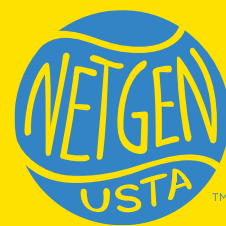


School Team Tennis Pre-season Coaches Checklist



Get your season started with these helpful tips

- Meet with Athletic Director to find out what paperwork must be completed prior to the start of the season.
- Review your team's schedule and make adjustments as needed.
- Schedule a pre-season meeting with players to gather contact information and pass out paperwork that would need to be completed prior to the first day of practice.
- Organize a pre-season parent meeting to introduce yourself, and share all important information and answer any questions.
- Complete any necessary paperwork for your state Coach's Association (if your state has one).
- Take inventory of equipment needs. (tennis balls, score cards, team uniforms, etc.).
- Educate yourself on general tennis rules, the conference and state rules.
- Contact fellow coaches and begin building relationships as you plan for the upcoming season.
- Decide if you will be running a "no-cut" program. If you are going to be a no-cut sport, make sure to register your program on usta.com.
- Develop a coaching philosophy — write it down and share with players and parents so that you can all be on the same page.
- Establish a tryout system and communicate it with players and parents as well as your school's administration.
- Attend high school coaching education events in your area to learn best practices.
- Establish a practice schedule.
- Secure courts for your team's home matches and practices.
- Create a transportation calendar prior to the start of the season.
- Confirm that your players are academically eligible and communicate the importance of their education.
- Identify local tennis clubs in your area that would be open to hosting some middle and high school matches!

