

Contact info

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Practice and game schedule for both JV and Varsity will be on the website.

General Rules

- Players at practice 15 minutes early
 - o Gives us time to setup the courts, make sure players have started warm-ups by practice time
- Players at least 10 minutes early for any bus
- Bring both jerseys to any match or tournament
- Let me know of any conflicts as soon as you are aware of them, no matter how minor
 - o Anything relating to schedules or other communication of that nature, email or text is fine
 - o Day of conflicts please let me know by call or text instead of email
- Any important communication with the coaching staff should be done in person
 - o Particularly questions about playing time/your son's performance
 - o At least 24 hours after any match/tournament. Neither of us will be in the right frame of mind for a productive conversation directly after a match.
- I will make it clear to players what they can do to improve and help the team most

Player expectations

- Improvement mentality
 - o What can I do to make my team better? To make myself better?
 - o Consistent focus in practice, leads to consistent success throughout the season
 - o Focus only on what you can control
- Team first mentality

- Building a program
 - Consistent success comes once we build something that everyone involved can be proud of
 - Can only begin to build if everyone commits