



2020 Coppell MS West
Tennis Parent Meeting

Coaching Staff

Coach Thomas - Head Tennis Coach

- 4th Year Coaching Tennis
 - 2018 - 19 District & Tri-City Champs
- 13th Year at CMS West Coaching All Sports
- 23rd Year Overall



Most Important Things for Coaches

- Academic Success
 - We want our student-athletes to be successful both on and off the court
 - Goal of 100% Passing Rate each 9-Week Grading Period
 - We will support our teachers on campus
 - No Pass/No Play- State Law
- Leaders on Campus
 - We hold our student-athletes to a High Standard
 - We expect them to be THE example of what it means to be a Wrangler
- Know and Exemplify our 3 Hallmarks

Hallmarks

- Trust
 - Coaches Trust Coaches
 - Coaches Trust Players
 - Players Trust Coaches
 - Players Trust Players
- Passion
 - If you aren't ready to give something your best effort, then why do it in the first place?
 - Do everything you do with passion.
- Discipline
 - Do what is right, no matter who is looking.

Equipment

- Each student will bring the required tennis racket to practice.
- In person students doing face to face instruction on campus can keep their racket in their athletics locker.
- If possible, tennis athletes will come to tennis practice with either West athletic clothes or West tennis shirts.

Safety Protocols and Requirements

- When arriving for practice, all athletes should be wearing a face covering.
- Virtual learners will not be allowed in the locker room when arriving.
- All athletes will have their temperature checked before entering the tennis courts. If temp is >100 degrees, they will not be allowed to enter.
- Each athlete will scan in with a QR code daily and answer simple questions. This will help us should we have to contact trace, so we know who is in attendance each day. The QR code will be located in Schoology for those students who do not want to bring their phones or ipads to practice.

Safety Protocols and requirements

- Each athlete will need to bring their own refillable water bottle with their name.
 - The bigger the better- 64oz at least ONE gallon preferred.
 - We will be able to refill water bottles, but will not share any water equipment.
 - Both of these are on amazon and under \$20.



Practice Drop off and pick up

- Can enter from Saintsbury or Ranch Trail.
- Must drop off/ pick up in designated area.
- Be patient and watch for pedestrians.



Practices

- Must be at practices you are assigned to, unless there is a conflict.
Let Coach Thomas know!
- If something happens and you are unable to practice, you must notify Coach Thomas via email.
- Weekly schedule below:
 - Monday - matches (on a rotation schedule since not all can play every match)
 - Tuesday - off day due to Monday matches
 - Wednesday, Thursday, Friday - practice 4:00 - 5:15; Must have your child picked up no later than 5:25. Thank you for your cooperation!

Example of the schedule you will receive

7	8	9	10	11	12
	7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop
	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual
	8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 9:15am Drop
	5:30 Pickup	5:30 Pickup	5:30 Pickup	5:30 Pickup	11am Pickup
	Helmets/Jersey/Shorts	Helmets/Jersey/Shorts	Helmets/Shoulder Pads	Helmets/Shoulder Pads	Helmets/ Shoulder Pads
	Cleats	Cleats	Jersey/Shorts/Cleats	Jersey/Shorts/Cleats	Jersey/Pants/Cleats
14	15	16	17	18	19
7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop
8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual
8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 9:15am Drop
5:30 Pickup	5:30 Pickup	5:30 Pickup	5:30 Pickup	5:30 Pickup	11am Pickup
Helmets/ Shoulder Pads	Helmets/ Shoulder Pads	Helmets/ Shoulder Pads	Helmets/ Shoulder Pads	Helmets/ Shoulder Pads	Helmets/ Shoulder Pads
Jersey/Pants/Cleats	Jersey/Pants/Cleats	Jersey/Pants/Cleats	Jersey/Pants/Cleats	Jersey/Pants/Cleats	Jersey/Pants/Cleats

Fall Tryouts

Tuesday, Sept. 8 - 7th Grade Girls 4:00 - 5:15

Wednesday, Sept. 9 - 8th Grade Girls 4:00 - 5:15

Thursday, Sept. 10 - 7th Grade Boys 4:00 - 5:15

Friday, Sept. 11 - 8th Grade Boys 4:00 - 5:15

Fall Tennis Schedule

Monday, Sept. 21 - West vs Tidwell @ CHS

Monday, Sept. 28 - West vs Pike @ Northwest High School

Monday, Oct. 3 - West vs North @ CHS

Wednesday, Oct. 14 - West vs East @ CHS

Monday, Oct. 19 - West vs Chisholm @ Northwest High School

Monday, Oct. 26 - West vs Medlin @ Byron Nelson High School

Match Days

- Transportation will be provided to tennis matches following district and county guidelines for bus transportation.
 - Must attend matches you are assigned to in order to avoid a shortage of players. If there is a conflict, let Coach Thomas know earliest time possible.
 - Most matches will start at 4:30 and finish by 7:00.
 - Students are encouraged to leave matches with parents after their competition is completed.
 - If matches are at CHS, athletes MUST be picked up from the match at CHS after their competition. Please pick up promptly.
 - For other matches, athletes can be picked up promptly at match site, or if riding bus as transportation back to campus, athletes will text parents to give a window of ETA. Be there at designated time. Thank you for your cooperation!
 - A sign out sheet via QR code will be available after matches for athletes to leave with parents.
 - In order for an athlete to leave with someone besides their parent/guardian, an email must be sent to Coach Thomas 24 hours in advance.

Injuries/Medical

- Hurt vs Injured
 - There is a difference between being hurt and being injured.
 - You can still come to practice and participate in some situations if you are hurt.
- Injuries
 - If you are injured or hurt at practice, you may go see the CHS Athletic Trainers by appointment, and they will examine you.
 - You will email me, and I will copy you on an email to the Athletic Trainers to make an appointment.

Questions

If you have any questions, please email Coach Thomas at mthomas@coppellisd.com.