



September 2012

From: Coach Sabado  
To: Players & Parents/Guardians  
Re: Girls' Tennis Team, Fall 2012

Welcome to Woodbridge High School's Girls' Tennis Team. I am looking forward to a productive season & working with the parents/guardians, as well as the players. What follows is some information that might be useful for everyone involved.

### **RULES**

1. Come on time, every day, ready to practice.
2. Respect the game, your coaches, your teammates, your opponents and the equipment.
3. Focus on trying to get better everyday.
4. Have fun!

In addition to these rules, there is also a set of requirements/expectations for all players. This set of requirements/expectations is included with this packet. All players and their parents/guardians are expected to sign the Contract of Commitment and Understanding to signify their agreement/understanding of these requirements/expectations.

**GRADING** - All students on the tennis team should be enrolled in the 6th period tennis class. Academic grades are based on attendance & participation for the entire semester, including after the season is over. Wearing of appropriate practice attire is required for participation in practices. Appropriate attire includes athletic shoes, shorts or sweatpants & a t-shirt. Cooperation & Work Habits grades are based on behavior & attitude during team practices & games.

Grade Scale: 90-100% = A    84-89% = B    75-83% = C    70-74% = D    69% & Below = Fail

**PRACTICE** - Practice will be conducted every day during 6th period & after school. The first day of official practice begins on Thursday, August 30, 2012 & will continue until the regular season is over. Playoff practices will continue after the regular season and be scheduled at a later date. Also, there will not be any official practices held during any holidays.

However, because tennis is an individual sport, players are encouraged to take every opportunity to practice on their own. They are completely free to do so, and stay beyond the official practice time as well as on the days that there is no official practice. During these times, players would be practicing on a voluntary basis. Coaches may or may not be present. Players are strongly urged to practice with at least 2-3 other players when it gets dark & especially when there are no coaches present. Players are also strongly urged to communicate with their parents/guardians if they are choosing to practice at these times and it is their responsibility to do so. There is no set schedule for when these voluntary practices might take place. However, it is common for many players to want to continue to play/practice at these times.

**UNIFORMS** – All players are required to have both a practice uniform (shirt/shorts), as well as a game-day uniform (shirt/shorts). Additional t-shirts, sweaters, warm-up jacket/pants are also available for purchase, but are completely optional. All players should all have tennis-specific shoes for use during the season, although there is no specific model that everyone is required to have. Discounts through our uniform supplier are available. Total cost for this year's uniform set is \$ \_\_\_\_.

**RANKINGS/PLAYING TIME** - Rankings will be decided on the court by match play. These matches are called “ladder matches.” Those ranked in the top 9 are the starting Varsity players. There will be 3-4 Varsity alternates making a total of 12-13 Varsity players. The rest are considered JV/Exhibition players. Playing time and playing order against other schools however, is up to the coach’s discretion, although, with very few exceptions, all players play each time.

**SEASON SCHEDULE** - The schedule is attached. We hope that you will come out and support your child as well as the rest of the team! ☺ ***\*NOTICE – It is district policy that all players must ride on the team bus to and from each match. Players may not arrive late to any matches or be picked up early by parents from any matches, except under extreme situations, which must be cleared, in writing, by the school administration a minimum of 24 hours in advance.***

**GAME-DAY MEALS** – To ensure that all players receive a healthy meal each and every game day, all players will be assigned to a food team (4-5 players per team). A schedule will be made splitting up food duties among all food teams. On a rotating basis, each food team will provide the game-day meal for the entire team. Please be aware of the schedule (once it’s sent home) & help to ensure that all elements of the meal are provided, especially during your child’s scheduled dates.

**REMINDERS** - Please make sure to have all paperwork in as soon as possible. Players need to be cleared by the Health Office and the Athletic Director in order to participate in after-school practices & matches (including traveling).

**CELL PHONE/TEXTING AND EMAILS-** In light of events involving inappropriate behavior on behalf of some teachers in different school districts that have been in the news, I want to clarify both the district’s policies and my own policies in regards to communication between your child and myself via cell phone/texting and emails. The district has outlined a code of conduct that clarifies that contact between teachers/coaches and students, via cell phone, should only occur for purposes that are specifically school- or team-related. I have taken the district’s policy one step further, and in an effort to curb any perception of impropriety, I have established my own policy that states that I will NEVER accept calls to my cell phone from students, nor make calls to students’ individual cell phones. I have required that any cell phone communication between students and myself occur via texting only. I have chosen this method, because I believe it protects both your child and myself from any misperceptions of impropriety, since texts on a phone are registered in a chat-log which clearly identifies, in text, what was communicated both by me and your child. I have an open policy in regards to these texts, and I am willing, at any time to share with you the text messages that have been sent/received. You should also be willing to check these messages on your child’s phone.

Furthermore, I want to clarify the purpose of text messages that I may send to members of the team. The vast majority of the texts that I will send out are sent out to the entire team. They usually involve messages such as “Due to rain, practice is cancelled. Meet in my classroom for 6<sup>th</sup> period today”, “I’m out ill today, meet in Coach Robinson’s classroom for 6<sup>th</sup> period” or “Today’s game is cancelled. Report to all of your classes.” I may also send reminders, such as “Don’t forget uniforms/rackets for away match tomorrow” or “Don’t forget to turn in your paperwork” or “Don’t forget to bring \$ tomorrow” (for uniforms/tournaments, food, etc.). Occasionally, I may send individual messages as well, such as “Don’t forget to bring peanut butter tomorrow for your food team’s meal” or encouraging messages such as “Great Job today” or “Don’t worry about today’s loss, you’ll do better next game.”

Finally, I want to express just how seriously I take my responsibilities as the adult in these situations, and how important it is to respect and honor the trust that you have given me. I will NEVER violate that trust. I commit to never meet behind closed doors, or in any private/secluded place with your child. EVER. I commit to NEVER engage in any behavior that is unprofessional, unethical, illegal, immoral or exploitative. I will

NEVER make statements, or send texts that are not age-appropriate, or that are unprofessional, or which may be considered sexual in nature, harassing or demeaning. As a husband, as a prospective father, as a teacher of 9 years, and as a coach for 7 years, I would never jeopardize my marriage, my children's future, my career, nor your child's safety and well-being.

### **OTHER NOTES**

Once again, thank you in advance for all of your cooperation and support of the team. Parents/players who wish to purchase personal tennis equipment/gear should notify me, as I can often obtain better deals than those available to the general public. If you have any questions or concerns, or would like to support the team in any specific way, please feel free to contact me at the numbers listed below. I look forward to a working with your child & helping to develop their academic & athletic potential, and to having another successful season.

Sincerely,

Coach Sabado

Work: (949) 936-7800 ext. \_\_\_\_\_. between 7:45 a.m. – 12:30 p.m.  
Cell: (424) 558-1731 anytime after 12:30 p.m. (to leave a voicemail or text message as well)  
E-mail: [coach@saba.do](mailto:coach@saba.do)

- - - - - detach and return - - - - -

I have read the letter above. My signature below signifies my agreement and understanding of the rules & policies as stated above for members of the tennis team, as well as my permission allowing Coach Sabado to communicate with my child via text messaging and emails.

\_\_\_\_\_  
Student Name (print)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Name (print)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Primary Contact Phone #  
(Circle: Home/Work/Cell)

\_\_\_\_\_  
Parent/Guardian Name (print)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Primary Contact Phone #  
(Circle: Home/Work/Cell)  
(if different)