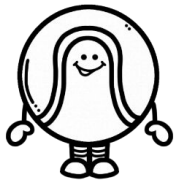


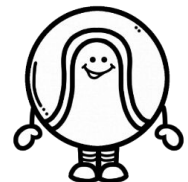


***Stockton Jr. High Tennis***

***Stockton Jr. High Tennis***



# Stockton Junior High Tennis INFORMATION



**Physicals:** Your child **MUST** have a physical on file and all paperwork needs to be completed in Rank One.

**Practice:** Practice will begin Monday 02/27/23. If possible we will also practice during the athletics period.

**Practice Date and Times:** Monday, Tuesday, Wednesday from 7:00 - 8:15 A.M. before school. We may need to practice on some Thursdays as well. **We will never have practice on Friday.**

## EXPECTATIONS

- Coaches have high expectations for every athlete who participates in tennis. We have athletes of all ability levels, we will work hard as a team so that everyone improves this season.
- Athletes are expected to keep their grades passing and not have any failures per UIL.
- Athletes are also expected to represent themselves in the highest standard in the classroom, at practice and at meets. Any athlete who does not comply with our expectations are not students we can have representing Stockton Junior High Athletics.
  - o If you have any questions, please feel free to contact Coach Swain at [jswain@conroeisd.net](mailto:jswain@conroeisd.net)

## PRACTICE INFO

- Your student **MUST** be dropped off at 7:00 A.M. and no later than 7:10 A.M. by the Tennis Courts.
- Practice expectations:
  - o Athletes will be dressed and ready to play at the tennis courts by 7:15 A.M. They will have access to the locker room to change but they will need to bring all of their belonging to the courts and will not have access to the locker rooms after practice.
  - o Attire: Athletes may wear athletic clothes only. If they have Stockton athletic clothes they may wear those. No jeans are allowed.
  - o If the athlete has another extracurricular activity or tutoring they need to let Coach Swain know in advance. You will be able to miss for that event and not be penalized.
  - o Athletes need to bring a water container for themselves. Write their name on the container.
  - o Bad weather: As a coaching staff we will make a decision as quickly as possible if we are going to be canceling practice or a meet. Once it has been decided we will make an announcement and allow students to call home and notified on Remind.

## T-SHIRT ORDER

- We will be placing an order for tennis t-shirts. Athletes will wear the shirt on days we have meets. T-shirts will be purchased through the virtual Tennis store between 02/03/23 and 02/28/23 .

## GAME DAY INFO

- Each week I will select the athletes who will travel and compete in the upcoming meet. I evaluate the whole week, so it is encouraged that the athlete be there at every practice and give 100% every day. I will base our decisions on skill, attendance, attitude etc. **Your athlete may not attend every meet as we are only allowed a certain number of players.**
  - o Athletes report to the locker room when called during announcements for 4th block.
  - o After the meet you will be able to take your child home once you **sign them out with a coach.** **All athletes must be picked up from the meet.**
  - o Uniforms: Athletes competing in the meet will be given a uniform to wear. It is their responsibility to keep up with and wash after each meet. **I will collect uniforms at the end of the season and any missing piece will need to be paid to replace.** This will go on their fines and fee list for the school until it is paid.
    - You may choose to purchase your own BLACK skirt or shorts for the meet. The shorts/skirt must have pockets/tights underneath to hold the extra ball while playing.
    - Please consider purchasing your child a black visor/ hat, it is beneficial to them at practice and tournaments.
  - o Food: Athletes need to bring their own snacks and drinks on days we have meets. The school does not supply athletes with meals. Athletes need to bring snacks that will be beneficial to their playing (cheese crackers, sandwich, fruit, vegetables). Any food deliveries can be dropped off at the front office before 2:30 P.M. **(We might end up doing Jason's Deli.)**
  - o Expectations: **Athletes are expected to represent Stockton JH in a positive and polite manner. They will be respectful on and off the court to anyone they have contact with, parents or coaches.** When not playing they are expected to sit as a team in a designated location. They will not be able to wonder and walk around. This is a co-ed sport and athletes will be expected to present themselves in a professional manner or they will not go to any other meets.
  - o Bad weather: As a coaching staff we will make a decision as quickly as possible if we are going to be canceling practice or a meet. Once it has been decided we will make an announcement and allow students to call home. Unfortunately, tennis cannot be played on wet courts, so if the courts are wet we will have to cancel practice.
  - o Parents: If you have any questions, concerns or comments we would like to speak with you on those matters, but games days are not the appropriate time. Meet days are for coaches to focus on the athletes and our team but we would be happy to talk with you the following days.
  - o Competition: Athletes will be assigned an opponent, match time, and court number. Each match will consist of a six game set (no ad scoring) with an approximate 45 minute time limit.

**FOR MORE INFO AND UPDATES, SIGN UP WITH REMIND 101**

Text the message **@ss23tennis** to the number **81010**

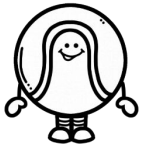
Or go to [remind.com/join/ss23tennis](https://remind.com/join/ss23tennis)

I look forward to working with  
your athlete!

**Coach Swain**

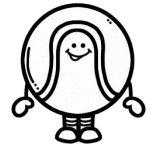
Tennis Coach

[jswain@conroeisd.net](mailto:jswain@conroeisd.net)



# STOCKTON JUNIOR HIGH TENNIS

## Schedule



DATE	SCHOOLS COMPETING	PLACE	TIME
3/23/23	Stockton/ Brabham/ Moorhead	Away: Caney Creek High School	4:00pm
3/30/23	Stockton/ McCullough/ Irons	Away: Oak Ridge HS	4:00pm
4/6/23	Stockton/ Moorhead/ McCullough	Home: Caney Creek High School	4:00pm
4/12/23	Stockton/ Peet/ Knox	Home: College Park HS	4:00pm
4/20/23	Stockton/ Brabham/ Moorhead	Away: Caney Creek HS	4:00pm

### EXPECTATIONS

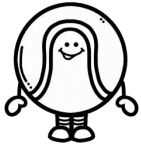
- o Athletes report to the locker room for 4th Block.
- o We will leave campus at approximately 3:00 P.M. any food deliveries need to be brought before 2:30 P.M.
- o Don't Forget:
  - Uniform Top
  - Black Bottoms
  - Black hat/visor (optional)
  - Gatorade/Water
  - Racquet
- o **All athletes will need to be picked up from the tournament.**

### FOR INFO AND UPDATES

- Text the message **@ss23tennis** to the number **81010**
- Or go to <https://www.remind.com/join/ss23tennis>

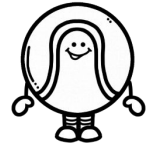
**COACH SWAIN**

Tennis Coach  
jswain@conroeisd.net

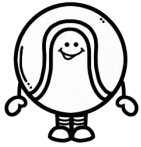


# Stockton Junior High Tennis

## PRACTICE DRILLS

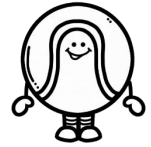


Drill	Description	How To:
1	Run 2 Laps	
2	Arm Circles	Small Circles Forward Small Circles backward Big circles forward Big circles backward
3	Lunge with Rotation	Over and back across the sidelines of the court
4	Knee High Skips	Over and back across the sidelines of the court
5	Butt Kicks	Over and back across the sidelines of the court
6	Leg Swings	• Do 10 reps in each direction on each side. • For balance, you can use a fence, a wall or even the side of the net.
7	Karaoke	Over and back across the sidelines of the court
8	Mini Tennis- Catch and Throw (3min each)	One person hits, the other catches the ball and throws it back
9	Base line	Rally back and forth at the baseline  -Down the line (3min) -Cross Court (3min)



# Stockton Junior High Tennis

## PRACTICE DRILLS



Drill	Description	How To
10	Drop and Catch	Drop the ball and use your racquet to catch it level against the wall.
11	No Net Tennis	Create a square or circle on the ground. Take turns hitting the ball while keeping the ball inside the marked area.
12	Plank and Toss	With a partner, get into a plank position and roll a tennis ball to the opposite hand of your partner.
13	Tennis Dribbling	<ul style="list-style-type: none"><li>• Use the racquet to dribble a tennis ball.</li><li>• Work on both Left and Right hands.</li></ul>
14	Pancake	<ul style="list-style-type: none"><li>• Bounce the ball on your racquet while flipping it back and forth like a pancake.</li></ul>
15	Wrist Rotations	<ul style="list-style-type: none"><li>• Hold the racquet like a stop sign.</li><li>• Keep your wrist strong and tight and rotate the racquet SLOWLY from left to right.</li></ul>
16	X Drill (Agility)	

Base Line

Service Line

Center Service  
Line

Service Line

No Man's Land

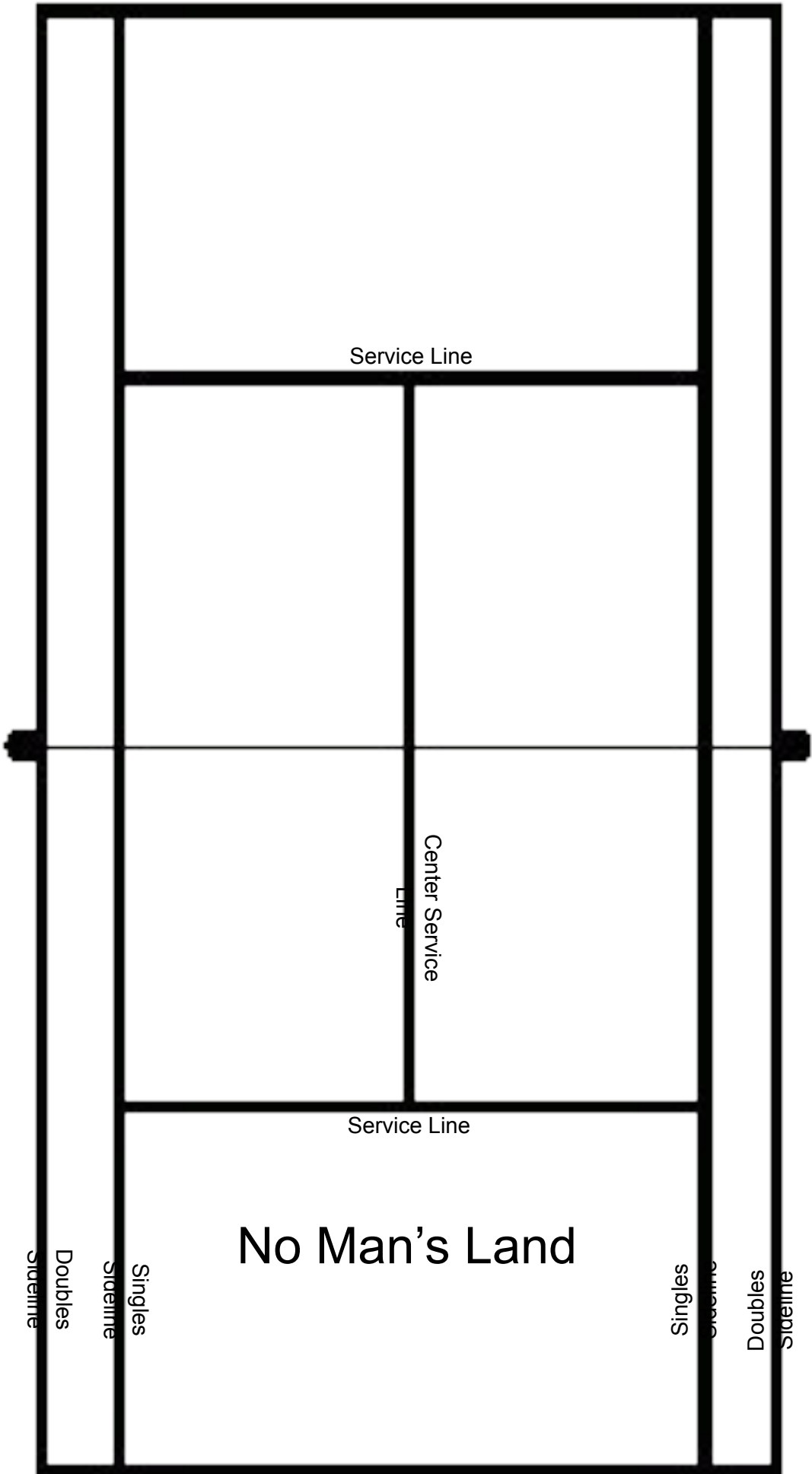
Doubles  
Sideline

Singles  
Sideline

Singles  
Sideline

Doubles  
Sideline

Base Line





Junior High Tennis

# SCOREKEEPER

## TEAM 1

Winner

Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
				Total

## TEAM 2

Winner

Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
Love	15	30	40	
				Total

The first team to win a total of 6 games, is the Match Winner.



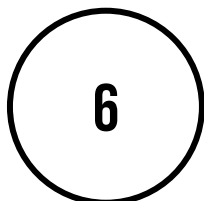
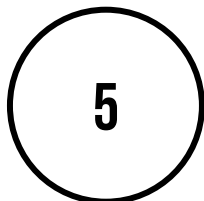
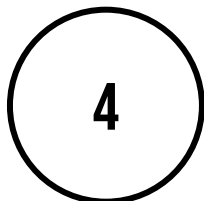
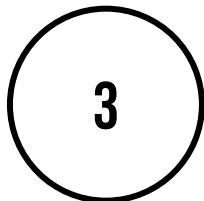
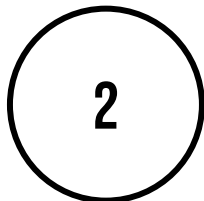
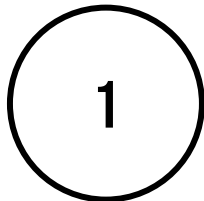


Junior High Tennis

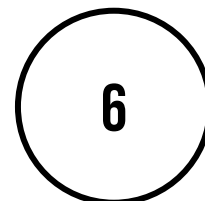
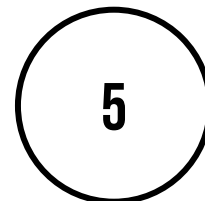
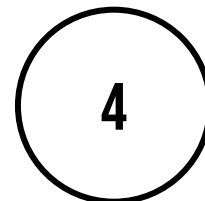
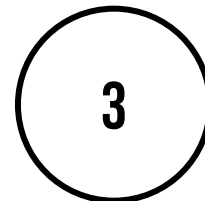
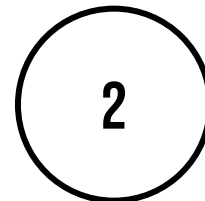
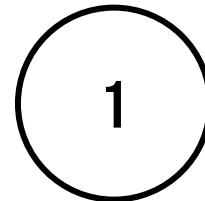
# SCOREKEEPER

Color a bubble each time the team wins a game. First team to 6 wins the match

## TEAM 1



## TEAM 2





## Tennis Tryouts 2023

To try out you must.....

- Go to the Locker Room at 4:00 P.M. when announcements are made.
- Must have a physical on file and all RankOne paperwork completed.
- Wear athletic clothes and shoes, take all belongings to the courts.
- Hair should be pulled back with a hair tie. Hats/Visors are suggested.
- You may borrow a racquet if you do not have your own.
- Parents must arrive no later than 5:15 P.M. to pick you up.
- All track athletes wanting to tryout can schedule a tryout with Coach Swain, room 2154

### Dates:

- **7<sup>th</sup> Girls and 8<sup>th</sup> Girls:**

Tuesday 02/21/23 to Wednesday 02/22/23

- **7<sup>th</sup> Boys and 8<sup>th</sup> Boys:**

Thursday 02/23/23 to Friday 02/24/23

**Time:** 4P.M. – 5:15P.M. (Both grades)

**Track Only Scheduled Participants:** 7:15 A.M. to 8:30 A.M.

To tryout scan the QR code or follow the link below

<https://forms.gle/HYqN2HUWCxSjfzD6>

