Hays Hawks Tennis 2023-2024 Season Handbook



Welcome Hawks to the 2023-2024 tennis season! I am thrilled to be able to coach at Hays for another season and am looking forward to a great year. Within this packet I will provide you with information needed to help make this a successful year. If you have any questions or concerns regarding any of this information, please feel free to reach out to either myself or the assistant coach.

Table of Contents

Contact Information	4
Sports You	5
Player Expectations	6
Core Covenants	7
UIL Academic Eligibility	8
Practice Information	9
Ranking System	10
Tryouts	11
Challenge Matches During Season	12
Fall Season Format	13-14
Spring Season Format	15
Spectator Conduct	16
ÛTR	17
Required Forms	18
Fundraising	
Varsity Letter Jackets	20
Match Schedule	21
Calendar	
Required From Checklist	
Parent/Player Acknowledgement Form	

Contact Information

Head Coach- Julia Lizcano

Email- julia.lizcano@hayscisd.net

Phone- 210-823-2645

Assistant Coach- Lane Travis

 $Email-\underline{lane.travis@hayscisd.net}$

Athletic Coordinator- Les Goad

Assistant Athletic Coordinator- Danny Preuss

Head Athletic Trainer- Mark Winter

SportsYou

SportsYou is an app that athletic programs utilize to communicate with players and parents. This app is where I will be posting most information such as practice times, match information, meeting places, weather cancellations, and any other reminders. Through this app, players and parents can also contact me directly using the chat feature. In order to send me messages you will need make sure I am added as a "friend". Please note that I will not be responding to messages received after 9 pm. In order to be well informed I would highly recommend that parents and players sign up for this app and allow notifications. The steps to join our group are listed below.

- 1. Download the app "sportsYou"
- 2. Create a parent/player account
- 3. Enter the code 7SZE-HNLZ

Player Expectations

As a member of the Hays Hawks Tennis Team, there are several expectations that the coaches have of each player. We expect each player to meet these expectations 100% of the time.

- Always be respectful of Hays High School faculty and staff
- Give your best effort to your academics and maintain a grade point average high enough for eligibility
- Attend all practices
- Show up on time to class, practices, and matches
- Give 100% in class, practices and matches
- Display good sportsmanship during challenge matches, and during matches against other schools
- Have a positive, winning attitude during practices and matches
- Respect the results of all matches
- Treat your teammates and coaches with respect
- Communicate effectively with your coaches throughout the season

Core Covenants

Ownership

- If you lose, own it. Don't make excuses. Evaluate what went wrong and reflect.

Commitment to Excellence

- Try your best at everything you do
- You have nothing to lose by trying your best
- Take it second by second
- Do not settle for average
- You play how you practice

Attitude

- Your mindset will affect everything you do
- You have nothing to lose by having a positive attitude
- Your attitude affects others around you

Respect

- Respect yourself and other

Effort

- You have nothing to lose by giving your all
- Do not waste your coaches, teammates, and your own time by not trying
- You practice how you play, and play how you practice

UIL Academic Eligibility

The University Interscholastic League (UIL), is the governing body that runs all Texas junior high and high school sports. All rules and eligibility guidelines are created by the UIL. Academic eligibility is determined by the UIL "No Pass, No Play" rule. Key points of this rule are listed below. For a full description of rules visit www.uiltexas.org/academics/resources/eligibility/

No Pass, No Play Rule

- All students who plan on participating in matches must maintain a passing grade in all courses (70)
- If students are failing a course, they will lose eligibility for a period of time
- Students can only lose/gain eligibility on specified days

2023 - 2024 UIL ELIGIBILITY CHART (FOR GRADES 6 - 12 ONLY)

Report	Grading Period Ends	Grades Online by Midnight	Report Issued	Eligibility Affected
Progress Report	September 1	September 6	September 8	N/A
Eligibility Report	September 22	September 26	September 28	September 29 Lose (or Regain*)
Report Card	October 5	October 10	October 12	October 12 Lose or Regain
Eligibility/Progress Report	October 27	November 1	November 3	November 3 Regain
Eligibility/Progress Report	November 17	November 28	December 1	December 4 Regain
Report Card	December 15	January 5	January 10	January 11 Lose or Regain
Eligibility/Progress Report	January 26	January 30	February 1	February 2 Regain
Eligibility/Progress Report	February 15	February 20	February 22	February 22 Regain
Report Card	March 8	March 19	March 22	March 25 Lose or Regain
Eligibility/Progress Report	April 5	April 9	April 11	April 12 Regain
Eligibility/Progress Report	April 26	April 30	May 2	May 3 Regain
Report Card	May 23	May 29	June 3	N/A**

^{*} Students who did not earn the appropriate amount of credits may regain ** Failure to earn enough high school credits may affect UIL eligibility for next school year This chart is subject to change if inclement weather days cause school to be closed.

Practice Information

Attendance to all practices are mandatory unless the player has a reasonable excuse. Examples of this could be illness, family emergencies, other extracurriculars, etc. Players who do not show up to practices may not be considered for the match day roster. The absence/late policy is as follows:

- Players who will be missing practice will need to email or message me in sportsYou BEFORE the scheduled practice
 - o Telling a coach in person only will not be acceptable
 - o Failure to communicate with the coaches will result in consequences
 - Players should message at a minimum 24 hours before they know they will be absent
- Players who miss practice without a reasonable excuse (illness, family emergencies, grades) will receive a warning and conditioning consequences. The second missed practice will result in being taken off the game day roster.
- Players who are late to the tennis class period or practice will run a mile (if you are not on the court with a racquet ready to go by the practice time you are late!)
 - o Players have 20 minutes from the time the late bell rings to get dressed and on court
 - Those who are late will be required to run their mile AFTER practice the same day

Varsity:

Varsity Class Period- TBD Varsity Practice- 4:10-5:00 pm (red days) 4:10-5:30 pm (blue days)

JV:

JV Class Period- TBD JV Practice- 4:10-5:00 pm (red days) 4:10-5:30 pm (blue days)

***Practice will start during the class period and run THROUGH until 5:00/30 pm

***Depending on the numbers we have for a JV team, practice times may differ. This will be determined in August

Ranking System

High school tennis uses a ranking system to evaluate JV and varsity players. This means that students will play matches against others on the team to determine where they "rank" on the team. Here are a couple of things to keep in mind about rankings:

- The top 8 boys and girls will be considered varsity
 - o Ranks 9 & 10 will technically be considered varsity players in the case an alternate is needed during a district match
- The top 8 boys and girls will travel to matches
 - Lower ranks may also be taken if the coaches feel they may be of use in the doubles lineup (see page 13)
 - On occasion lower ranks will also be taken to play "extra matches". This is on a case-by-case basis and will also depend on the opposing team
- Ranks 9-16 for boys and girls will travel to JV matches
- If you do not make the top 10, the coaches may still elect to place you in the varsity class/practices depending on your current abilities
- The first rankings will take place at tryouts
- The Box Round Robin Tournament Model will be used to create the initial ranking chart
 - O Using this model, the players are divided into groups of 4. In each group there will be a strong player, two medium strength players, and one lower level player. Each group should have the same collective strength. Each person will play all the others in their group. After this round is completed, the coach reorganizes the first place winner of each group into a new group. The same will be done for the second, third, and fourth place winners. The process is then repeated; everyone plays the others in their group. When the second round is finished, the coach can then set up the ladder. The team's number one is the victor from the box of the first-round winners. Number two, three, and four also come from this group. The second-place winners' group will be ranked 5-8. Third place winners' group will be ranked 13-16.

	Player A	Player B	Player C	Player D
Player A	X	6-0	6-1	6-3
Player B	0-6	X	1-6	2-6
Player C	1-6	6-1	X	6-4
Player D	3-6	6-2	4-6	X

Player A- 1st place

Player C- 2nd place

Player D- 3rd place

Player B- 4th place

***In the event that there are ties a point system will be used in which match totals will be calculated. For example, if the match score was 5-8, the loser would receive 5 points and the winner would receive 8 points

Tryouts

When: July 24-25 07/24: 8-11 am & 6-8 pm 07/25: 5-8 pm

Where: Hays HS Courts

- Tryouts are mandatory in order to be on the team
 - o Players must attend both days of tryouts and should plan to stay the entire time
- If you are not able to attend the first day of tryouts you may need to wait until tryouts are over to challenge in
- Those who are unable to attend tryouts will need to notify me ASAP (via the tryout form)
- Players are required to sign up for tryouts using this link:
 - o https://forms.gle/22VnZQ1RbSQSFC4C6
- Tryout matches will be played as 8 game pro sets
- Tryouts will be done using the Box Round Robin Tournament Model
- Spectators are NOT allowed at tryouts
 - o If parents are wanting to wait, they must do so in the main tennis parking lot, not on the sides or in the grass

***Players who do not have their physical, rank one forms, and handbook acknowledgment form turned in will not be able to participate

Challenge Matches During Season

After tryouts are over, players then have the opportunity to challenge others to move up in ranking.

- Challenge matches will be played as an 8-game pro set for varsity and a 6-game set for JV
 - o If challenging spot 9 to 8, an 8-game pro set will be played
- The first batch of players who will be able to challenge is the odd numbered ranked players (3,5,7, etc.)
- This means those players can challenge the person ranked above them for their spot
- The next week the players ranked an even number will be able to challenge the person above them
- In both situations the challenger will either stay where they are or move up. The players that are being challenged can only stay where they are or move down
- The challenger can choose to not challenge that week, however the player who is being challenged cannot choose whether they would like to play or not
- Challenge match opportunities will occur once a week and are noted on the practice calendar
- Varsity players will only be allowed to challenge the person directly above them, no spot jumping will be allowed (ex: a player ranked 7 can challenge 6, but 7 cannot challenge 5)
- JV players can challenge one or two spots above them (number 14 can challenge number 13 or 12)
 - Once a JV player reaches number 9, they are only able to challenge one spot up
- Spectators are NOT allowed to be present at challenge matches (parents, players, friends, etc.)

Fall Season Format

- Fall season is when "Team Tennis" is played
- Each match day will consist of two school teams playing each other
- Any wins made by individual players are accumulated into the teams score (ex: if the blue team wins 3 doubles matches and the red team wins 1 doubles match, the overall score is then 3-1 with the blue team in the lead)
- Each team match will have 19 matches total
 - o 3 boys doubles
 - o 3 girls doubles
 - o 6 boys singles
 - o 6 girls singles
 - o 1 mixed doubles
- Players can play singles and doubles, or singles and mixed (players cannot play mixed and doubles)
- Match lineups will be decided *mostly using the ranking list
 - Sometimes a player is better at doubles than at singles, in this case they might play the #5 singles spot but the #1 doubles spot
 - O Just because you are top 6 or top 8 does not guarantee you a spot in the doubles lineup (it DOES guarantee you a spot in the singles lineup)
 - The farthest down the lineup a player can be brought up to play doubles is rank #10
 - o Singles is solely decided using the ranking (usually our #1 will play their #1)
 - An exception to this would be if stacking were used as a strategy
- Teams need 10 points total to win
 - o Sometimes all other matches will stop playing if a team reaches 10
 - Other times the schools will agree to play out all existing matches
- Schools may decide to play extra matches
 - O An example of this would be the #8's playing a singles match
 - Any extra matches do not count towards the team total, only the initial 19 matches count towards the total
- Players who are ranked 8 on the girls and boy's lineup are usually in the alternate spot
 - o It is not unusual for players in this spot to not play on match day
 - o This depends on their strengths and the needs of the team
 - o Regardless, the 8 ranked players will still need to be in attendance

Scoring:

- Each match will be a 2 out of 3 sets match
- No advantage
- 7-point tiebreaker at 6 games all in set 1 and 2
- If a 3rd set occurs, it will be played as a 10-point tiebreaker

Fall Season Format

Transportation

- Players will be transported to away matches by the coaches
- Students are required to ride the bus on the way to matches
- Players may ride home with parents or other approved adults (18 and over) after ALL matches are completed
 - Players who choose this option will need to fill out the Hays Private
 Transportation form for EVERY match they will not be riding the bus home
- Players are not permitted to drive themselves to or from matches

Match Meals

- Varsity players will be provided meals after away games
- In the past parents have elected to sign up to donate snacks/drinks for the players

Team Dinners

- This year I would like to start the tradition of having team dinners
- Ideally they would be the night before each of our district matches
- What is the purpose of team dinners?
 - o To socialize and build team bonds
 - o A 2015 study by Cornell University highlights the benefits of eating together
 - The study followed members at a fire department for a 15-month period to find correlations between communal shared meals and team effectiveness
 - The data found suggested that "there was a correlation between whether employees ate together and their effectiveness as a team" (Gaskell, 2015)
 - The findings also stated that those who ate together most often were the more effective team members.
- Where will team dinners be held?
 - o There are several options
 - Varsity players home
 - Local restaurant
 - Tennis courts

Spring Season Format

- Spring season is tournament style
 - o This means that players will be playing against multiple schools
- Players will only participate in one division during each tournament
 - o Singles
 - Doubles
 - Mixed
- Spring season will be played individually
 - o This means that players wins/losses will only affect them, not the whole team
- Tournaments take place during the week and will take an entire day to complete
 - o This means that students will miss a whole school day
- Each tournament is different and may be played in 2 out of 3 or 8 game pro set formats
- Tournaments can be play as single or double elimination
- Players will be placed at different sites depending on what division they are playing in
 - o There are usually 2-4 sites
- Both coaches will circulate from each site throughout the day
 - o Hays parents as well as site directors will also be available for supervision
- Each school gets 2 submissions for each division:
 - Boys singles
 - Girls singles
 - o Boys doubles
 - o Girls doubles
 - Mixed doubles
- Students will get to play for the division they would like to play in
 - \circ For example, if 4 boys want to play singles, they will all play each other and the 1^{st} and 2^{nd} place winners will get the spots

***More information on spring season will be released after fall season

Spectator Conduct

Friends, family members, and fans need to uphold proper conduct when spectating matches. As a spectator you are representing our team and school. How we act in the stands, good or bad, will follow our team. It is your responsibility as a spectator not only to cheer on and support our team but also to make sure we represent Hays well. As a spectator please remember a few key points noted below:

- > Cheer only when points are over
- > Try to not cheer on double faults, whiffs, etc.
- ➤ Coaching of any kind by spectators is never acceptable
 - o Coaching can and will result in the loss of team points
 - There will inevitably be times when a coach is not present at a match. In this situation we leave it up to the players to be independent self-advocates, and remember the coaching they've received in the past
 - Words of encouragement are ALWAYS welcome, however nothing can be tennis specific
 - To avoid confusion or accusations, spectators should not approach the players or court during a match

UTR

The universal tennis ranking system is the website that high school tennis uses to keep track of match results, rank players, and make predictions about possible outcomes. All players are expected to create a UTR account. After they have done so, they will be added to the team page. Below are some benefits of having a UTR account.

- Provides players with opportunities to play in local tournaments outside of school
 - These tournaments will cost a small entry fee and will give players an opportunity to improve their ranking
- Players are able to play tournaments as a singles, doubles, or mixed doubles entry
- Gives players match experience
- Allows players to view their opponents past results
- Builds an online profile for colleges to potentially view
- The rank/points you accumulate on this system will HEAVILY dictate who is seeded in the spring district tournament

Players will need to create a UTR account before tryouts using this link: https://www.universaltennis.com/

***It is important to note that not all matches a player participates in with Hays High School will count towards their UTR score

Required Forms

The following forms are required to be completed before the start of the 2023-2024 tennis year. Please return each form to the appropriate website/coach.

Rank One Forms:

- Physical
- HCISD Signature Page
- Revised Code of Conduct

UIL Forms:

- Rules Acknowledgment Form
 - o https://www.uiltexas.org/files/athletics/forms/rules-acknowledgement_1-16.pdf
- Concussion Acknowledgment Form
 - o https://www.uiltexas.org/files/athletics/forms/Concussion_Acknowledment_Form
 .pdf
- Sudden Cardiac Arrest Awareness Form
 - o https://www.uiltexas.org/files/athletics/forms/2017_SCA_Awareness_Form.pdf
- Parent/Student Steroid Agreement Form
 - o https://www.uiltexas.org/files/athletics/forms/steroid-agreement.pdf

Hays Hawks Tennis Forms:

- Parent/Player Handbook Acknowledgement Form
- Tryouts Sign Up Form
- Creation of a UTR account
- Creation of a sports You account

***The items highlighted in red must be completed before ANY participation with Hays tennis is allowed

Fundraising

- This year we will be using Snap Raise as our fundraising platform. Snap Raise is an online platform that allows organizations to host a campaign to raise funds. Players will be asked to enter emails and phone numbers of people they think would be willing to support our organization. Once the campaign is launched, those invited can donate any amount they wish. Hays tennis has used this fundraising platform for 4 years and has always exceeded our fundraising goal.
- Fundraising will start in the fall, date TBD
- What can parents do to help with this fundraising?
 - Help provide your player with email addresses or phone numbers of people you think are willing to support Hays tennis!
 - o Share the link to donate on any social media outlets!
- Money raised will be used for
 - Equipment
 - o Uniforms
 - Annual spring overnight trip

Varsity Letter Jackets

Fall:

Players who have played in at least one varsity match, in a match that counts towards the team score, will be eligible for a varsity letter jacket.

Spring:

Players who have played in at least one spring varsity tournament will be eligible for a varsity letter jacket.

***Multiple fittings will be done throughout the year and more information on pricing, etc. will be given at that time.

Hays Hawks Tennis 2022 Fall Match Schedule



Varsity

Date	Opponent	Site	Time
08/02/2023	Bastrop	Hays	9:00 am
08/03/2023	Steele	Steele	8:30 am
08/03/2023	Clemens	Clemens	2:00 pm
08/07/2023	Davenport	Hays	9:00 am
08/08/2023	Johnson	Hays	8:00 am
08/09/2023	San Marcos	Hays	8:00 am
08/12/2023	Seguin	Hays	9:00 am
08/14/2023	Canyon	Hays	9:00 am
08/22/2023	*Cedar Park	Cedar Park	4:00 pm
08/29/2023	*Lockhart	Lockhart	4:00 pm
09/05/2023	*Glenn	Hays	4:00 pm
09/12/2023	*Lehman	Lehman	4:00 pm
09/15/2023	*Liberty Hill	Hays	4:00 pm
09/19/2023	*Rouse	Rouse	4:00 pm
09/22/2023	*Leander	Hays	4:00 pm
09/26/2023	*District Tournament	TBD	TBD
	Round 1		
09/29/2023	*District Tournament	TBD	TBD
	Round 2		

(*) District Matches

General Blu	è				Jul	y 2023
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Parent/Player Information Meeting @6:30 @Fieldhouse Media rm	15
16	17	18	19	20	21	22
23	24 Tryouts	25 Tryouts 5-8 pm	26 Practice 8-10 am	27 Practice 8-10 am	28	29
30	8-11 am 6-8 pm					
	Practice 8-10 am					

General Blue August 2023 Sunday Monday Tuesday Wednesday Thursday Friday Saturday Varsity match @Steele @8:30am 2 Varsity match against Bastrop 4 Team Development 8-11am 5 Practice 8-10 am @Hays @9:00am Varsity match @Clemens @2:00pm 12 Varsity match against Seguin @Hays @9:00am 10 6 11 Varsity match against Johnson @Hays @8:00am Varsity/JV match against San Marcos Varsity match against Davenport Practice 8-10am Practice 8-10am @Hays @9:00am @Hays @8:00am 14 Varsity match 13 19 15 16 17 18 against Canyon @Hays @9:00am 20 21 22 23 24 25 26 27 28 29 30 31

2023-24 Season Checklist

Physical
Rank One Forms
UIL Rules Acknowledgment Page
UIL Concussion Acknowledgement Form
UIL Sudden Cardias Arrest Awareness Form
UIL Parent/Student Steroid Agreement Form
Player/Parent Handbook Acknowledgement Form
Tryouts Sign Up Form
UTR Account Creation
SportsYou Account Creation

Parent/Player Handbook Acknowledgement Form

I acknowledge that I have read and understood all information within this handbook. I agree to
abide by the rules, expectations, challenge match formats, and all other notions mentioned in this
handbook.

Student Signature:	
Date:	
Parent Signature:	
Date:	