

# Seminole High Performance Tennis

## Parent Handbook

### **Train like a Champion Every Day**

We are dedicated to providing the city of Tallahassee and surrounding areas with a specialized community based tennis program. Seminole High Performance seeks to develop well balanced players solid in fundamentals as well as having a strong grasp of the mental complexities of match play.

### **What does this mean?**

Seminole High Performance will integrate with the Florida State University Tennis Program to provide excellent instruction and promote teamwork to achieve individual goals. Small groups and personalized instruction will be the cornerstone to our success. Our players will reach their highest potential whether at the junior, collegiate, or professional level. We also seek to:

- Provide a community environment for players to train
- Practice team coaching with each athlete
- Emphasize technical development
- Focus on fun while competing
- Demonstrate the importance of sportsmanship
- Develop team unity
- Provide guidance in scheduling, goals, and developmental plans

### **Why Seminole High Performance Program?**

Our staff has a keen dedication to and passion for the sport of tennis. We want to ignite and encourage the same passion within all players who attend the program. We want to help each player reach their potential in tennis while providing the most knowledgeable and experienced coaching staff in the country. Our camp director have over 40 years of combined experience in training junior and collegiate tennis players. They are committed to using their talents and experience to train players of all levels. Our program not only emphasizes the physical aspects of the sport, but also the mental conditioning of a competitive tennis player. Our staff Sport Psychologist emphasizes the importance of goal setting, respect, self-confidence, character building, as well as self-recognition of capabilities and potential limitations. While the program is structured to help each player achieve personal goals, the individual is expected to make a commitment to helping the entire High Performance Team. Development of team awareness, pride, and excellence at all levels of competition is a team goal. We strive to ensure that every player sustains a love of the game, and to keep our players healthy, alert, confident, caring, and effective human beings.

The reason the Seminole High Performance Program differs from traditional private lessons and programs is the environment that the players are put in each day. Players experience live ball drilling that simulates real life tournament match play. The combination of live ball drilling with instruction helps players in the development of their tactical skills. We also utilize situational match play drills to help each player be fully ready to adapt to any situation that they will encounter at tournaments. We truly believe to be a great player you have to play against all types of competition. You must play against players that are better than you, players of equal level, and players that are below your level. At High Performance we strive to let everyone play in all of these types of situations throughout their training experience.

## **Facilities**

FSU indoor Courts and Killlearn CC.

In March of 2011, Florida State opened the State of Florida's finest 6 court indoor facility. The facility features 6 indoor hard climate controlled courts.

## **Our Coaching Staff**

### **Dwayne Hultquist-Florida State Men's Head Tennis Coach**

Under Dwayne Hultquist's leadership, Florida State Men's Tennis has emerged as one of the top twenty programs in the nation. Hultquist has led the Seminoles to their highest national ranking in program history as well as having eleven consecutive NCAA Tournament appearances, two National Arthur Ashe winners, three ACC Players of the Year, and seven All Americans. In 2013, Coach Hultquist was named the ITA Southeast Region Coach of the Year while also serving on the Intercollegiate Tennis Association's Operating Committee. In 2005, Hultquist coached "The Tribe" to the NCAA Elite Eight for the first time ever. Entering his 16th season at Florida State, Hultquist first began his coaching career as an assistant coach at the University of Texas. While at the University of Texas, Hultquist coached nine All Americans, helped lead the Longhorns to six conference titles and made it to the NCAA Tournament Sweet 16 in each of his eight years. Hultquist began his tennis career at Penn State where he was a four year

## **Communication**

Communication is the key to any successful relationship. The High Performance Staff has established ways to get information to the parents and players regarding every aspect of the High Performance Team. However, to make the relationship work, parents and players must also communicate with the coaches.

**Contacting Coaches:** When contacting coaches, please be considerate. The best way to speak with the coaches is to meet with them before and after practice. They usually make themselves available for ten minutes before and ten minutes after practice to answer questions, provide information, etc. Sending a note to the coach with your player is a good way to get information to them. Please send us an email with questions and/or concerns to SHPTENNISFSU@GMAIL.COM.

## **Parent Roles**

**Parents.....Your Athlete Needs You:** To have a successful program there must be understanding and cooperation among parents, players, and coaches. The progress your child makes depends to a great extent on this three-way relationship. It is with this in mind that we ask you to consider this section as you join and commit to the High Performance Tennis Team.

You create the environment in which your child matures and develops. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent loses some ability to remain detached and objective in matters concerning their child's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach their full potential as an athlete.

**The coach is the Coach!** We want your child to relate to their coach as soon as possible concerning tennis matters. This relationship between coach and player produces best results. When parents interject opinions as to how the player should play or train, it causes considerable, and often times insurmountable confusion as to whom the player should listen to. If you have a problem, concern, or complaint, please contact the coach.

**Problems with the Coach:** One of the traditional tennis team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved in this way, but in fact, this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach:

1. Try to keep foremost in your mind that both you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though their approach may be different, you are more likely to enjoy good rapport and constructive dialogue.
2. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size of responsibility. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short-term inconvenience.
3. If your child is working with an assistant coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the head coach join the dialogue as a third party.
4. If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. The coach is the only one who can resolve the problem.
5. The best time to communicate your concern is when the coach isn't busy with practice. Please arrange a time to talk with the coach, possibly before or after practice.

**Ten and Under Players:** Ten and under players are the most inconsistent players and this can be frustrating to parents, coaches, and the players alike. Parents and coaches must be patient and permit these youngsters to learn to love the sport. When a young player first joins High Performance Tennis, there may be a brief period in which progress appears to "slow down". This is a result of the added concentration on stroke technique, but this will soon lead to better tournament success.

**Not Every Time!** Even the very best players will have tournaments where they do not do their best. These "plateaus" are a normal part of tennis. Over the course of a season, this should improve. Please be supportive of these "poor" performances. Physical development plays a key role. In particular, growth spurts may negatively affect performance.

**Best Kind of Parent:** The coach's job is to motivate, encourage, and constructively criticize the player's performance. This complements the parent's ability to supply love, recognition, and encouragement necessary to make the child work harder in practice, which in turn builds the confidence necessary to perform well in competition. This is especially critical when the player may not be performing as well as they or their parents would like. The greatest contribution you can make to your player's progress is to be a loving supportive parent.

## **Behavior**

Disciplinary action due to improper behavior or failure to follow team policy is the responsibility of the coaching staff. They may impose sanctions ranging from a change in training opportunities, restriction from specific special events, or to complete dismissal from the team. Any disciplinary action resulting in a suspension period will be cleared with the Head Coach. Players will be able to make up days from a suspension.

Players shall be entitled to an informal conference involving any sanction. In the event of a suspension from the team in excess of one week, the player shall have the right to appeal in a meeting with the Head Coach, the coach imposing the discipline, and the player's parents. Any request for an appeal shall be made by the player or parent to the Head Coach.

Examples of infractions and types of discipline:

### **INFRACTION AND SANCTION**

FIRST INFRACTION: Physical fitness i.e. running, pushups, sit-ups

SECOND INFRACTION: Physical fitness i.e. running, pushups, sit-ups. Call to parents.

THIRD INFRACTION: Sitting out for allotted periods of time during the day. Meeting with parents.

FOURTH INFRACTION: Suspension for the remainder of the day. Suspension for one to three days.