

# **Top Team and Individual Results**

## **State Team Champions**

1988, 2015, 2018

## **State Individual Singles and Doubles Champions**

1987-Alan Kress/Micky Ramsey

1990-Todd Shale

1997-Hunter Skogman/Brad East

1998-Hunter Skogman

2013-Brady Anderson

## **State Individual Runner-Up Singles and Doubles**

1989-Todd Shale

2014-Brady Anderson/Trevor McCann

2015-Trevor McCann/Tim Paulson

2018-Ben Hediger/Luke VanDonslear

## **District Champions**

2010, 2011, 2012, 2013, 2014, 2015,  
2016, 2017, 2018

## **Mississippi Valley Conference Champions**

2009, 2010, 2011, 2012, 2014, 2015

## **State Team Qualifiers**

1985-2<sup>nd</sup> Place

1986-2<sup>nd</sup> Place

**1988-State Champions**

2012-3<sup>rd</sup> Place

2014-2<sup>nd</sup> Place

**2015-State Champions**

2017 2<sup>nd</sup> Place

**2018-State Champions**

## 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.

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## 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. Some things you can't control 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 need to transport the athlete for a special circumstance.
- 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.

# Communication

- Much of the general communication is handled via email, through our team web site, or the team twitter account. Both athletes and parents need to make a habit of our website and/or twitter account on a daily basis.
- Coaches may also use “Text Message” to athletes as a communication vehicle. Be sure to bookmark and sign up for notifications on the Mississippi Valley Conference Calendar [www.mississippivalleyiowa.org](http://www.mississippivalleyiowa.org) as well as our team web site [www.linnmartennis.com](http://www.linnmartennis.com)
- These web sites are updated regularly during the season and periodically during the off-season. Please make a habit of checking them regularly. The varsity tennis Twitter account is @linnmartennis. The 9/10 account is @910lmtennis.
- Athletes should use caution and discretion when using social network sites. Be aware of consequences which could adversely impact you, your team, parents, and school. Adverse usage could affect co-circular status with school and team.
- Communication Escalation Process No matter how hard coaches may try, there will always be some misunderstandings and disgruntlement of athletes. If a problem should arise, the Athletic Department and the Linn-Mar Community Schools have adopted the following standard procedure:
  1. The student athlete should bring the issue to the coach’s attention.
  2. If the issue needs further attention, the parent should contact the coach to set up an appointment. Since the coach will have other things on their mind or needs to be addressed, please do not attempt to address your concerns immediately before or after a contest or practice.
  3. If after the parent/coach meeting, the parent still has concerns or a satisfactory resolution was not reached, then the parent is encouraged to call the Athletic Director. A meeting will be scheduled to discuss the situation and the next steps determined. Please follow the above procedures. In many cases the coach may not know of the problem and just by the athlete talking about their concerns openly with the coach, it may be resolved without creating a greater conflict.
- There are three topics coaches will not talk to parents about. Players are welcome to discuss these with coaches at the appropriate time.
  - Position on Team
  - Moving up to Varsity Level
  - Playing Time

# Dealing With Media

*Excerpt from IHSAA Captain's Handbook - IHSAA Student Advisory Committee*

## Publication Media Basics

The opportunity to deal with the media is a learning experience in developing communication on skills.

- Your appearance, what you say, and what you do will stay with you for the rest of your life. Your image is reflected through the media, use that to your advantage and have good judgment.
- The media is not your enemy as long as you handle them properly: give your side of the story, a positive opinion, and your message.
- You are NOT obligated to answer a question you do not feel comfortable answering. A proper response could be, "I'd rather not comment on that question on at this time."
- Never agree to a telephone or personal interview unless arrangements have been made by a school official or coach. If you are contacted by the media, tell them to contact your school's representative or coach.
- Always have patience with the media and interviewers. •
- Think through every question you are asked before answering, and be sure what you say will not embarrass you or others. Media Ground Rules
- Always tell the truth.
- Know the difference between your "public answer" and your "private answer." We all know we tell each other things we would not want to share with everyone else. Do not share your private answers with the media.
- Know who you want to reach. Who is your audience? In every interview situation, consider how you can impact your audience.
- Know your message. Keep firmly in your mind exactly what you want to say and what you want your message to be. With that focus, you will be sure to say things you won't regret in the future.
- Resist the temptation to fill the silence. If you have them at hello, say goodbye. It is common to feel compelled to keep talking to fill the awkward silence, but DON'T. It is when you say more than intended that you often make mistakes.
- Never mistake familiarity for trust. You may know the interviewer, but be sure to always stay on topic and never make any comments you don't want to be shared. Assume what you say will always end up in print.
- Keep it under control: Remember that you are in control of the interview. The interviewer is the one asking YOU the questions. You are in control of what statements go into the interview, and whether they are positive or negative.

# 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 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.

## **Board Policies: Equity**

The Linn-Mar Community School District shall provide equal educational and employment opportunities and will not illegally discriminate on the basis of race, creed, color, religion, gender, age, national origin, marital status, sexual orientation, gender identity, disability or genetic information in its educational programs and activities or in its employment and personnel policies and practices.

This district shall provide educational programs and activities which include curricular and instructional resources which reflect the racial and cultural diversity present in the United States and the variety of careers, roles, and life styles open to both men and women in our society. These programs and activities shall foster respect and appreciation for the cultural diversity found in our country, an awareness of the rights, duties, and responsibilities of each individual as a member of a pluralistic society, and reduce stereotyping and bias on the basis of race, creed, color, religion, gender, age, national origin, marital status, sexual orientation, gender identity, disability and genetic information.

The district shall take affirmative action in recruitment, appointment, assignment, and advancement of women and men, minorities, and disabled.

A fair and supportive environment will be provided for all students and employees regardless of their race, creed, color, religion, gender, age, national origin, marital status, sexual orientation, gender identity, disability or genetic information.

### **EDUCATIONAL PHILOSOPHY OF THE SCHOOL DISTRICT: CODE 101**

As a school corporation of Iowa, the Linn-Mar Community School District, acting through its Board, is dedicated to promoting an equal opportunity for a quality public education to its students within the limitations of the school district's ability and willingness to furnish financial support to provide for students. In cooperation with parents/guardians, the school district will strive to provide a nurturing learning environment that gives guidance and encourages critical thinking in students for a lifetime.

**If a student/athlete needs financial assistance to participate in an activity, please talk to a coach in private. This will always be held in confidence.**

# **Board Policies: Notice of Nondiscrimination**

The following statement is to be published in written and electronic form in the District's official documents and on the web site.

Student, parent, employees and others doing business with or performing services for the Linn- Mar Community School District are hereby notified that this school district does not discriminate on the basis of race, color, age (except students), religion national origin, sex, marital status, sexual orientation, gender identity or disability in admission or access to, or treatment in, its programs and activities.

The school district does not discriminate on the basis of race, creed, color, religion, gender, age, national origin, marital status, sexual orientation, gender identity, covered military veteran, disability, genetic information, familial status, physical attribute, political belief/party preference, or socio-economic status in admission or access to, or treatment in, its hiring and employment practices. Any person having inquiries concerning the school district's compliance with the regulations implementing Title VI, Title VII, Title IX, the Americans with Disabilities Act (ADA), § 504, or Iowa Code § 280.3 is directed to contact:

Deputy Superintendent Shannon Bisgard  
Executive Director of Human Resources Karla Christian

Where Located:

2999 North 10th Street,  
Marion, IA 52302

Telephone Number:

319-447-3028 or 319-447-3036

Who:

have been designated by the school district to coordinate the school district's efforts to comply with the regulations implementing Title VI, Title VII, Title IX, the ADA, § 504, and Iowa Code § 280.3 (2007).

# 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 11<sup>th</sup>**-345-515 (9/10) and 515-645 (Varsity) at LMHS

**Week of March 18<sup>th</sup>**- Practice for everyone from 4:30-6pm at LMHS (may split times based on #'s)

**Week of March 25<sup>th</sup>**-345-515pm (9/10) and 515-645pm (Varsity) at Excelsior

## 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 2019 Linn-Mar Tennis Team!**

**Chris Wundram**

**Head Varsity Coach**

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**319-981-3600**

**Kyle Becker**

**Head 9/10 Coach**

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**319-929-0971**