

## Grizzly Girls Tennis

### Expectations

- **Respect** yourself, your teammates, your coaches and your opponents.
- **Attend all practices** unless prior arrangements are made with coach.
- Be dressed and ready to play **on time** for practices and matches.
- **Give your best effort** at every practice and match.
- **Support** one another on and off the court.
- **PMA (Have a positive mental attitude).**
- Bring **energy and enthusiasm** everyday.
- **Encourage** and cheer on teammates during matches
- **Cell phones off** during practice and matches.
- **Have fun, play hard, never give up!**

### Practices

- **Monday through Friday**, at Hunter Park, from **4:00-5:30 pm.**
- Tryouts will be held **February 25-March 1, 2013**
- The weather can be cold. **Dress in layers** to stay warm.
- **Bring water** to practice. The fountains may not be turned on until later in the season.

### Rain Days

- The **coach will notify** the athletic secretary if practice is cancelled or moved indoors because of inclement weather.
- It is your responsibility to **check for schedule changes.**
- **Do not assume** practice will be cancelled.

### Schedules

- **Schedules are posted** at the AHS Athletic website and are kept up to date by the school.
- Please check the website to make sure you have no conflicts with SAT, AP exams, etc.

### District Rules

- **Players are responsible** for keeping all equipment and clothing loaned to them from AHS in good condition and also responsible for returning them at the end of the season. You will be **charged for missing or damaged items.**
- Players are **not to drive other teammates** to matches.
- All AHS Athletic **paperwork must be completed** and turned in to the AHS Athletic Office to be cleared to participate in try-outs and practices.
- We will **travel as a team to away matches.** An athlete may travel home with a parent, but the parent must sign out the player with the coach.
- No player may go home with another parent without a **note signed** by AHS administration.
- Players must **attend a full day of school** the day of the match.
- **Maintain grades of "C's"** or better to participate in matches.