



# Lincoln High School Tennis Handbook



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# 2018 Coaching and Support Team

Coach:	Philip Roberts dlngencon@yahoo.com	916-759-0627 (cell)
Asst. Coach:	Chris Bender cbender@wgbender.com	916-300-5432 (cell)
ATHLETIC DIRECTOR:	Donna Tofft dtofft@wpusd.k12.ca.us	OFFICE: 916 645 6360 X277

## Coaching Background

**Philip Roberts:** I have been playing tennis since a young age. Born and raised in Lincoln. I am an LHS Alumnus – Class of 1995. While at LHS I played varsity Soccer and Tennis all 4 Years. I was the No.1 ranked boy at LHS. After graduating LHS I obtained a Criminology Degree and worked for the Lincoln Police Department, until I started my own company. I have had the opportunity to coach numerous teams in multiple sports over the years. I have most recently coached High School Soccer at Casa Roble High School in Orangevale. I am very much looking forward to returning home and coaching the LHS Fighting Zebras.

**Chris Bender:** I've always enjoyed sports. I've played over a dozen years of competitive soccer, multiple years of competitive football, basketball and track & field. I first began learning tennis at the end my junior year in high school and advanced to play as a singles player on the varsity team (at Del Oro High School) my senior year. In college, I began to progress to higher levels of competitive, tournament play (maxing out at the "A" Level in the River City Tournament league in the early to mid-1990s). Since starting a family and taking many years off, I resumed my passion for tennis in 2010 and began playing competitively and leading as Captain of several USTA (United States Tennis Association) adult league teams. In addition, I coached USTA Junior Team Tennis and Little League Tennis through the Sacramento Area Tennis Association for 3 years.

# Calendar of Events

January 15 <sup>th</sup> thru February 4 <sup>th</sup>	Conditioning from 3:30pm to 4:30pm See Calendar Dates
January 15 <sup>th</sup> thru February 4 <sup>th</sup>	Dead Season Period
January 22 <sup>nd</sup>	Mandatory Parent Meeting 6:00 PM Library
February 5 <sup>th</sup> thru February 16 <sup>th</sup>	Tryout Period 3:30pm to 5:00pm Must attend 50% of tryouts for consideration
February 19 <sup>th</sup>	Official Practice begins (3:30pm to 5:00pm) – Mondays Through Thursdays (Friday Flex Practice Day See Handbook)
February 19 <sup>th</sup>	<b>Final Roster Submitted</b>
March 1 <sup>st</sup>	Thursday: 3:30pm Pre-Season Match Away Vs. Marysville
March 2 <sup>nd</sup>	Friday: 3:00pm Pre-Season Match Away Vs. Lindhurst
March 6 <sup>th</sup>	Tuesday: 4:00pm Pre-Season Match Away Vs. Liberty Ranch
March 7 <sup>th</sup>	Wednesday: 3:30pm Pre-Season Match Away Vs. Mesa Verde
March 13 <sup>th</sup>	Tuesday: 3:30pm <b>First Season Match</b> at Home v. Placer
March 15 <sup>th</sup>	Thursday: 3:30pm Match at Colfax
March 20 <sup>th</sup>	Tuesday: 3:30pm Match at Home v. Bear River
March 22 <sup>nd</sup>	Thursday: 3:30pm Match at Center
March 26 <sup>th</sup> thru 30 <sup>th</sup>	Spring Break – Limited Practice TBD
April 2 <sup>nd</sup>	Final Day For Challenge Matches
April 3 <sup>rd</sup>	Tuesday: 3:30pm Match at Foothill
April 5 <sup>th</sup>	Thursday: 3:30pm Match at Placer
April 10 <sup>th</sup>	Tuesday: 3:30pm Match at Home v. Colfax
April 12 <sup>th</sup>	Thursday: 3:30pm Match at Bear River
April 17 <sup>th</sup>	Thursday: 3:30pm Match at Home v. Center
April 19 <sup>th</sup>	Tuesday: 3:30pm Match at Home v. Foothill – Senior Night
April 23 <sup>th</sup>	Monday: All-league selection meeting
April 26 <sup>th</sup>	Thursday: PVL Singles Tournament (from morning to afternoon)
April 27 <sup>th</sup>	Friday: PVL Doubles Tournament (from morning to afternoon)
April 30 <sup>th</sup> thru May 2 <sup>nd</sup>	TBD Sectional Tournament
TBD	End of the year party
TBD	Snap Raise Fundraiser

# LHS Sports Fees

**Must be paid to Mrs. Green in the Office**

**Transportation Fee**      \$80.00 – Required - Paid for each sport played. \$50 Goes to Program

**ASB Fee**                      \$50.00 – Required - Paid once per school year.

**Paid to:**

**Boosters**                      \$30/\$50 – Recommended Single/Family – More we help the more they help.

## Team Direction

Our intention in coaching has always been to prepare the Student Athlete for the next level of play and improve their skill development. This is an important age in their skill development and that is what we will focus on. As the year progresses, we will begin to introduce more advanced skills.

## Coaching Philosophy

Our coaching philosophy is this: Play to the best of your ability, with the goal to win and have fun. Our team will always be working toward winning each match, but we do not play with a “win at all cost” attitude. Focusing on giving your strongest effort, while applying the skills and talents that you have, is more important than simply winning. So long as they are having fun learning, and giving it their best effort then win, lose, or draw, the team still gains a match by match victory.

## Parent Involvement & Fundraising

### **Snack Bar Assistance:**

An important part of the perpetuation of the tennis team is ongoing fundraising. Perhaps, the most frequent opportunity is the home matches’ snack bar. We encourage parent involvement.

### **Fundraising:**

Fundraising is two parts and extremely important. The most effective fundraising opportunity the program has is from the fees listed above. As you can see \$50 of the \$80 goes directly to the program. The other \$30 goes to the function of the athletics program such as administration fees and awards. Also the program must pay for transportation to all non-league games and that is what the \$50 per player covers. If we want other items like uniforms, balls, nets, etc. We must fund that as a team. This year we will do an internet based fundraiser called SNAP RAISE. This fundraiser is important to the continued success of the program as we transition to a boys and girls separate season in the 2018/2019 school year. All funds collected

through this fundraiser will be split by gender and be set into the gender specific tennis program for the coming season. This way the two teams will have available funds to run successful independent programs.

## High School Tennis Scoring

**NO-AD Scoring** - The process is rather simple. Basically, tennis competitors compete to earn points and the first competitor to earn four points wins the game. The part of the traditional point scoring of “**Love**”, ‘**15**’, ‘**30**’, and ‘**40**’ is maintained. If the game score is 40-40 (Deuce), no-ad scoring is employed. In no-ad scoring, a competitor only has to win by one point instead of the traditional two points. Therefore, when the score is 40-40 (Deuce) the next point wins the game. It is the returner of the serve who determines which side the Deuce point will be played from. However, in the case of mixed (coed) doubles, a boy must serve to a boy on Deuce point and a girl must serve to a girl.

## Player Rankings and League Match Setup

Tennis, with all the individual performance is still, very much, a team sport. The placement of student athletes within LHS rankings will be based on a series of matches played during practice. A student athlete may, at any time, request to play a higher ranked player in an attempt to move higher in rank. A player may not challenge another player more than two ranks above and rankings will not change as a result of a single match. A challenging player must demonstrate an ability to consistently out play a higher ranked player before rankings will be adjusted. At a minimum, a challenger must win 51% of games with a minimum of 10 games played between the two. Doubles rankings will be calculated based on the total of the two players’ rankings.

Each season (**Varsity**) match play consists of the top 2 singles players for both boys and girls from each team, the top 2 doubles teams for boys and girls and 1 coed doubles from each team. All other players (**Junior Varsity**) will play as time permits and after the varsity matches have been completed. We will be making an effort toward getting all players an opportunity to play at each match, but in some cases it may not be possible and a rotational formula will be used to get everyone playing time.

**Parents may not coach the student (strict rules around this) and should remain quiet during play.**

## Players Equipment

- Each player needs a full size tennis racquet. If they do not own one, then there are some extra racquets available.
- Shoes, specifically for tennis play, with non-marking soles are required.
- Water bottle.
- Uniform for any matches – Supplied by the Program

# Team Snap

Team Snap is a team sports app that we will begin to use this year. This app allows parents and players direct communication with coaching staff and players, through the use of a text message or email system built into the app. All practice, game, and important information will be on the app. Additionally the players will be required to use this app to check into or provide a reason why they are not at practice. Failure to do so will result in a “No Call No Show.” See additional attendance information below.

## Practice Information

Practices are held at the Lincoln High School Tennis Courts from 3:30pm to 5:00pm. Your student athlete is expected to be changed and have their tennis racquet and tennis shoes ready for practice. Please be sure they also bring a water bottle as keeping hydrated will be an important aspect of all practices.

Student Athletes are expected to call, text, or email if they will be late or unable to make a practice, for any reason. This is an expectation and responsibility of the Student Athlete, not the parents.

## Attendance

Attendance at all practices are mandatory and no exceptions will be made for missed practices (unless for academic reasons **AND** prior approval is received). Fridays will be “flex” practice days and can only be missed with 24 hours prior approval from either coach and notification in the Team Snap App. Any player missing practice for any reason the day before a match will not be allowed to play in the match the following day. If it is an away match the player will not be released from school to attend the match.

Late shows for practice (after 3:45 PM) will be listed as a ½ practice and count as such toward the maximum allowance for missed practices. Any player arriving to practice after 4:00 PM will be listed as missing the full practice. A player missing more than 5 practice days or have 3 “No Call – No Show’s” will be removed from the team roster and asked to turn in their uniform.

Long term illnesses and injuries will be addressed on a per incident basis. You are still required to attend practice and observe if you are injured.

Players that have winter sports commitments that may cross over into spring will be exempt from the above attendance policy until their winter sport concludes.

All students must attend at least 50% of the school day on a match day. If it is an away match the early release time will count as time not in class. If your student misses any part of the day it could jeopardize their availability to play or attend the match.

## **Clearance & Eligibility Requirements**

The information below must be completed and signed off by the Athletic Director prior to being allowed to practice.

- 2.5 or better GPA-No more than one "F" or "NM" in the previous grading period
- Enrolled in six classes per semester
- Yearly physical
- Insurance
- Parent permission form
- Signed athletic code

## **2.5 GPA Tennis Rules for Playing**

Effective 2017/2018 School year LHS has instituted a new higher GPA standard for all student athletes. As student athletes are held to a higher standard and represent their school and community they are also to be held to a higher academic standard. The ability to play sports is a privilege not at right. LHS Tennis has adopted the following 2.5 GPA policy:

- 2.5 GPA and above                      To attend Tryouts As of 2/9/18
- 2.5 GPA and above                      Able to practice and Play
- 2.0 to 2.4 GPA                            Able to Practice and Play with following conditions
  - o Attend Peer Tutoring on Mondays 2:00pm to 3:15pm
  - o Attend Peer Tutoring on Wednesdays 5:00pm to 6:00pm
  - o Attend Peer Tutoring on all other non game days for a minimum of 1 hour
- Less than 1.99 GPA – Player Cut from Team

## **Lettering Procedures**

- Varsity players must meet all CIF requirements. Players must be eligible during the entire season.
- Players must participate in at least one third of all the games played unless the player sustains injury during high school activities.
- Intangibles for coach to consider:
  - o Review of the player's discipline record
  - o Character

- Discipline during the game (treatment of other players, coaches, etc.)
- Attendance, both at school and practice
- Leadership
- Ethics
- Attendance

## **Player Safety**

### **YOUR ATHLETE’S SAFETY IS OUR NUMBER ONE CONCERN.**

Each player must come to practice and games with athletic clothes (sweats or shorts (or tennis skirts for girls) with shirts or sweatshirts) and tennis shoes. Tennis racquets and water bottles are also required.

If your athlete has any health conditions that may affect their playing or amount of running that can be performed please let us know and we’ll work together to decide on what will be best for your athlete.

## **Tournaments**

The tournaments that occur at the end of the regular season include the PVL Singles, PVL Doubles, and Sectional tournaments. See the “Calendar” section of this handbook for specific dates. Only those players on the Varsity squad will be allowed to attend the tournament on their specific tournament day(s).

## **Travel Games**

There will be travel involved for a minimum of 5 games during the season. The player will be released from school early and need to dress in uniform prior to getting on the bus. A bus will be provided for transportation to and from the game. No student may drive themselves. If a student is to leave a game with someone other than their parent or guardian a school waiver must be signed and turned in to the office 24 hours prior to the game for approval – no exceptions, waivers can be found in the front office. Occasionally we may stop on the way home for food. This is not always the case and should never be counted on. Always send your student with some extra food and water for away games. It is hard to say what time the bus may arrive back to the school on any given away game. It is highly encouraged that your student have a cell phone or access to a cell phone so that they may call you as we get close to the school for pickup. Please try to arrive for pick up as soon as possible. Coaches are not allowed to leave the school until all students are picked up. Students will depart from and arrive back to the school from the Staff parking lot along 6<sup>th</sup> street across from the tennis courts.

# Athlete Expectations

- Athletes are required to watch and support the matches before and after their own
- Athletes honestly handle their own line calls. – If in question the ball is “IN.”
- Obey and respect your parents
- Do not lie.
  - o A lie is a coward’s way of getting out of trouble.
  - o Tell the truth regardless of the outcome.
- Do not cheat.
- Do not gossip.
- Admit your mistakes.
- Act and say things as though you were in front of a parent when in the presence of the coaches.
- Do not be tardy to class.
- Always bring your tennis equipment.
- Make every effort to improve and work hard during practices.
- Teams need leaders, so act, think, and behave like one.
- Don’t tell me you “can’t” do something.
- Embody the following ideals:
  - o “Practice makes Perfect”
  - o “Failure promotes Perfection”
  - o “Perfect effort above perfect play”

## **24 Hour Dispute Rule**

If a situation should arise where you do not agree with something we, another player, a parent, an official, or someone from the other team has done, please abide by the 24 Hour Dispute Rule. Any deviation from this rule could jeopardize your case or position of argument. The coaching staff asks that anyone, with a formal complaint, waits 24 Hours prior to voicing such a complaint. This allows time for parties involved to cool down and evaluate their personal involvement in the interaction. After the 24 hour waiting period a personal meeting may be scheduled and or email sent to the coaching staff regarding your concerns.

A meeting may be requested but not scheduled for a time prior to the 24 hour deadline. If you feel an email is an appropriate form of communication regarding your concerns you may send one at anytime however a return email prior to 24 hours is not likely. Student Athletes have a small exception to the rule such that they may communicate with the coaching staff their concerns, at any given time, so long as it is done in a professional and courteous manner. Responses to student athletes may or may not be provided prior to 24 hours on an individual bases.

## Things To Remember

- No one player is more important than the team.
- Your behavior reflects on the team and the coach.
- We want parents to come to the games and enjoy themselves.
- We do not want you to coach or criticize your athlete or any other athlete on the team.
- Keep negative remarks to yourself!
- Equipment issued to the athletes are to be worn to High School tennis events ONLY.
- Players have to be present at school all day to be eligible to play in matches on that day.
- If you (as a parent) have questions about the program, I would encourage you to start by asking your son/daughter about concerns that you have before you come to us. Many of the athletes feel they are mature-enough to deal with their own issues rather than having mom or dad deal with it.
- Success is infectious. Successes in the classroom, at work, or on the tennis court are the result of good habits and practices. It is hard to step onto the tennis court and be successful when you slept through class all day, or failed a test due to a lack preparation.
- Student athletes are responsible for all the equipment distributed during the year. If it is defaced, or lost, you will pay to replace it. This is LHS policy.
- Being on the tennis team and dressing-out, does not mean everyone is entitled to playing time. Sometimes, as a coach, or as the allotted amount of time for a match dictates, it is not possible to put all players into a game like in recreational sports. This is High School Athletics and **WE** make the calls.
- The tennis coaches strongly encourage all players to play as much as possible outside of school. The more game experience players get, the better they will become.
- Parents will be encouraged to become a part of the Booster Club. In order for the program to be successful, we need help raising money, organizing functions, concessions, tournaments, etc.
- The most important aspect of our school system is to provide a well-rounded education in the classroom and within sports. Student athletes must always put their classroom education before athletics.
- Building friendships and respect amongst players is of paramount importance to the team's success. Arrogance, jealousy, and disrespect cause division and failure.
- When we complete our season, we want to look back and say that we made every effort possible, rather than "I could have done more". Keep this in mind as we embark on our season.

Thank you for your cooperation, your time, and your support of the LHS Tennis Program.

LHS Tennis Staff

# Social Media Policy and Guidelines

LINCOLN HIGH SCHOOL ATHLETIC DEPARTMENT SOCIAL MEDIA POLICY & GUIDELINES FOR STUDENT-ATHLETES Playing and competing for the Lincoln High School is a privilege. Student-athletes at LHS are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your school, and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team. Facebook, Twitter, Snap Chat, and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here at LHS in one form or another. Student-athletes should be aware that third parties - including the media, faculty, future employers, and university recruitment and acceptance officials - could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department and the LHS. This can also be detrimental to a student-athlete's future education and employment options. Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- Content that glorifies the breaking of any criminal or educational codes, or promotes the breaking of any school or sport policies.

## LINCOLN HIGH SCHOOL ATHLETIC DEPARTMENT SOCIAL MEDIA POLICY & GUIDELINES FOR STUDENT-ATHLETES

If a student-athlete's profile and its contents are found to be inappropriate in accordance with the above behaviors, he/she will be subject to the following penalties:

1. A meeting with Athletics Administration, Parent, and Head Coach 2. Penalties as determined by the athletic department, including but not limited to possible suspension from his/her athletic team.

For your own safety, please keep the following recommendations in mind as you participate in social media websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site - many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all Facebook applications.
- Just because your account is set to private doesn't mean that images from it cannot be spread! Even things posted on private accounts are liable to the guidelines of this document.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as those of LHS and the LHS Athletic Department. Remember, always present a positive image and don't do anything to embarrass yourself, the team, your family or your school. By signing below you affirm that you understand the Lincoln High School Athletic Department Social Media Policy and Guidelines for Student-Athletes and the requirements that you must adhere to as a LHS student-athlete. Also, you affirm that failure to adhere to this policy and guidelines may result in consequences that include suspension from your athletic team.

## Parents Code of Conduct Contract

As adults, we sometimes lose perspective of some important issues while juggling all the other aspects of our lives. This contract is one way of focusing our attention on the fact that High School Tennis is for the Student Athlete and we must remain mature and positive adults when involved with our athletes' tennis experience. Also, we would like to remind each of you that when you are attending your athlete's practice or tennis match, you are a representative of WPUSD (Western Placer Unified School District) and an ambassador for the greater community of Lincoln, so please conduct yourselves accordingly.

Thank You,  
Philip Roberts  
Chris Bender

By receiving this Handbook you the adult parent/guardian of any student athlete participating within the LHS Tennis program agree to the conditions of this contract. You and your student athlete's participation in LHS Tennis sponsored practices and matches are contingent on the terms of this contract. Receipt of this Handbook binds you, your student athlete, any other parties within your household, visiting friends, and/or relatives to all conditions set forth in this contract.

- 1) Attempt to understand the playing rules of tennis.
- 2) Show compassion for any injured player.
- 3) Recognize positive performances by either team.
- 4) No use of profane and obnoxious language or behavior.
- 5) Respect the coaches and their assistants.
- 6) Never criticize players or coaches for the loss of a game.
- 7) Respect property of others and authority of those who administer the competition.
- 8) Remember that student athletes learn best by example.
- 9) Never publicly question any athletes', coaches', or officials' decision or honesty.
- 10) Recognize the value and importance of coaches. They have given up their time and effort to help your athlete.
- 11) Show respect for your team's opponents. Without them, there would be no match.

# Coach's Individual and Combined Duties

The new LHS Tennis Program has one head coach (Philip Roberts) and one assistant coach (Chris Bender). For this reason we have provided you with a list of the duties associated with a specific coach. This should eliminate confusion for players and parents as to who that should contact first regarding a specific issue. The coaching staff asks that you review this list of duties and contact the appropriate coach regarding your issues prior to contacting any other staff with the same issue.

While duties are listed as individual coach responsibilities, please note that the coaches have an open line of internal communication and daily meetings before, during and after practice. Your thoughts, suggestions and issues will be shared among the coaching staff and deliver a unified coaching response to your questions or answers. Although this could sometimes slightly delay a response please know that we are not ignoring the issue and doing our best to provide you with the most current and united answer.

Philip Roberts – Call or Text (916) 759-0627      Email: dldgencon@yahoo.com

1. School(s) Liaison
2. Parent(s) Liaison
3. Information Collection
4. Discipline
5. Budgeting
6. Team Promotion
7. Maxpreps
8. Roster / Game Line-up
9. Conditioning
10. Focus Points
11. Tennis Homework
12. Fundraising
13. Team Handbook

Chris Bender– Call or Text (916) 300-5432      Email: cbender@wgbender.com

1. Player Rankings
2. General Training
3. Student Liaison
4. Uniforms
5. Misc. Season Issues
6. Training & Tactics – Singles
7. Training & Tactics – Doubles

# Guardian / Student Acknowledgement

By signing this Acknowledgment you the adult parent/guardian and student hereby acknowledge the receipt and review of this handbook and all of its contents. Parent/guardian and student athletes participating within the LHS Tennis program agree to the conditions of this acknowledgment. You and your student athlete's participation in LHS Tennis sponsored practices and games are contingent on the terms of this acknowledgment. Receipt of this Handbook and signature of this acknowledgment binds you, your student athlete, any other parties within your household, visiting friends, and/or relatives to all conditions set forth in this handbook.

Initial to indicate receipt:

___ / ___	Handbook
___ / ___	Calendar of Events
___ / ___	Team Fees
___ / ___	Attendance Policy
___ / ___	Clearance & Eligibility
___ / ___	2.5 GPA Policy
___ / ___	24 Hour Dispute Rule
___ / ___	Social Media Policy
___ / ___	Parents Code of Conduct

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Athlete Signature

\_\_\_\_\_  
Date

Sign and return to your Head Coach.

