

PAC Letter 2023

1. Welcome to the 2023 girls tennis season! We had a great tryout and we have a wonderful group of girls. They are already very talented. Many of them worked on their game in the summer and it showed!

We are so fortunate to have such an excellent coaching staff - Let me introduce you:

Varsity: Head Coach **Lynn Larson** - 30+ years coaching tennis (retired JHS teacher)
Assistant Coach **Marv Hartung** - 84 years YOUNG - our resident encourager and note writer! (Also Lynn's dad)

JV: Coach **Tom McNutt** - tennis pro at Edina Country Club, Boys head coach at JHS

B: Head Coach **David Carberry** - tennis pro at Bloomington Lifetime, also ran our summer program

We also have 2 part time developmental coaches, paid by the booster club:

Nick Hupton: Teacher at JHS, former head boys and girls varsity coach

Brendan Klein: JHS tennis alum, also 6 year instructor at Tennis and Life camps.

Very few High School tennis programs have a staff like this! We are so fortunate!

2. All info is on the Jefferson Tennis Website.

<https://jeffersontennis.com/>

Matches(Start TIMES), practices, tennis info, teams, results, weather are on the site. Also check the Metrowest website, you can subscribe for updates to the conference schedule. All teams have a very full schedule - 2-3 matches per week. Subject to Change! Tennis can't be played in the rain so there could be a lot of changes. We often do not make decisions about play until mid afternoon so be flexible.

You can Follow us on Twitter @TennisJhs and Instagram @jhs.girlstennis

3. Please communicate if you are going to miss a match/practice

Covid protocol - stay home if any symptoms

Expect full effort on the court, positive body language

I expect perfect sportsmanship on the court! We have a fantastic reputation for being kind, honest and competitive.

Lineups are always changing, your daughter will probably play both singles and doubles.

4. Playing time: Official tennis matches have 10 girls in the line up. Girls that are not in the top 10 will play an "exhibition" match. Exhibition matches are still important and will

count on the individual's record. Coaches always do their best to get girls a match, though not guaranteed.

If you want to read more in depth about JHS tennis policies, you can go to the tennis webpage, click on the "handouts" link.

5. My thoughts on why tennis is a tough sport:

No clock – can play for hours

No time outs

In a tourney of 32 players, only one girl ends up winning

Limited coaching during a match

Play outside where it is hot/cold/windy/sunny

Opponent is your referee

Parents sit next to the parents of opponent

Tough emotionally, out there by yourself

Though Tennis is a tough sport, it is also very rewarding, and it is a lifelong sport - (just look at coach Marv who is still out there!)

6. Expectations of Parents:

It is absolutely forbidden to give your daughter tips or coaching suggestions during a match - either vocally or via a text or through a coach

It is forbidden to provoke the opponents or the opponent's parents that will be sitting near you!

Support your daughter no matter the outcome. Cheer on in a positive way.

One of the best things you can say to your daughter is "I love to watch you play!"

Though not mandatory, we would love you to join the booster club if you haven't already. The link is on the webpage - you can't miss it! Funds from the booster fees help our program immensely and ALL players benefit. We really don't do any other fundraising.

Thanks for reading, feel free to email me if you have any questions. Looking forward to meeting you on the courts! It's going to be a great season!

Coach Lynn Larson

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