete control over this goal!
 - Ex. Keeping your racket head at eye level when volleying (not dropping your racket)
- **Performance Goals:** Your actual performance in relation to your standard of excellence.
 - Ex. Reducing unforced errors from 20 a set to 15 a set
- **Outcome Goals:** Usually relate to winning and losing. You do not have complete control over these goals!
 - Ex. As a team we will win the League and District Championship this year!

Individual vs. Team Goals:

- **Individual Goals:** Set individual goals so that you as a player can improve your skills throughout the season. Adjust your goals for the off-season so that you can improve and grow all year long.
 - Individual goals should never take precedence over team goals!!
- **Team Goals:** As a team, it is important to be a good teammate and have everyone working towards the same overall goals.

Set SMART goals:

- **Specific** (avoid “do your best” goals)
- **Measurable** (able to track behavioral progress)
- **Achievable** (challenging but realistic)
- **Relevant** (important to the athlete or team)
- **Time-limited** (set deadlines for achievement)

Examples of Team Goals:

- Demonstrate exceptionally high levels of sportsmanship
- Support teammates during matches
- Help teammates practice their weaknesses in order to improve
- Win the League and District!

Examples of Individual Goals:

- I will get 75% of first serves in and 95% of second serves in
- I will maintain a strong, confident image on court, even when things are not going my way 100% of the time.
- I am going to improve my doubles play by learning about tactics and utilizing them every time I play.

Nutrition

Snacks throughout the season:

- Throughout the season, matches can last for 1.5-4+ hours and sometimes go over dinnertime.
- Each family is asked to supply team snacks at least once per season
- Consider the information below when creating snacks for the team

Nutrition information:

- Members of the team should attempt to make wise decisions both during the season as well as during the off-season.
- Information below can be read in order to help with nutrition decision-making.

Hydration:

- It is important for students to stay hydrated during practices and matches
- All students are expected to bring water bottles to every practice and match. Water and ice will be provided every day for refills.
- See article below for hydration tips.

Eating Before Exercise

Athlete Scenario

The day of a football game, I often feel nervous and sometimes skip lunch, only to feel hungry later. Games are usually in the afternoon so I know I need to eat something beforehand. Playing both offense and defense, I rarely get a break. What foods can I eat and at what times to supply me with enough energy to perform well the entire game?

Goals of Nutrition Before Exercise

- Consume a carbohydrate-rich snack or meal before exercise to top off muscle stores. With pre-competition jitters, liquid meal replacements may be a better choice than whole foods.
- Include small amounts of protein in your pre-exercise meal(s). Protein helps build and repair muscle tissue. Adequate protein before exercise may help reduce post-exercise muscle soreness.
- Choose pre-exercise meal(s) that are low in fat and fiber to ensure optimal digestion.

Pre-exercise Foods & Fluids

3–4 Hours Before Exercise

- Peanut butter & honey on toast + instant breakfast drink
- Fruit and yogurt smoothie + low-fat granola
- Oatmeal with brown sugar and almonds + skim milk + banana
- Low-fat cottage cheese + apple butter + crackers + fresh grapes
- *Lean* hamburger on bun with lettuce & tomato + side salad + yogurt-fruit parfait
- Turkey and Swiss sandwich + fruit + sports drink
- Low-fat tuna melt sandwich + fruit cup + fat-free yogurt

30–60 Minutes Before Exercise

- Sports drink or water
- Sports gel, sport beans or gummies, sports bar
- Piece of fruit or jam sandwich

Written by SCAN registered dietitians (RDs). The key to optimal meal planning for athletes is individualization. For personalized nutrition plans contact a SCAN sports dietitian or Board Certified Specialist in Sports Dietetics (CSSD) by accessing "Find a SCAN Dietitian" at www.scandpg.org | 800.249.2875.

© 2009 Sports, Cardiovascular, and Wellness Nutrition (SCAN) Photo Credit: Fotolia 1597467



**Sports,
Cardiovascular,
and Wellness
Nutrition**
a dietetic practice group of the
American Dietetic
Association
**eat
right.**

Tips to Take With You

1. Experiment with foods and drinks in practice and lower level competitions to determine the best timing and your tolerance for pre-exercise foods.
2. Practice! Figuring out what works best for you will boost confidence in eating before exercise.
3. Fuel muscles early with easily digestible carbohydrate-rich foods and beverages for training or competition later in the day.

Contact SCAN

Web site: www.scandpg.org
Voice: 800.249.2875



A to Z Healthy Snack List

Healthy snacks are low in sugar and high in nutrients

- A:** Almonds, Apples, Applesauce, Apricots, Asparagus, Avocado
- B:** Bagels, Bananas, Bean Sprouts, Beans, Berries, Bok Choi, Breakfast Bars Broccoli, Brussel Sprouts
- C:** Cantaloupe, Carrots, Cauliflower, Celery, Cheese (low-fat), Cherries, Chickpeas, Crackers (low-fat), Craisins, Cranberries, Cucumber, Currants
- D:** Dates, Dried Cereal, Dried Fruit
- E:** Edamame, Eggs
- F:** Fig Bars, Fresh Vegetables, Fruit, Fruit Juice, Fruit Rolls, Frozen Fruit Yogurt
- G:** Gatorade, "Gogurt," Graham Crackers, Granola Bars, Grapefruit, Grapes
- H:** Honeydew Melon, Hummus with Veggies
- I:** Ices (fruit), Ice-cream (low-fat)
- J:** Jell-O with Fruit, Jelly on Rice Cakes, Juices (100% fruit)
- K:** Kiwi Fruit
- L:** Lentils, Low-fat ice-cream
- M:** Mandarin Oranges, Mango, Melon, Milk, Muffins (low-fat)
- N:** Nectarines, Nuts
- O:** Oatmeal, Oatmeal Cookies (low-fat), Olives, Oranges
- P:** Papaya, Pasta Salad, Peaches, Pears, Peas, Pineapples, Pita Bread, Plums, Potato Salad, PowerAde, Pretzels, Pumpkin Seeds
- Q:** Quick Soups
- R:** Raisins, Raspberries, Rice Cakes, Rice Treats
- S:** Sesame Seeds, Smoothies (fruit), Soymilk, Strawberries, Sunflower Seeds, Sweet Corn
- T:** Terra Chips, Tomatoes, Tortilla Chips, Trail Mix
- U:** Unbuttered Popcorn
- V:** Vanilla Wafers, Vegetables, Vegetable Juice
- W:** Watermelon, Whole-wheat Bread
- X:** ?!
- Y:** Yogurt
- Z:** Zesty Crackers, Zucchini, Zucchini Bread

Eating for Recovery

Athlete Scenario

The day after a hard soccer practice, my legs feel heavy, I feel sluggish, and I'm often sore even if I didn't have a resistance training session the day before. My performance at practice suffers because I'm unable to put forth 100%. I usually drink water and sometimes a sports drink during practice and games, but afterward I don't usually feel like eating much. What can I do so I have more energy at practice and feel better about my performance?



The Goals of Recovery Nutrition Include

- Restore fluid and electrolytes (sodium and potassium) lost in sweat; weigh before and after exercise and replenish what was lost
- Replace muscle fuel (carbohydrate) utilized during practice
- Provide protein to aid in repair of damaged muscle tissue and to stimulate development of new tissue
- Begin nutrition recovery with a snack or meal within 15-60 minutes following practice or competition

Rehydration Fluids

- Carbohydrate-electrolyte sport drink to replenish fluids and electrolytes lost in sweat

Recovery Snack Ideas

- Smoothie made with yogurt and frozen berries
- Sports drink (carbohydrate, electrolyte, fluid) + sport bar (carbohydrate, protein)
- Graham crackers with peanut butter + low-fat chocolate milk + banana

Recovery Meal Ideas

- Whole wheat pita sandwich with turkey and veggies + pretzels + low-fat milk
- Rice bowl with beans, cheese, salsa, avocado + whole grain tortilla chips or whole wheat tortilla
- Stir fry with lean steak, broccoli, bell peppers, carrots + brown rice

Written by SCAN registered dietitians (RDs). The key to optimal meal planning for athletes is individualization. For personalized nutrition plans contact a SCAN sports dietitian or Board Certified Specialist in Sports Dietetics (CSSD) by accessing "Find a SCAN Dietitian" at www.scandpg.org | 800.249.2875.

© 2009 Sports, Cardiovascular, and Wellness Nutrition (SCAN)

Tips to Take With You

1. If you have 2 training sessions per day or your next training session is within 8 hours, recovery nutrition is crucial
2. If you do not have an appetite following a training session, choose liquid foods that meet your recovery goals
3. Along with carbohydrate, fluid, and electrolytes, protein is an important part of recovery, particularly if you participate in high intensity training sessions that damage muscle tissue (resistance training, interval sessions, etc.)

Contact SCAN

Web site: www.scandpg.org
Voice: 800.249.2875



POSITION STATEMENT AND RECOMMENDATIONS FOR HYDRATION TO MINIMIZE THE RISK FOR DEHYDRATION AND HEAT ILLNESS

**National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)**

WHAT TO DRINK DURING EXERCISES:

- For most exercising athletes, the ideal fluid for pre-hydration and re-hydration is water. Water is quickly absorbed, well tolerated, an excellent thirst quencher, and cost effective.
- The use of a sports drink with appropriate carbohydrates (CHO) and sodium as described below may prove beneficial in some general situations and for some individuals.
- Traditional sports drinks with appropriate CHO and sodium may provide additional benefit in the following general situations:
 - Prolonged continuous activity of greater than 45 minutes
 - Extremely intense activity with risk of heat injury
 - Extremely hot and humid conditions
- Traditional sports drinks with appropriate CHO and sodium may provide additional benefit for the following individual conditions:
 - Poor hydration prior to participation
 - Increased sweat rate
 - Poor caloric intake prior to participation
 - Poor acclimatization to heat and humidity
- A 6-8% addition of CHO to water is the maximum that should be utilized. Any greater concentration will produce slow emptying from the stomach and a bloated feeling to the athlete.
- The other ingredient that may be helpful is a low concentration (0.3 - 0.7 g/L) of sodium which may help with cramping.
- All fluids should be served cold to optimize gastric emptying.

WHAT NOT TO DRINK DURING EXERCISE:

- Fruit juices with greater than 8 percent carbohydrate content and soda can both result in a bloated feeling and abdominal cramping.
- Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.
- Athletes should be aware that nutritional supplements are not limited to pills and powders; many of these new fluids contain stimulants such as caffeine and/or ephedrine.
 - These stimulants may increase the risk of heart or heat illness problems when exercising.
 - Many of these drinks are being produced by traditional water, soft drink, and sports drink companies and may provide confusion to the sports community. As is true with other forms of supplements these "power drinks or fluid supplements" are not regulated by the FDA. Thus, the purity and accuracy of contents on the label are not guaranteed.
 - Many of these beverages, which claim to provide additional power, energy, etc., have additional ingredients that are not necessary, some that are potentially harmful, and some that actually include substances banned by such governing bodies as the NCAA and the USOC.

HYDRATION TIPS AND FLUID GUIDELINES:

- In general, athletes do not voluntarily drink sufficient water to prevent dehydration during physical activity.
- Drink early, by the time you're thirsty, you're already dehydrated.
- Drink before, during, and after practices and games. Specifically, the *American College of Sports Medicine* recommends the following:
 - Drink 16 ounces of fluid 2 hours before exercise.
 - Drink another 8 to 16 ounces 15 minutes before exercise.
 - During exercise, drink 4 to 16 ounces of fluid every 15 to 20 minutes.
 - After exercise, drink 24 ounces of fluid for every pound lost during exercise to achieve normal fluid status within 6 hours.

Strength Training

Why Strength Train?

- Strength training can enhance on court performance AND prevent injuries.
- You will experience greater power in all your shots as well as greater speed acceleration on court.
- Improved muscular endurance will improve your level of play during tough rallies and keep you in long points.

<http://www.sport-fitness-advisor.com/tennis-strength-training.html>

Off Season Plan

(Program created by Hempfield strength training coach Nate Zechman)

Warm up: 5 minutes on cardio (run, bike or Arc trainer) and ladder drills

Day 1

1. Squats 65% x 8, 75% x 6-8, 85% x 4-6, 90% x 2-4
 2. DB Incline Bench 3 x 10-12
 3. DB single leg SLDL 3 x 10-12
 4. BB shrug 3 x 8-10 SUPER
 5. DB lat raise 3 x 10-12 SUPER
 6. DB Pull-over 3 x 8-10
 7. DB holds 30 sec x 2, then max
- Core: jackknife, ball crunches, MB sit ups, MB pass (front and side)

Day 2

1. Deadlift 4 x 6-8
 2. BB Bench 3 x 8-10
 3. DB split squat 3 x 8-10 SUPER
 4. DB rear delt ext 3 x 10-12 SUPER
 5. DB front raise 3 x 10-12
 6. DB row 3 x 8-10
 7. BB forearm rolls 2 x 12-15, then max
- Core: sit and tuck, torso twist, SL reverse, bicycle, crunches

DB=Dumbbell

BB=Barbell

MB=Medicine Ball

Useful Links for strength training:

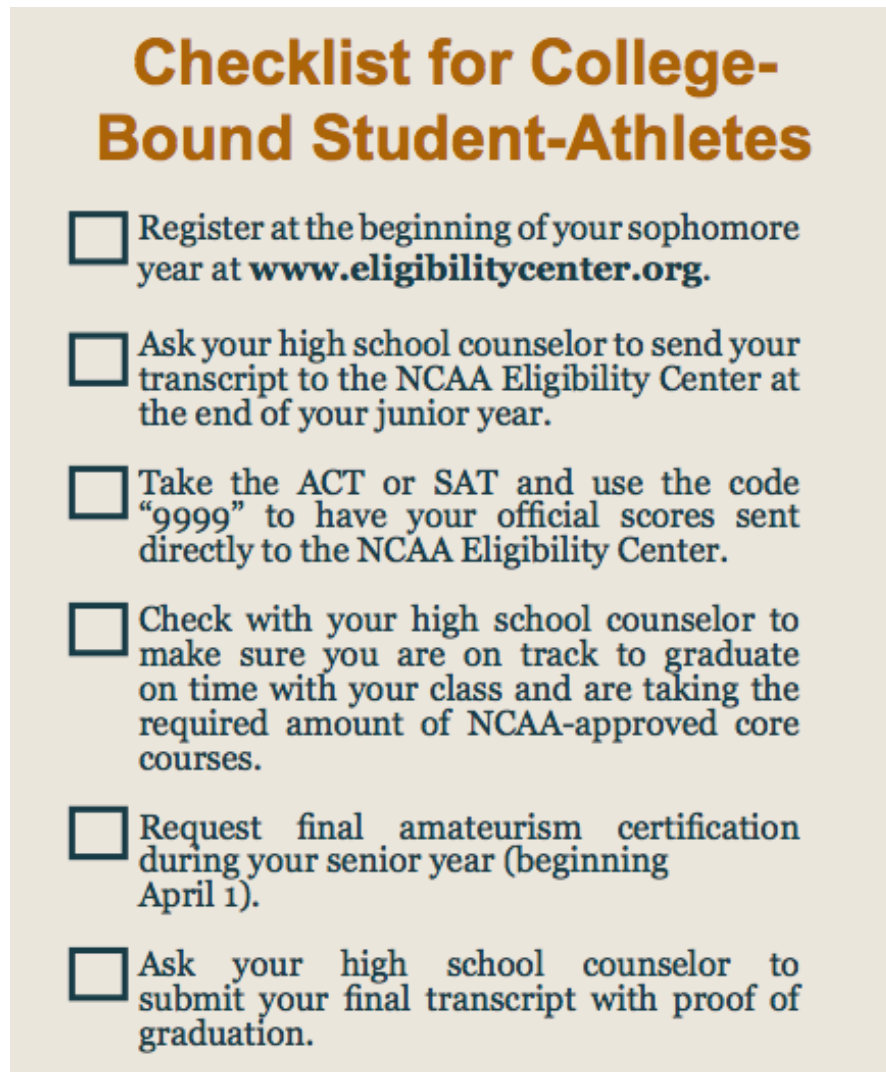
- USTA Strength Training and Conditioning for Tennis
<https://www.usta.com/Improve-Your-Game/Sport-Science/249182-Strength-Training-and-Conditioning-for-Tennis/>
- Andy Murray's Strength Training Workout
<http://www.menshealth.co.uk/building-muscle/get-big/andy-murrays-strength-session>

Playing in College

Important Links:

- NCAA Eligibility Website
http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp
- NCAA Eligibility Center Website
<http://www.ncaa.org/student-athletes/future/eligibility-center>

Checklist for college bound student-athletes:



Checklist for College-Bound Student-Athletes

- Register at the beginning of your sophomore year at **www.eligibilitycenter.org**.
- Ask your high school counselor to send your transcript to the NCAA Eligibility Center at the end of your junior year.
- Take the ACT or SAT and use the code “9999” to have your official scores sent directly to the NCAA Eligibility Center.
- Check with your high school counselor to make sure you are on track to graduate on time with your class and are taking the required amount of NCAA-approved core courses.
- Request final amateurism certification during your senior year (beginning April 1).
- Ask your high school counselor to submit your final transcript with proof of graduation.

See Coach Bell for more information!



Division I Academic Requirements

College-bound student-athletes will need to meet the following academic requirements to practice, receive athletics scholarships, and/or compete during their first year.

Core-Course Requirement
<p>Complete 16 core courses in the following areas:</p> <ul style="list-style-type: none"> • 4 years of English • 3 years of math (Algebra I or higher) • 2 years of natural/physical science (1 year of lab if offered) • 1 year of additional English, math or natural/physical science • 2 years of social science • 4 years of additional courses (any area above, foreign language or comparative religion/philosophy)

Full Qualifier	Academic Redshirt
<ul style="list-style-type: none"> • Complete 16 core courses: <ul style="list-style-type: none"> ▪ Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school ▪ Seven of the 10 core courses must be in English, math, or science • Earn a core-course GPA of at least 2.300 • Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see back page) • Graduate high school 	<ul style="list-style-type: none"> • Complete 16 core courses • Earn a core-course GPA of at least 2.000 • Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see back page) • Graduate high school

Full Qualifier: College-bound student-athletes may practice, compete and receive athletics scholarship during their first year of enrollment at an NCAA Division I school.

Academic Redshirt: College-bound student-athletes may receive athletics scholarships during their first year of enrollment and may practice during their first regular academic term but may NOT compete during their first year of enrollment.

Nonqualifier: College-bound student-athletes cannot practice, receive athletics scholarships or compete during their first year of enrollment at an NCAA Division I school.

NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



Division II Initial-Eligibility Requirements

Core Courses

- **Division II currently requires 16 core courses.** See the chart below.
- **Beginning August 1, 2018,** to become a full or partial qualifier for Division II, all college-bound student-athletes must complete the 16 core-course requirement.

Test Scores

- **Division II** currently requires a minimum SAT score of 820 or an ACT sum score of 68. **Beginning August 1, 2018,** Division II will use a sliding scale to match test scores and core-course grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the following four sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

Grade-Point Average

- Be sure to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's approved List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- The current **Division II** core GPA requirement is a minimum of 2.000. **Division II** core GPA required to be eligible for competition on or after August 1, 2018, is 2.200 (corresponding test-score requirements are listed on the Sliding Scale on Page No. 2 of this sheet).
- The minimum **Division II** core GPA required to receive athletics aid and practice as a partial qualifier on or after August 1, 2018, is 2.000 (corresponding test-score requirements are listed on the Sliding Scale on Page No. 2 of this sheet).
- Remember, the NCAA core GPA is calculated using NCAA core courses only.

DIVISION II 16 Core Courses

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

Division I Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check your high school's list of NCAA-approved courses for the classes you have taken.

Use the following scale: A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

English (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English 9	.5		A		$(.5 \times 4) = 2$
Total English Units					Total Quality Points

Mathematics (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra 1	1.0		B		$(1.0 \times 3) = 3$
Total Mathematics Units					Total Quality Points

Natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Natural/Physical Science Units					Total Quality Points

Additional year in English, mathematics or natural/physical science (1 year required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Units					Total Quality Points

Social science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Social Science Units					Total Quality Points

Additional academic courses (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Academic Units					Total Quality Points
Total Quality Points from each subject area / Total Credits = Core-Course GPA		/		=	
	Quality Points	/	Credits	=	Core-Course GPA

Core-Course GPA (16 required) Beginning August 1, 2016, 10 core courses must be completed before the seventh semester and seven of the 10 must be a combination of English, math or natural or physical science for competition purposes. Grades and credits may be earned at any time for academic redshirt purposes.

Division II Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check your high school's list of NCAA-approved courses for the classes you have taken.

Use the following scale: A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

English (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English 9	.5		A		$(.5 \times 4) = 2$
Total English Units					Total Quality Points

Mathematics (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra 1	1.0		B		$(1.0 \times 3) = 3$
Total Mathematics Units					Total Quality Points

Natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Natural/Physical Science Units					Total Quality Points

Additional years in English, math or natural/physical science (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Units					Total Quality Points

Social science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Social Science Units					Total Quality Points

Additional academic courses (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Academic Units					Total Quality Points
Total Quality Points from each subject area /					
Total Credits = Core-Course GPA		/		=	
	Quality Points	/	Credits	=	Core-Course GPA

Key information about playing in college: (Provided by Guidance Counselor Mr. Bentley)

- You must be in college prep (73) classes and above.
 - Tech prep (63) courses or lower are NOT approved.

- You must:
 - 1-Register with the NCAA (preferably by junior year)
 - 2-Add NCAA to the transcript release form
 - 3-Request transcript be sent to the NCAA via Naviance
 - 4-Send SAT scores to the NCAA directly from Collegboard.
(Code 9999)



Positive Team Pledge

I pledge to be a positive leader who sets the example for my teammates through my positive attitude and actions.

I promise to share positive energy and encouragement with my team.

I will not be an energy vampire nor will I sabotage myself and team with negativity, complaining and excuses.

When I make a mistake I will own it and seek to improve.

When I'm not playing well I will stay positive and strive to get better.

When I experience self-doubt I will remember a time when I succeeded.

When I feel fear I will choose faith

When I face adversity I will find strength.

When my team experiences a defeat I will choose to stay positive and prepare to achieve another victory.

With hard work, determination and faith, I will never give up and will always help my team move forward towards our vision and goals.

Today and every day I will be positive and strive to make a positive impact on my team.

www.TrainingCamp11.com

By Jon Gordon