

# Sentinel High School Tennis

## Parent Meeting Spring 2025

**Head Coach: Avery Sindelar**

[asindelar@mcpsmt.org](mailto:asindelar@mcpsmt.org)

**Experience:**

- 1 Year Head Coach (Sentinel HSI)
- 1 Year Head Coach (Red Lodge HS)
- 1 Year Assistant Coach (Stevensville HS)
- 4 years Varsity Tennis Player (Sentinel HS)
- 31 years of playing recreational tennis

**Assistant Coach: To be determined**

**Volunteer Coaches:**

- **Katie Veteto**
- **Kabe Webster**

**Philosophy:** We are so excited to share our passion for playing tennis with the next generation. Tennis is a lifelong sport that can be enjoyed by anyone. Tennis is a game of honesty and integrity. We want to provide student-athletes with opportunities to demonstrate these virtues by following the rules of the game, making honest decisions, and engaging in proper tennis etiquette. We believe that athletes should win with humility, lose with grace, and do both with dignity. We are here to have fun...winning is just a bonus!

**Expectations:**

1. Work hard to improve, regardless of your abilities.
2. Demonstrate sportsmanship, regardless of circumstances (win, loss, etc.)
3. Be part of the team, even if competing individually.
4. Have fun!

**Activity Packet:** If the athlete has not completed an activity packet yet this school year, they must do so before they can attend practice. Please take a copy with you. This can be completed online at <https://www.dragonflymax.com/>. Please note that the app no longer works.

**Fees:**

- **Activity Card Fee:** \$30 is paid once per year.
- **Participation Fee:** \$75 is paid per sport.
- **White Fee:** Expect a white fee of \$40 to be collected at the beginning of the season. This money will be used to buy team gear that you will be able to keep.

**Important Dates and Times:**

- The 1st day of practice is Monday, March 10th, 2025
- Vertical Raise Fundraiser Wednesday, March 12th, 2025
- The first week of practice will be from 4:00-5:00 (subject to change by the end of the week)
- There will be no practice during Spring Break (3/17-3/21)
- All players have to complete **8 full practice sessions (partial practices do not count)** in order to be eligible to participate in competition due to MHSA requirements. (This was decreased from ten in previous years.)
- After the first week, practice times will be as follows:
  - JV Practice 4:00-5:00
  - Varsity Practice A (early) 4:45-5:45
  - Varsity Practice B (late) 5:30-6:30
  - Boys and Girls Varsity practice times will alternate every week. Girls will go early first.

- If there is inclement weather and practice moves inside, the times will be as follows:
  - JV Practice 4:00-5:00
  - Varsity Practice (both Boys and Girls) 5:00-6:00

**Communication:** The **Remind** app will be used to communicate with athletes and their families. Class code: **asindelar**

**Equipment:** Athletes will need to provide their own tennis racket. They will also need actual tennis court shoes. These need to be a shoe that is designed specifically for the court which means that they won't scuff up the brand new tennis courts and will hold up longer. If you need guidance with purchasing a racket or shoes, please don't hesitate to ask. It is difficult to find tennis court shoes in town so online may be the best option.

**Dress:** During meets and tournaments, athletes are required to abide by the requirements outlined by MHSAA which are as follows:

*Participants will wear the following school-approved traditional tennis attire which is appropriately sized (uniform to include top and bottom garments): shirts will be full-length with finished edges with collars, traditional crewneck, v-neck or mock-turtle neck design. Well-fitting racer back tops, tank tops, and other appropriately fitted tops with a minimum two-inch strap will be allowed. Halter tops and spaghetti straps will not be permitted. Shorts and skirts will be worn at the waist. All skorts (a pair of compression shorts having a flap or panel across the front and back to resemble a skirt), as well as leggings, are legal bottom garments. The skort must be appropriately sized for the individual and worn as the manufacturer intended. ~~and the flap or panel must be long enough to cover the compression shorts.~~*

*The upper portion of the tennis dress will be full-length with finished edges with collars, traditional crewneck, v-neck or mock-turtleneck design. The lower portion of the tennis dress must be appropriately sized for the individual and worn as the manufacturer intended. ~~and the length of the dress must be long enough to cover the compression shorts.~~*

*One piece tennis dresses are legal as long as they meet all requirements of the MHSAA tennis uniform upper and lower garments. The upper portion of the tennis dress will be full-length with finished edges with collars, traditional crewneck, v-neck or mock-turtle neck design. The lower portion of the tennis dress must be appropriately sized for the individual, worn as the manufacturer intended, and the length of the dress must be long enough to cover the compression shorts.*

*Adornments on clothing or headwear will not advertise drugs or alcohol or contain offensive material as deemed inappropriate by the meet director or tournament manager. After the first violation of this rule, there will be a warning administered for the individual and the team with the uniform violation being corrected within five minutes before continuation of play is to resume. After the second violation, the individual forfeits the match and the team is deducted one (1) team point.*

*The meet director has the right to waive the uniform rule due to inclement weather; however, each participant must be dressed appropriately during all competition.*

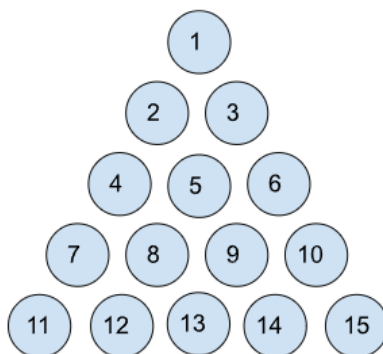
*Jewelry is allowed per USTA rules, with the exception of smartwatches or other devices that can be used to communicate with others. Penalty: The device needs to be removed as soon as seen. After the second violation, the individual forfeits the match and the team is deducted one (1) team point.*

**“It’s springtime in the Rockies folks”:** Athletes should always be prepared for extreme and quickly changing weather conditions. For practices, it is highly recommended to bring warm-up pants, a warm-up jacket, lightweight gloves, and a winter hat. For competitions, a winter coat is recommended in addition to the previously mentioned items. **Layers are important!**

**Varsity:** The varsity team will most likely consist of the top 15 boys and top 15 girls, which can change during the season. A typical meet consists of 4 singles matches and 4 doubles matches for both the boys and girls. This means that there are 12 spots so not all players will be able to travel to every meet. In addition to the eligibility requirements outlined in the student handbook, an athlete must attend practice the day before a meet to be eligible. The number of varsity spots is subject to change.

**JV:** There are currently 3 JV meets scheduled. Big Sky has shown interest in playing matches during practice time throughout the season. We will see if other schools are interested in this as well. Practice times may be altered to accommodate these matches. There will also be a JV Tournament at the end of the season as well.

**Challenge Ladder:** During the first week of practice, the Coaches will assess each athlete’s overall ability based on a breakdown of various skills to create an initial ranking. The top 15 players will attend the Varsity Practice and the rankings will be used to create a pyramid and and challenge ladder as follows:



- JV players will not be ranked. Any ranked player may challenge any higher ranked player in their row and the row above their row. For example, Player 8 could challenge all the way up to Player 4, but not Player 3. JV players can challenge anyone in the bottom row.
- Players will play an 8 Game Pro-Set with No-Ad Scoring. If the challenger wins, the players will switch places. If the challenger loses, players will keep their current place.
- Challenge requests will be accepted on Monday of a Challenge Week and scheduled for one of the remaining days that week during practice. The Challenge Week dates are as follows:
  - 3/24 - 3/28
  - 4/14 - 4/18
  - 5/5 - 5/9

**Absences:** All absence should be communicated to the coaches **prior** to the absence. Unexcused absences will count as 3 absences towards overall attendance. There is a difference between a school related absence and a personal related absence (work, volunteering, other sport or club, family, etc.). School related absences do not count towards overall attendance as well as the policy for attending practice the day before a meet.

**Commitment:** We have an obligation to give priority to the athletes that are putting in the effort and dedication to attending practice regularly. I understand that many students have other obligations and interests that may interfere with attending practice. Tennis is a no-cut sport and I will do my best to ensure that every player gets to play matches. Just know that I am here to teach, coach, promote, and grow the sport of tennis for which I am passionate about. Tennis is about having fun, not winning. Don't expect to play every match, especially if you are not showing up to every practice. In addition to the Challenge Ladder, an athlete's coachability, attitude and leadership are all factors that will contribute to which players are on the varsity team. The Coaches will make the final decision for who will travel to each meet based on observations during practice.

**Unsportsmanlike Conduct:** Unsportsmanlike conduct on the tournament site includes, but is not limited to, the following examples: throwing rackets or any equipment, swearing, intentionally hitting game balls out of the court, being abusive to tournament officials, and fighting.

*All tennis players in MHSA sanctioned tournaments shall be penalized one team point (on the first infraction) and removed from further play (on second infraction) for any unsportsmanlike conduct on site after a match or before the next match or at the end of the tournament. Any contestant disqualified in an individual tournament competition is not entitled to any points earned in the tournament. All advancement points and placement points are negated. All vacancies created in the tournament pairing shall be scored as forfeits. During the match, players are under the point penalty system of warning, point, game, match. Warnings of this rule shall be written in pre-tournament letters and given to all players at the pre-tournament meeting.*

**Divisional Tournament Requirements:** The coaches may arrange challenge matches to determine eligibility and position. If not enough varsity players meet the below requirements, then coaches will decide who will play. To be eligible to compete in the divisional tournament, you must meet the following requirements:

- Attended at least 75% of the practices (full practices, not partial practices)
- Played in at least 50% of the varsity matches

**Lettering Requirements:** Must be in good athletic and academic standing by completing the season and be eligible academically. An athlete must have played in a Varsity competition to be considered for a letter. Injured athletes may receive a letter if, in the opinion of the Coaches, they would have participated enough if they had not been injured, and also served the team in some capacity while injured. The head coach reserves the right to grant or deny a Varsity letter for any circumstance. A letter may be awarded to a player that:

- Shows marked improvement during the season
- Is of good character, a teammate, and team player both on and off the court
- Attends all practices, games, meets or matches unless excused by the coach, parent, or doctor.
- Contributes to the team's success
- Is a regular member of the varsity team
- Competes in the Divisional Tournament

**Food and Drink:** Please make sure that your child has enough food and water to stay energized and hydrated for both practices and meets. Athletes should be eating proper meals and supplementing with snacks throughout the day.

**Volunteering:** The team is looking for volunteers to help organize snacks and drinks for the players during meets. Last year, Laura Bishop used *signupgenius.com* which worked very well. If you are interested in helping out, please let us know.

**Parental/Guardian Involvement:** Parents and Guardians are encouraged to take an active part in their child's tennis career. Since tennis is ultimately an individual sport, outside support is critical. Development will ultimately be their own responsibility. Improvement is directly correlated with the amount of practice time involved. Anything parents can provide, from lessons and equipment to emotional support and gentle nudges to practice will help your child become a better tennis player. During a meet or tournament, though, parents should consider themselves spectators and fans.

1. Spectators are not allowed to talk to athletes at all during competition.
2. Spectators should be at least 10 ft. from the fence when watching.
3. Spectators should remain quiet and respectful of all athletes, including the opposing players.

**Fundraising:** This year we will be utilizing **Vertical Raise** to organize the fundraiser. This has been very successful in the past. I have attached the flier. The most important thing is that players compile a list of 20 people (friends, family members, past coaches, etc.) that they can reach out to ask for donations. They need to come to practice with those 20 contacts saved in their phone on **Wednesday 3/12** as there will be a meeting with Peter Hamill, the manager for our region. We hope to raise \$12,000 to help the team acquire the necessary staff and equipment to run a successful tennis program. We need balls, baskets and scorecards just to make it through the season. We hope to raise enough money to also be able to pay additional coaching staff, buy food and drink for competition days, pay for team and individual photos for all players, and supplement any gear that the athletes will get to keep. Additionally, we would like to purchase gear bags for the players to be able to use during the season.

**Sign Up Sheets:**

- If you are a returning player wanting to play, please mark yes by your name
- If you are a new player, please fill provide your name, grade, and self rating
  - 1 - Never played before or played a few times
  - 2 - Have played casually
  - 3 - Have played seriously, possibly taken lessons

**PEAK Group Lesson:** This Monday 2/24 there was a group lesson at the PEAK. It was a great success with 20 athletes showing up eager to play. There will be one more lesson this Monday 3/1 from 8:30-10:00 pm. The cost is \$15. Participants will need to bring cash unless they are a PEAK member. Since it went so well and there was so much interest, they are offering 30 spots. Please sign up if you are interested.

The PEAK would like everyone to know that they are giving a considerable discount as group lessons usually cost \$25-35 per person. For next winter, they would be willing to run a weekly lesson for those interested.

Tentative Schedule (Subject to change)

## Sentinel Tennis 2025

Head Coach - Avery Sindelar

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Site</u>	<u>Varsity</u>
3/10/25	Mon	1st Practice		
3/29/25	Sat	Gallatin/Bozeman	Away	10:00 AM/ 1:00 PM
4/1/25	Tues	Great Falls/CMR	Home	12:00 PM/2:30 PM
4/4/25	Fri	Glacier/Flathead	Away	11:00:00 AM / 1:00 PM
4/8/25	Tues	Big Sky	Playfair	2:00 PM
4/10/25	Thurs	Big Sky/Butte	Playfair	10:00 AM
4/15/25	Tues	Hellgate	Away	3:00 PM
<b>4/18/25</b>	<b>Fri</b>	<b>JV Helena/Capital/Big Sky</b>	<b>Playfair</b>	<b>10:00 AM</b>
4/19/25	Sat	Western AA	Missoula	9:00 AM
4/26/25	Sat	Butte/Glacier	Kalispell	11:00 AM
4/29/25	Tues	Helena/Capital	Helena	10:00 AM
<b>5/3/25</b>	<b>Sat</b>	<b>JV Hellgate/Big Sky</b>	<b>Playfair</b>	<b>10:00 AM</b>
<b>5/6/25</b>	<b>Tues</b>	<b>JV Hellgate/Loyola/Valley Christian</b>	<b>Playfair</b>	<b>1:00 PM</b>
5/8/25	Thurs	Hellgate	Playfair	4:00 PM
05/15/25	Thur	@ Divisional	Missoula	
05/16/45	Fri	@ Divisional	Missoula	
5/22/25	Thur	STATE	Bozeman	
5/23/25	Fri	STATE	Bozeman	

\*JV competition days are in bold



# Sentinel High School Tennis 2025 Fundraising Drive

**Due Date: 03/12/2025**

We will soon be launching our fundraiser with Vertical Raise. Vertical Raise's streamlined online platform allows us to raise funds digitally through email, text & social media. Through these mediums, supporters can visit our fundraiser page and help support our cause. Vertical Raise has helped thousands of programs across the country run successful fundraisers and with your help, we can exceed our fundraising goal!

**Thank you so much for your support!**

Avery Sindelar

## Participation Expectations:

- ☐ Work with your parents to collect at least **20 emails** of family, friends & supporters.
- ☐ Have at least **10 phone numbers** of potential supporters to text on launch day
- ☐ Save all emails & contacts in the notes section on your phone!

*do not use teacher or peer emails*

## POTENTIAL SUPPORTER IDEAS

Grandparents, Aunts & Uncles, Other Family, Mom & Dad's Co-Workers, Mom & Dad's Best Friends, Family Friends, Family Doctor & Dentist, Neighbors, Former Coaches & Youth Activity Leaders

## Parent & Guardian Info:

- Want to be a **Corporate Sponsor** & get your business logo featured on the fundraiser? Click on the Become a Corporate Sponsor link on any fundraiser landing page.
- **Double your Donation at Check Out!** If your employer utilizes a matching donation program, you can enter your employer's information and our automated system will send your donation info to them to be matched.
- **Safe & Protected:** Vertical Raise is the safest online donation platform available. All information & contacts are private, 100% secure and will never be redistributed.

