



LINN-MAR

BOYS TENNIS

State Team Champions

1988, 2015

State Individual Champions

2013-Brady Anderson

State Individual Runner-Up

Brady Anderson/Trevor McCann-2014

Trevor McCann/Tim Paulson-2015

District Champions

2010, 2011, 2012, 2013, 2014, 2015,
2016, **2017**

Mississippi Valley Conference Champions

2009, 2010, 2011, 2012, 2014, 2015

State Team Qualifiers

2012-3rd Place 2014-2nd Place

2015- 1st Place **2017 2nd Place**

www.linnmartennis.com

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Mission Statement

To ensure that our student-athletes develop the knowledge, skills, attitudes, and values necessary to compete at an elite level, but more importantly, to improve themselves as students, teammates, and valuable members of society.

Team Philosophy

Accountability – We don't make excuses. We take responsibility for all of our actions and learn from our mistakes.

Altruism-We believe in the selfless concern for the well-being of others. We will work to make the team/school/community a better place.

Inclusive NEVER Exclusive- We are ALL equal on the team. We all condition, practice, and play together. Everyone plays a critical role in our success. We expect all athletes to play/practice at an elite level, encourage and cheer when not playing, and most importantly, be the most supportive teammate you can possibly be on and off the tennis court/conditioning arena.

Preparation-“The will to succeed means nothing without the will to prepare.” Everyone wants to be successful. What are you doing to get there?

Positivity-Success on the tennis court is not just physical skill. It is mental toughness as well. Stay positive before, during, and after a match - win or lose. Additionally, we will support and encourage our teammates at all times.

Respect – We will respect teachers, teammates, coaches, parents, opponents and fans. EVERYONE. Even in difficult situations, we will always take the high road.

Attitude and Effort- This is the absolute most important thing on our team. You cannot control a lot of things in sports and life, but you always have a choice of how you want to portray yourself. If we have attitude and effort going for us, our team WILL be successful.

Finally, embrace the sport of tennis as a lifelong interest. The game can be played from ages 4 to 94. It is one of the unique high school sports that you can still play after high school with friends, spouses, family, and even meet new people. We have had athletes who have gone on to be very good college tennis players, and also athletes who went on to meet their spouses just playing for fun with friends during college. Whatever you decide, keep playing...this is just the beginning of your tennis careers!

Team Guidelines

- Anticipated absences need to be communicated with coaches at least one day prior to the absence in order to be considered excused. If sick, please inform a coach of your absence that day as well. If not excused, your absence will result in a one meet suspension. You are each responsible to check the website for any updates if you have missed a practice or meet the previous day as at times practice times will change.
- All players must be dressed appropriately and on time when practice begins. We practice in varying weather conditions, and having the right clothing for the conditions is key not only to your performance, but to your health. Any player deemed not dressed appropriately for practice will be sent home and will be counted as unexcused from practice.
- Your own personal water is required at practice. Again, this is for your performance and health. Taking time during practice to run to the school to get water is unacceptable. If you do not go home between school and practice, stick a frozen water bottle in your car, locker, backpack, etc.
- While you are encouraged to participate in other school activities, the coaching staff suggests that all players devote themselves to this program as much as possible to ensure that you get the most out of practice and meets. Please notify the coaching staff if you are involved in other activities and whether you think they will conflict with Linn-Mar Tennis. Missing practice or meets for other school activities will be excused. Please remember though you are missing valuable practice/competition time that could hinder improvement while others teammates are working to become better athletes/tennis players. Any non-school activities will be handled on a case-by-case basis.
- All athletes are required to take the school transportation to and from any away meet. A signed, written note must be presented to the coach if a parent would like to transport the athlete.
- During away meets outside the metro area (Dubuque, Waterloo, Cedar Falls, Iowa City, Des Moines, etc.) we will be stopping for dinner after the meet. Athletes need to make sure they either bring something to eat with them, or have the appropriate amount of money with them to eat.
- If you are injured at practice or in a match, inform a member of the coaching staff immediately so you can get back to health as soon as possible. All significant injuries must be checked and cleared by the trainer before an athlete can return to participation. All players must have a current physical, signed Code-of-Conduct form, concussion form, and Medical Card on file before any participation takes place. Questions about where to obtain these can be directed to the coaches or the athletic office.

HAZING:

Hazing - As per Linn-Mar Board Policy there will be no hazing allowed. This includes those “initiation” practices that have happened in the past in various co-curricular activities. We are supporting this policy and students involved in these practices need to understand that this is in violation of the co - curricular policy. If it is found out that students participate in hazing, they will be suspended for part of their season. Please also remember that hazing is against the law and that charges may be filed.

Policy Title ANTI-BULLYING/HARASSMENT POLICY Code 104

Harassment and bullying of students and employees are against federal, state and local policy, and are not tolerated by the Board. The Board is committed to providing all student and employees with a safe and civil school environment in which all members of the school community are treated with dignity and respect. To that end, the Board has in place policies, procedures, and practices that are designed to reduce and eliminate bullying and harassment as well as processes and procedures to deal with incidents of bullying and harassment. Bullying and harassment of students by students, school employees, and volunteers will not be tolerated in the school or school district.

The Board prohibits harassment, bullying, hazing, or any other victimization of students, based on any of the following actual or perceived traits or characteristics, including but not limited to age, color, creed, national origin, race, religion, marital status, sex, sexual orientation, gender identity, physical attributes, physical or mental ability or disability, ancestry, political party preference, political belief, socioeconomic status, or familial status. This policy is in effect while students or employees are on property within the jurisdiction of the Board; while on school-owned or school-operated vehicles; while attending or engaged in school-sponsored activities; and while away from school grounds if the misconduct directly affects the good order, efficient management and welfare of the school or school district.

If, after an investigation, a student is found to be in violation of this policy, the student shall be disciplined by appropriate measures up to, and including, suspension and expulsion.

When looking at the totality of the circumstances, harassment and bullying mean any electronic, written, verbal, or physical act or conduct toward a student or employee which is based on any actual or perceived trait or characteristic of the student or employee and which creates an objectively hostile school/work environment that meets one or more of the following conditions:

Individuals who feel that they have been harassed should:

- Communicate to the harasser that the individual expects the behavior to stop, if the individual is comfortable doing so. If the individual wants assistance communicating with the harasser, the individual should ask a coach, teacher, counselor, or principal to help.
- If the harassment does not stop, or the individual does not feel comfortable confronting the harasser, the individual should: Tell a coach, teacher, counselor, or principal.

Code Of Conduct

During Middle School or High School Career:

1st Offense:

Tobacco/Nicotine Suspended from at least 20% of public performances with carryover to next activity. Counseling required prior to Alcohol and Other Drugs reinstatement (suspended from at least 33% of performances if no progression in counseling). Must continue to practice.

2nd Offense:

Tobacco/Nicotine Suspended from at least 50% of public performances with carryover to next activity. Counseling required prior to Alcohol and Other Drugs reinstatement. Must continue to practice.

3rd Offense: One-year suspension from co- and extra-curricular activities. Counseling required prior to reinstatement for all third offenses.

4th Offense: Permanent suspension from co- and extra-curricular activities. Counseling available for all fourth offenses.

Established school/team/group rules may also apply to violations. In order for the suspension to be put into effect it must be clearly determined that the violation did occur. It is clear that an admission from the student is not required prior to disciplining a student (Schmahl vs. Glenwood Community School District, 2 D.P.I. App Dec. 26, 1979).

Court System Involvement: Students admitting to or found guilty of non-traffic misdemeanors or felonies not defined in these regulations may be subject to suspension from co- and extra-curricular activities as determined by the building principal and/or designee. The school district will cooperate with the courts or other recognized public agencies in carrying out consequences in co- and extra-curricular activities.

Appeal Process: As established in Board Policies 502.5 and 502.5-R1.

Definitions:

Carry-Over: In situations when there are not enough performances remaining in a season to complete a suspension, the suspension will be carried over to the next co- or extra-curricular activity in which the student takes part.

Counseling: Directed by the Linn-Mar Middle Schools or High School Counseling Offices or other non-school agencies that students are referred to or are approved by school counselors or Student Assistance Team. Any cost for use of non-school agencies is to be borne by the student. Linn-Mar counseling will include discussion of decision-making skills, tobacco/nicotine/alcohol/drug information, and peer and family relationships with parent(s)/legal guardian(s) invited to participate. A student may receive confidential assistance at any time during their middle school or high school career.

Possession/Use/Transportation/Control/Transmission: Tobacco/nicotine: personal possession, use, transportation, control, or transmission.

Alcohol and other drugs: As defined by legal statute and/or court interpretation. Possession, transportation, control, or transmission may be determined by prior knowledge or intent. Team rules may be more specific.

Parent Expectations

The role that parents play in the life of a tennis player has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with us, the coaches.

- **SUPPORT THE PROGRAM:** Get involved in any capacity you can. Host a team dinner. Volunteer for booster club. Help with a road team meal/snacks. Everything helps!
- Be a positive role model for your son(s) and for other parents. Not only do the coaches and players get evaluated, but so do the fans!
- **Understand and display appropriate behavior:** Yes, you may know what your son is doing wrong during a match. Or you might be sure that your son is on the wrong side of some bad line calls. Leave that to the coaches. It never helps to show negative body language/emotion/or actual language to your son or the opposing players/fans/coaches. Be your son(s) biggest fan and cheer when things go right! Be supportive and positive when they do not.
- Come to our meets! We would love to see Linn-Mar have more parents at every meet than the opposing school...even if your son(s) don't like having you there...we promise we do!
- Root for the entire team, it's a team sport! While high school tennis does have individual matches, the team score is the most important. If possible, don't leave when your son is done playing, the rest of the team needs your support!
- Monitor eating and sleeping habits. Make sure your son is eating proper foods and getting adequate rest. Those definitions differ greatly from a high school athlete's perspective to a parent's perspective so try to encourage smart decisions.
- Encourage your son(s) to talk with the coaches if they have questions about where they stand on the team or other tennis-related questions. We know that these things are important to the growth of our players; this is a crucial time for them to begin/continue to fight their own battles.
- Let the coaches do the coaching. They are with your son and the rest of the team every day. While you may have a different opinion/philosophy, respect the coach's decision. They only want what is best for your son and the team too.
- If you feel the need to contact the coaches about a practice, a meet, a coach's decision, or anything else, choose an appropriate time to speak with the coach. Our coaching staff is more than happy to speak with you at the appropriate time and will try to be as transparent as possible. We understand that you might not agree with every decision a coach makes. However, we will not tolerate confrontation or inappropriate dialogue directed at a coach.
- If your son is unable to provide his own transportation, please make sure he is picked up **promptly** at the end of practice or a match. It can be helpful to arrange carpools or to get a ride from a teammate.

Lineup/Playing Time

Lineups are determined by a number of factors including practice performance and meet performance. Attendance, attitude, and putting the team first also accounts for playing time/position on the team. Coaches do NOT make the lineup solely based on head to head matches. Practice matches will be played in practice. However, that is not the determining factor for playing time and position on the team. Athletes and teams have off days and nobody enjoys looking over their shoulder wondering what they need to do to keep their spot. As coaches, we look at the body of work over weeks/months and determine what we feel is our best lineup with the team and athletes in mind.

Practice Schedule:

All conditioning or indoor practices will be from 3:40-5:00 p.m. The only time we will have these practices will be due to inclement weather or during the pre-season.

Most weekday (outdoor) practices will be from 3:45-5:15p.m. for the 9/10 team, and from 5:15-6:45p.m. for the varsity team. Every other week, the 9/10 team will practice from 5pm-6:30pm at Excelsior.

We will practice on most Saturdays, with the time TBA during the previous week.

Week of March 12th-Practice for everyone from 4-6pm at LMHS (may split times based on #'s)

Week of March 19th-345-515pm (9/10) and 515-645pm (Varsity) at EXCELSIOR

Week of March 26th-345-515pm (9/10) and 515-645pm (Varsity) at LMHS

Criteria to earn a Varsity Letter:

Attend all practices, or have excused absences when not in attendance.

AND

An athlete at any grade level who plays in at least 1/3 of the 17 meets at the varsity level, or a senior athlete who plays in 1 meet at the varsity level.

Welcome to the 2018 Linn-Mar Tennis Team!

Chris Wundram

Head Varsity Coach

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Kyle Becker

Head 9/10 Coach

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Acknowledgement of Handbook

I have been given a copy of the Linn-Mar Boys Tennis Handbook and have reviewed the policies and procedures.

Athlete Name

Athlete Signature

Parent/Guardian

Parent/Guardian Signature