

IHSTCA Newsletter

-- Cross Court --

March

2020

Dear Illinois High School Tennis Coaches:

My name is Sean Masoncup. I am the head coach at St Charles North High School. I am honored and humbled to be the president of our amazing organization. I just wanted to send a quick note introducing myself. I am really looking forward to holding this position and helping guide our organization over the next two years.

I wanted to wish each of you luck as we all begin our boys season! If you have any questions or need any assistance please do not hesitate to call email or text me. I am here as a resource for anything the coaches of Illinois need!

Sean Masoncup, President
St. Charles North
Sean.masoncup@d303.org



IHSTCA Board of Directors

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Jon Betts

Coach of the Year

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Newsletter

Carrie Watson (Chair)

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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:

| | |
|---|-----------------|
| Season Starts | March 2, 2020 |
| Sectional Assignments Posted | March 15, 2020 |
| First Contest (may be held on Mon. Week 37) | March 16, 2020 |
| Rules Video (deadline to view) | March 24, 2020 |
| 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 |

USTA FRIEND AT THE COURT

The 2020 English edition can be found at:

<https://www.usta.com/content/dam/usta/officiating/2020%20Friend%20at%20Court.pdf>

Spanish version:

<https://www.usta.com/content/dam/usta/pdfs/The%20Code-Spanish-2019.pdf>

OPEN POSITIONS

Neuqua Valley urgently needs a JV and JV2 Coach for this spring's boy's season. Please contact Trudy Bennorth at 630-464-5025 or Trudy_Bennorth@ipsd.org

Latin School Chicago is looking for a boy's head coach and a JV coach (2020). This is a paid position. Candidates should send a resume and references to Liz Tortorello-Nelson, Assistant Athletic Director, enelson@latinschool.org. Latin will pay for NFHS certification.

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

Cary-Grove High School has a Boys JV (2020) Tennis position open. This is a paid position. Candidates should send a resume and references to Jim Altendorf, Athletic Director, jaltendorf@d155.org.

Head Boys' Tennis Coach - Walther Christian Academy (Melrose Park) is looking for someone to coach our boys' tennis team. We generally have between 8-12 players of varying skill sets. We are looking for someone with a passion to teach the skills of tennis as well as act as a Christian mentor to our athletes. We have 4 courts on school grounds. Our season runs from March 2 - about May 15. Practice times would generally be somewhere in the 3:00-6:00 time frame, although that can be negotiated. Candidates either need a valid Illinois teaching certificate or a coaching certificate per IHSA rules. Candidates will also need to undergo a background check. Please send your resume to athletic director David Grim: david_grim@waltheracademy.org

Beacon Academy: This individual will develop practice & game plans, organize practice schedule, drive team van when necessary, and develop a competent team to compete in respective matches. It is crucial that this individual respects the Beacon mission and works to not only gain success on the court but off the court as well.

We prefer a candidate with a college degree of some sort as well as playing and/or coaching experience. Our team has some very solid players including a sophomore with an 8 UTR.

Previous coaching experience and/or college playing experience desired. If interested, contact athletic director James Torres: jtortes@beaconacademychicago.org or (224) 999-1177

Rolling Meadows HS: needs a boys' varsity tennis coach IMMEDIATELY for the spring 2020 season. Contact: Jim Gumz jim.gums@d214.org or (847) 431-0102

OPEN DATES

Chicago - Lincoln Park Boys: Looking to schedule dual matches 2019-2020 school year. We have multiple open dates. Please contact ecromer@cps.edu.

New Trier Boys: is looking to host a top singles and doubles team pre-season invitational on Saturday April 4th which is now an open Saturday for us. (With the boys state tournament & our usual Saturday invitational being pushed back a week this spring...) Will plan for outdoors but have indoor court backups in case of bad weather – so it will be played no matter what! This is more of an individual tournament trying to get 16+ top singles players and doubles teams together early in the season. Not necessarily your whole team – think state qualifiers/seeds. Let me know if you have any top singles or doubles team interested. Contact Tad Eckert @ NEW TRIER, tad@harigmfg.com or at 847-530-4646. Other dual matches needed, see attachment.

DeKalb High School is looking to host a quad on April 25 with a 9 am start time. We have 10 courts and would play 2 singles and 3 doubles so all matches would go on. If you are interested contact Brad Bjelk: bradley.bjelk@d428.org

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.

Ottawa HS boys' has an April 25 team invite opening. We are looking for two teams to round out our six-team invitational. Please contact Matt Gross if interested at mgross@ottawahigh.com or (815) 343-6386

Freeport HS needs a Frosh/Soph team on April 25, 2020. Eight team field with one opening available. Eight players required per team. If interested contact Ed Schradermeier at: ed.schradermeier@fsd145.org or (815) 233-5550.

Wheaton St. Francis College Prep is looking for a JV2 Coach for the Fall 2020 Girls season. Please contact Head Varsity Coach Tom Castronovo: tcastronov@aol.com or at 630-336-0243

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

The word "TENNIS" is written in a stylized, 3D font. The letters are primarily red and blue with white outlines and shadows, giving them a blocky, three-dimensional appearance.

TENNIS DRILLS

Conditioning, Fitness and Speed

Tennis Conditioning Workout-Cone Drills to Improve Fitness & Speed by Criticalbench: <https://www.youtube.com/watch?v=JC52faZ6e8c>

Fitness Drills for Tennis Players by Tennis Now:
<https://www.youtube.com/watch?v=kb4IkMbNEIE>

7 Fitness Drills-Warm Up and Conditioning for Tennis Players by Performance Tennis Training:
<https://www.youtube.com/watch?v=y1JvNg9eYk8>

Speed and Agility Tennis footwork Ladder Drills by Tennis Brothers:
<https://www.youtube.com/watch?v=qf2bRQgwYzs>

High Performance Tennis Training – Workout for Speed, Agility, Quickness and Conditioning by Essential Tennis:
<https://www.youtube.com/watch?v=hNochU1XpoA>

PARKER ROSS

It is with deepest regrets that we announce the passing of Parker Ross. Parker is a former Carmel HS player and a 2001 Pitchford Sportsmanship Award recipient. Ross had been a volunteer assistant women's tennis coach at the University of Oklahoma.

https://soonersports.com/news/2020/1/28/womens-tennis-ou-mourns-loss-of-volunteer-tennis-coach-parker-ross.aspx?fbclid=IwAR1IM5wqxcWRlqOZAhyfkW3Bcvy2Aq8SY_L4qBPafgKJFeuVC2KKzQpnfxY

TENNIS RESOURCES



Ben Loeb is an author, the Rock Bridge H S Tennis Coach & Sport Psychology Instructor (Columbia, MO)

Website: <https://benloebcoaching.com>

Blog Post Sign-up

Check out the website for blog posts and more information about Coach Loeb. You can sign up to receive future blog posts on the website.

Email: bloeb@cpsk12.org (checked daily)
ben@benloebcoaching.com (checked less frequently)

Published Books

Author of...

Next Level Coaching: How To Use Sport Psychology To Educate, Motivate, and Improve Student-Athlete Performance; published by Greenleaf Book Group (July 2018); available online thru Amazon and Barnes & Noble; (Amazon link below)

https://www.amazon.com/Next-Level-Coaching-Psychology-Student-Athlete-Performance/dp/1632991772/ref=sr_1_1?keywords=next+level+coach+ing&qid=1581281656&sr=8-1

Co-author of...

The Athlete's Playbook – Building a Culture of Mental Toughness: The Pyramid Model; published by Championship Productions (February 2020)

https://www.championshipproductions.com/cgi-bin/champ/p/Performance-Training/The-Athletes-Playbook-Building-a-Culture-of-Mental-Toughness-The-Pyramid-Model_GB-00978.html?id=v8ZSpa2AcyL5&mv_pc=272668

Social Media Posts (periodically) to...

<https://instagram.com/benloeb7921>
[@loeb_ben](http://www.twitter.com)
<http://facebook.com/benloebcoaching>

MESSAGE FROM IHSA

Welcome to the 2020 Tennis Season!

Once again, the IHSA and TennisReporting.com have partnered for the boys tennis season.

TennisReporting.com is your home for your online scorebook! Tennis reporting currently works with Wisconsin, Michigan, Minnesota and Idaho utilizing the premier online tennis scorebook. Additionally, we trust you will be pleased with the new updates.

This season, all of your matches should be placed in TennisReporting.com as we will be using those results as you submit your players into postseason play!

New for the 2020 season is the **APPROVE BUTTON** for all matches!

Here are a few highlights:

*The home coach will put the match results into the system (or discuss with the opposing coach who will put it in, but only 1 coach needs to put it in the site)

*Once the match results are put into the system by 1 coach Click on APPROVE (All matches should be put into the system no later than 24 hours after the completion of the match)

*Opposing coach will get an e-mail that there was a match put into the site and you need to approve (**You have 48 Hours to Approve**)

*When the coach puts the initial match into the site it will show on the Players PSR.....and when the opposing coach “Approves” the match, it will then show on their Player Season Summary Report (PSR)

Please view this Video to further detail how to put in a **DUAL MATCH**

Follow up Video will come as we will explain how to put in a Flighted Tournament (Bracket) Match, but only one coach will be allowed to put in the entire match results for the flighted event and all other coaches can just Approve.

More videos will come as we start to approach the upcoming season!

If you are a new coach for this 2020 season please fill out the form below and we will get you a username/password for the website:
New Coach Form

Have a great start to the 2020 tennis season! Should you have any questions regarding the online scorebook, please connect with us at **TennisReporting@Gmail.com**

Susan M. Knoblauch

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Illinois High School Association
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Bloomington, IL 61704-6011
Office: 309.663.6377
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COACHES CORNER

We are introducing this new column for new coaches and for those of you who want a refresher on basic high school tennis rules. If there is a topic(s) you would like addressed, please do not hesitate to contact Carrie Watson (cawatson@marionunit2.org) or Josh Leighton (jleighton@dist113.org)

Common Rule Questions: Injury Time-out and Foot Faults

Injury Time-Out: The IHSA and USTA rules vary from time to time and injury time-outs would be one of those differences. Under the USTA rules with respect to Medical Time-outs, there are pages of rules attached to this idea. The IHSA makes this rule simple: a player is allowed one 15 minute injury time-out, which is written in the State Series Manual. After speaking with Matt Norris, the Director of the Boys State Tournament, he said that it is interpreted as 15 minutes *per* injury. For instance, a player can use a 15 minute injury time-out for cramping but then could use another 15 minute time-out if the player hurt an ankle/shoulder/wrist. However, if a different part of the body cramps, the player canNOT use another injury time-out. With regards to bleeding, Susie Knoblauch stated that a bleeding time-out is

considered one of the player's injury time-outs. Finally, the 15 minute injury time-out begins once the athletic trainer reaches the player.

Foot Faults: Foot faults can be very tricky to apply during the high school season. Since we do not have roving USTA officials, how this rule is applied during the IHSA season is different than a USTA tournament. During the IHSA State Series, the protocol is the following:

1. The player questioning the foot fault abuse talks to his coach.
2. This coach talks to the opposing coach so that the player can be warned.

3. If the issue continues, a coach must call the foot fault

It is true that a foot fault occurs once the foot touches any part of the line during the service motion. However, most coaches look to make an issue of this if there is a regularly incurring infraction (and one that is relatively significant). Again, this is a tricky issue but the coaches must be part of this solution and a player (even the server's partner in doubles) does not have the right to call a fault due to a foot fault.

If you have any other rules questions, please email Josh Leighton at jleighton@dist113.org and it will be included in subsequent newsletters.



GETTING TO KNOW YOUR BOARD MEMBERS

Jon Betts – Jacobs HS



- *2018 USPTA Illinois Teaching Professional of the Year*
- *2017 USPTA National Coach of the Year*
- *2017 USPTA Midwest Coach of the Year*
- *2016 IHSTCA Coach of the Year*
- *2014 IHSTCA Regional Coach of the Year*

In this issue we are introducing Jon Betts the head varsity boys and girls coach at Jacobs. Betts is in his 15th year with the girls program. In 2009 he started the Hampshire Boys Tennis Program where he coached for four seasons before taking over the head boys' varsity program at Jacobs. What he enjoys the most about coaching is:

“I’m an incredible competitive person and I’d be lying if I didn’t say I enjoyed improving and competing, but what I love most is the relationships I have had the privilege of forming with coaches and players. I’ve been so fortunate to work with some incredible people and have formed lifelong friendships that I truly cherish.”

Jon ran for the board in 2015 because he loves having the opportunity to be involved in making our sport the best possible experience for our athletes and coaches. He has held many positions since being elected to the board. Betts currently is responsible for maintaining the association’s website. He sits on the All-State Girls committee. He chairs the summer workshop and is in charge of the securing vendors for our annual winter workshop. At the fall IHSTCA meeting, Betts was nominated and made President-Elect. His term as president will begin in 2022.

When not active with tennis, Jon spends times with his family. He is an avid reader. He has ran fourteen marathons and plays in competes in several soccer leagues.

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

Coach of the Year Award **Monday, June 8**
<http://www.ihstca.org/assets/uploads/documents/IHSTCA%20Coach%20of%20the%20Year%20nomination%20form%20.pdf>

Submit to Carrie Watson: cawatson@marionunit2.org

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

Boys All-State **Monday, June 1**
<http://www.ihstca.org/assets/uploads/AllStateNominationForm.pdf>

Submit to Dan Brown: [danbrowntennis@gmail.com](mailto:dانبrowntennis@gmail.com)

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

Submit to Josh Leighton: jLeighton@dist113.org

IHSTCA CONTACT INFORMATION

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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



To submit articles/items, send to:
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cawatson@marionunit2.org