

## **Ereckson Tennis Team Course Description and Expectations**

The Ereckson tennis team has traditionally been one of the top teams in the area and state. Most players play frequently (3 times a week or more), take lessons, and compete year round.

1. Daily Practice: Ereckson does not have any tennis courts. Students will need to be dropped off most mornings at the designated tennis courts (AHS or Lowry) or before 7:30 A.M. The school will bus the students to Ereckson to attend 2<sup>nd</sup> period.
2. Ereckson tennis plays a schedule of 5 to 8 matches or tourneys against schools like: Lovejoy, Ford/Curtis, Rockwall and Greenhill.
3. Most coaching will be in a group setting; therefore students must listen closely, follow directions and be self-motivated.

**General Playing Level** on team: Most of our players will be USTA tournament players that have played around 2 years or more. Some will have a 16 or above points in ZATS, or already be in the champ or super champ division.

Students with physicals packets on file and who know the basic rules can try out for the team.

In most cases, unless an elite athlete, to make the team you would have had 2 years to practice hitting thousands of balls against a wall, ball machine, or person and play several times a week.

### **Once on the team:**

- A. Set up and play ladder matches when assigned.
- B. Play tennis several times a week year round.
- C. Play 1 USTA tourney a month on your own year round. (DPTA, ZAT...)
- D. Daily be prepared with racket, jump rope, Nerf ball, shoes, TNS clothing or uniform.
- E. Follow directions and stay on the drill assigned to the best of your ability.
- F. Be at all matches/tournaments. If there is a school-related scheduling conflict we will do our best to work with other EMS activities.

### **Advice to accelerate improvement:**

**Take Private lessons** from a proven pro (1 time a week or at least 1 time a month) and practice on what they tell you to diligently between lessons.

**Hit on a wall** (Celebration Park or High Point), ball machine, and practice toss/serve almost daily. To measure improvement count hits in a row without missing. 10, 50, 100, 200...

**Join a Jr. Development group** to drill & play matches, set up matches on your own, and play tournaments on week ends. The DPTA, USTA (ZAT) both offer tournaments on most weekends.

Thank you for considering trying out and participating. Go Huskies!

Coach Hendricks

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