

IHSTCA Newsletter

-- Cross Court --

April

2020

Dear Members:

As we heard today (Friday, April 17), Governor Pritzker has ended the school year for all Illinois schools. In reality, I think we all knew this decision was coming but in our hearts I think we had hopes that our boys would be given the opportunity to have their season.

Even though our players will not be fortunate to compete, it is still important to stay in contact with those athletes, especially those seniors. I have texted, called and emailed. Our administration would not allow us to utilize Zoom so I had to create an alternative way to communicate. To do this I set up a Google Classroom with video instructions and motivational quotes, plus the importance of setting goals.

We have all had to adapt to this situation. Even though these other means of communication are not ideal the kids still need to know that you are there for them and care about them off the court. The relationships we build during this time will mean more to them than the hours spent on the court.

Carrie Watson, Past President
Newsletter & Coach of the Year, Chairperson

IHSTCA Board of Directors

Officers

President: Sean Masoncup (SCN)
Pres. Elect: Jon Betts (Jacobs)
Past Pres: Carrie Watson (Marion)
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Jack Carmody (Triad)
Fred Galluzzo (OPRF)
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Matt Gross (Ottawa)
Michael Hand (Benet)
Bill Lange (GBS)
Josh Leighton (Deerfield)
Dave Lipe (Edwardsville)
Mike Terry (Quincy)
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Publicity / Web Page

Jon Betts

All-State (Boys)

Dan Brown (Chair)
Dan Skaer
Mike Terry

All-State (Girls)

Josh Leighton (Chair)
Jon Betts
Mike Terry

Summer Workshop

Jon Betts

Coach of the Year

Carrie Watson (Chair)
Patrick Gornik-Regional

Newsletter

Carrie Watson (Chair)

Awards / Certificates

Fred Galluzzo (Chair)

Pitchford Sportsmanship Award (Girls + Boys)

Matt Gross (Chair)
Mike Terry

Coaching Ethics

Dave Lipe (Chair)
Bill Lange

Historical Committee

Tracy Waters-Miller (Chair)
Chuck Morrison
Mike Terry
Kelly Willard

Century Club

Tres Heimann (Chair)

Hall of Fame

Sean Masoncup
Josh Leighton
Kelly Willard

Workshop/Luncheon

Sean Masoncup (Chair)
Patti Shaw (Luncheon)
Kelly Willard (Booklet)
Carrie Watson (Registration)

State Format

Josh Leighton (Chair)
Jack Carmody
Mike Hand
Kelly Willard

IMPORTANT DATES

Boys Season:

List of Participants due	May 19, 2020
Sectional Seeding Meeting	May 20, 2020
Sectionals	May 23, 2020
State Finals Seeding Meeting	May 26, 2020
State Final (Hersey HS)	May 28-30, 2020
Season Ends	May 30, 2020
IHSTCA Summer Board Meeting	August 5, 2020

***Note these dates are subject to change due to sports stoppage.**

OPEN POSITIONS

Lincoln Park High School is looking for a Girls Assistant for the 2020 - 2021 season. Please email resumes to ecromer@cps.edu.

Trinity High School has a job opening for Girls Head Varsity Coach and Girls JV Coach for fall 2020. Contact Trinity Athletic Director, Rachel Meiner at 708-453-8394 or rmeiner@trinityhs.org

OPEN DATES

GIRLS:

Niles West Girls Varsity: Is looking to join a tournament on either September 5 or September 12 of 2020. Preferably 2 Singles/2 Doubles. Please call George Bravos (773) 510-1250 or (847) 626-2742.

Chicago - Lincoln Park Girls: Looking to schedule Quads / Tournaments on various weekends in 2020 for both JV and Varsity. We are not a strong team but have a committed group that will play against any level. Please contact ecromer@cps.edu.

DeKalb High School is looking for a JV coach for the upcoming 2020 girls season. If interested please send resume or contact Brad Bjelk at 815-501-9462 or bradley.bjelk@d428.org

***Coaches, please notify me when your openings have been filled at cawatson@marionunit2.org**

TENNIS DRILLS

Improving skills and conditioning during Stay-at-Home

5 Ways To Improve Your Tennis From Home – Tennis Lesson from *Top Tennis Training*
<https://www.youtube.com/watch?v=M6gmO7ejtL4>

How to Practice at Home: Off the Court Tennis Drills from *Intuitive Tennis*
<https://www.youtube.com/watch?v=AVx7qLZQaRQ>

How to Train on a Tennis Wall? *Intuitive Tennis*
<https://www.youtube.com/watch?v=GU7mq8uZgJo>

Tennis Fitness: 4 Exercises to Improve Your Tennis Mobility At Home from *Tennis Evolution*
<https://www.youtube.com/watch?v=1U4sURzniDg>

(Advanced Players) Tennis Fitness: James McGee's Pro Tennis Fitness Workout by JeffSalzensteinTennis.com
<https://www.youtube.com/watch?v=quR-KBQPZ1o>

COACHES CORNER



*Josh Leighton, Boys Head Coach-Deerfield
IHSTCA Board Member*

All-State Girls, Chairperson

State Format, Chairperson

Hall of Fame, Committee Member

Where can the returner's partner stand???

Over ten years ago, the IHSA adjusted a USTA rule as to where the returner's partner can stand in doubles. In USTA matches, this person can stand in the service box and in college matches this person can dance all over the place. However, in IHSA matches, the returner's partner cannot step into, nor have any part of their body, inside or above the service box where the server is serving. At the same time, the returner's partner must be stationary as the server begins his motion.

The history of this rule stems from the idea of sportsmanship. Sure, the server's partner may fake a poach and the receiver may move inside the baseline or really wide to give the server a different look, but a person who dancing near the service box is causing a disruption to illicit a double fault.

On a personal note, when I saw people doing this in college, my first inclination to eliminate this behavior from the returner's partner was to aim at him, rather than the service box. I understand that this was not always the proper approach, but I certainly wasn't going to get pushed around by him without a fight. I don't believe that this is what we want our players to do during a match so as long as we are playing with good intentions and following the rules, we can all go out there and play tennis. Wouldn't that be nice?

If there is a topic(s) you would like addressed, please do not hesitate to contact me at cawatson@marionunit2.org

USTA SENIOR RECOGNITION

The USTA Midwest Section is launching an effort to recognize the many high school seniors who have had their final tennis seasons cut short. If you know a graduating senior who deserves to be recognized, you can fill out an online form to share their story. Photos and videos are encouraged. In fact, for a more personal submission, Midwest suggests you use video to record yourself answering the questions to make the submittal more engaging.

Thanks for your help in recognizing these young players. Don't delay – submissions are due Monday, May 11.

You can find the submittal form here –

<https://ustamidwest.formstack.com/forms/midwestseniorshine>

Please forward on to your contacts also. Let's make sure Chicago players are included!

Your partner in tennis,
Jill

Jill Siegel | Executive Director

Chicago District Tennis Association | USTA/Midwest Section

2200 E. Devon Ave., Suite 319 | Des Plaines, IL 60018 |

847.803.2382

2020 IHSTCA AWARDS DEADLINES



Pitchford Sportsmanship Award **Monday, May 25**
<http://www.ihstca.org/assets/uploads/documents/IHSTCA%20Sportsmanship%20nomination%20form.pdf>

Submit to Matt Gross: mgross@ottawahigh.com

Hall of Fame Award **Wednesday, July 1**
http://www.ihstca.org/assets/uploads/documents/HOF_Form.pdf

Submit nomination to Sean Masoncup: sean.masoncup@d303.org

Girls All-State **Monday, November 2**
<http://www.ihstca.org/assets/uploads/AllStateNominationForm.pdf>

Submit to Josh Leighton: jLeighton@dist113.org



IHSTCA CONTACT INFORMATION

Sean Masoncup, President sean.masoncup@d303.org
Workshop, Chair
Hall of Fame, Chair

Carrie Watson, Past President cawatson@marionunit2.org
Newsletter, Chair
Coach of the Year, Chair
Workshop Registration

Patti Shaw, Treasurer pshaw-5@hotmail.com
Workshop luncheon

Matt Gross mgross@ottawahigh.com
Pitchford Sportsmanship Award, Chair

Dan Brown danbrowntennis@gmail.com
All State-Boys, Chair

Josh Leighton jLeighton@dist113.org
State Format, Chair
All State Girls, Chair



TAXES

The 2019 990-PF tax return for the IHSTCA has been filed and is available for viewing upon request. Call (309) 696-3112 or email Patti Shaw, treasurer at pshaw-5@hotmail.com.

IHSTCA WEBSITE

If you are trying to access the IHSTCA website by doing a browser search using: Illinois High School Tennis Coaches Association. You will notice that an online pharmacy site appears. We are aware of the problem and are trying to get this link correct. If you need to access the site, please use the link below:

<http://www.ihstca.org/>

Thank you for your patience while we try to get this corrected.

To submit articles/items, send to:
Carrie Watson, Past President
Marion High School
cawatson@marionunit2.org