**Tulpehocken Girls’ Tennis Rules 2020**

* Practice 3:15-5:15 PM starting August 24, this is when mandatory practices begin
* If you are not in school by 10AM you cannot practice or compete in a match that day (unless you have a doctor’s note)
* If you are seen by a doctor for an injury you must have a doctor’s note clearing you for play
* In order to participate in a match, you must attend the practice the night before. (This will only be excused if you have a doctor’s note for the practice)
* If you participate in a match that counts toward the overall score, you will receive a varsity letter
* If you participate in an exhibition match (one that does not count toward the overall score) you will receive a junior varsity letter
* There will be **NO** harassing, swearing, lewd comments, etc.
* There will be **NO** alcohol, drugs, etc. while participating on this tennis team.

ZERO TOLERANCE- immediate dismissal from the team and notification of the Athletic Director and Superintendent

* Appropriate attire will be worn for practice and uniforms will be worn for all matches (no sports bras without having a shirt covering, no short shorts, no spaghetti string tops, etc.). You may be asked to put on a T-shirt to cover the inappropriate clothing if either coach deems your attire inappropriate.
* Items you will need every day regardless if we have a match or not:
  + Racket
  + Water bottle
  + Towel
* Items you may also want to consider bringing for home or away matches:
  + Blanket or beach towel
  + Jacket and maybe sweatpants
  + Homework
* Only your parents/guardians can take you home from an away match! They must complete a transportation request form and give it to the coach BEFORE leaving the match.
* Team Members will be responsible for getting the team’s water cooler, medical kit, and radio from the Trainer’s Office for all practices and matches, both home and away. For away matches injury ice must also be obtained from the Trainer’s Office.
* During home/away matches phones must be kept away. You can use your phone if it is an emergency, but I expect you to be watching your teammates play and cheer them on.
* Team communication will take place through the Team App. Open courts, practices, and matches will be listed on the Team App.
  + **If anything needs to be cancelled an announcement will be posted on Team App one hour before the start time**
  + **You must RSVP for open courts. If there are not at least TWO players coming to an open court it will be cancelled**

Once you download the Team App, you will search for Tulpehocken Girls Tennis. If you have any problems please email me at [ebachman@tulpehocken.org](mailto:ebachman@tulpehocken.org)