

IHSTCA Newsletter

-- Cross Court --

May

2022

Dear Fellow IHSTCA Members:

I hope you and your players have all enjoyed a wonderful regular season and are ready for a great IHSA State Series. As we enter the waning weeks of the season, I know all of us are tremendously busy wrapping up our school year, preparing for summer tennis programs, and providing our players with a memorable conclusion to their season, but I have three requests I would like to make of you that I hope you will carve out time for:

1-There is simply no greater honor for our tennis student athletes than to be recognized for their outstanding character with the Pitchford Sportsmanship Award. If you have a player in mind whose conduct has been exemplary, please nominate him for consideration. You can find nomination forms on the IHSTCA.org website. Send nominations to Matt Gross at mgross@ottawahigh.com. Nominations must be received no later than Saturday for consideration. If you would like to nominate a player but do not have time to complete the full nomination form, please send a name and a few words about the nominee to me (email below).

2-Every year, we recognize outstanding coaching at the annual winter workshop with Coach and Regional Coach of the Year awards. We would love to hear about the outstanding work you see being done by coaches in your area. Please email me with anyone you feel has done an exceptional job making a difference, building a culture, and helping our players find success.

3-One area I'd love to celebrate more is as an association conference success. Just as the IHSA tracks sectional successes, I would like to try compiling a list of team conference champions. Please take a moment to email me with the name of your conference and who took the team title this spring. Wishing you and your athletes all the best as you take on the unique pressures of sectional and state competition,

Jon

Jon Betts
IHSTCA President
Jacobs HS
Jonathan.Betts@D300.org

IHSTCA Board of Directors

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Publicity / Web Page

Jon Betts

All-State (Boys)

Dan Brown (Chair)
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All-State (Girls)

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Summer Workshop

Jon Betts

Coach of the Year

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Newsletter

Jon Betts (Chair)
Carrie Watson

Awards / Certificates

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Pitchford Sportsmanship Award (Girls + Boys)

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Hall of Fame

Sean Masoncup
Josh Leighton
Kelly Willard

Workshop/Luncheon

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

State Format

Josh Leighton (Chair)
Jack Carmody
Mike Hand
Kelly Willard

IMPORTANT DATES

Boys' Season:

Sectionals	May 20, 2022
Pitchford Nominations Due	May 21, 2022
State Finals Seeding Meeting	May 24, 2022
State Finals	May 26-28, 2022
Season Ends	May 28, 2022

On the Horizon:

IHSTCA Summer Board Meeting	July 20, 2022
IHSTCA Summer Coaches Workshop	July 25, 2022
2023 IHSTCA Winter Workshop	Feb. 3, 2023

Helpful Resources

[2022 USTA Friend at Court](#)

[IHSTCA Website](#)

Join the “National High School Tennis Coaches Hub” on Facebook

Keep it Simple Return (& Serve) Competition

The other day, working with some of our low Varsity & high JV players, I was trying to explain how many points are LOST rather than won. We made up a couple of super simple, complementary, serve & return drills to drive the point home. We split into deuce and ad side doubles returning teams. I fed alternating neutral serves while a manager called out the score. A cross court (adjust to fit the type of return you're working on) return was worth 1 point, a return into a specific target area was worth 3, a missed return sent the team back to 0, and we played games to 10 and then 20. Literally could not have been simpler, it got the point across, introduced pressure, and the boys had fun while practicing the two most important and least exciting shots in the game (we did a serving variation, too).

Meet the *New* Board Members

Greg Cohen – Mundelein HS

Frankly, I feel silly even including this. If you don't already know Greg Cohen, you must have been living under a rock for the past several decades. I still recall, 17 years ago attending my first coaches rules presentation at Belvidere HS (yes, they used to do them in person) and getting a t-shirt from the Red Panda himself. The shirt fits a bit tighter these days, but Coach Cohen remains a staple in IL HS tennis. I'm not sure there's anyone who works harder for his players or for our community of coaches. We're lucky to have him back in the fold! Coach Cohen writes:
*I graduated in 1981 from Rock Island High School. I played tennis there for Hall of Fame Coach - Les Sammon. I still credit Coach Sammon for turning me from a cocky, arrogant, selfish kid to a little better person (I hope).
I went to college at the University of Illinois and coached tennis at Urbana High School for three years along with Danville High School for one season.
I ended up at Warren Township High School in Gurnee in 1987. I coached Frosh-Soph Tennis under Coach Pete Campbell for seven years. I coached the Varsity Girls Team for six seasons and the Varsity Boys Team for twenty-four years before retiring in 2019. I was volunteering as an assistant at Grayslake North when COVID ended the 2020 season. Last year I volunteered as an assistant at Vernon Hills for Doug Gerber. I was hired in August as the Boys Varsity Tennis Coach at Mundelein High School.*



Courtney Bison – York HS

Even though I recently found out she briefly played for one of my college rivals (Lake Forest), I have been infinitely impressed by the work Courtney is doing with her programs at York. She's extremely humble but has a wealth of knowledge from her time playing and coaching at various levels. I'm going to keep bugging her to share her secrets with us at an upcoming workshop!

-20 years of coaching through park districts and private clubs.

-10 years as a USTA tournament director.

-Proud Niles North Viking alum.

In her own words, she loves *blending community work with coaching*

Open Dates

Girls Fall 2022

>Joliet (West) is looking for a 4th team to fill a varsity girls tennis quad. Current teams: Joliet West, Nazareth Academy & Plainfield South. Email Chuck Rumpf (crumpf@jths.org) if interested.

> Wheaton St. Francis HS is looking for Girls Tennis JV2 level dual matches and quads for the Fall 2022 season. If interested please contact Varsity Head Coach Tom Castronovo at tcastronov@aol.com

> Guilford High School is looking a Varsity Quad or Invite for September 10, 2022. If you have any openings please contact David Woosley at david.woosley@rps205.com

> Rock Island is looking for additional matches this fall. We are interested in dual meets, quads, or tournaments. If you are in need of a team to play let me know. jon.catterton@rimsd41.org

>York (Elmhurst) looking for JV duals and tournaments. We have 3 JV levels with a wide variety of skill! Email Courtney Bison (cbison@elmhurst205.org) if interested!

Boys Spring 2023

> Crystal Lake Central is looking to start a Varsity Boys Tennis Invite on May 6th, 2023. This would be an annual event. We need two more teams. Schools already committed are: Grayslake Central, Hampshire, Woodstock North, Wheaton St Francis, Marian Central, and CLC. Please contact Jeff Aldridge if interested. (jaldridge@d155.org)



Coaching Education Opportunities

>Are you interested in developing or getting certified as a tennis coach? Check out the outstanding resources and certification pathways at <https://www.uspta.com/>

>USTA Level 1 Coaches Workshop

When: Saturday & Sunday, June 11 & 12, 2022

Where: Midtown Athletic Club – 2444 N. Elston Ave. Chicago

Time: 9am-5pm both days (lunch provided)

Cost: \$45

Register Online [HERE](#)

The Level 1 Coaches Workshop is open to ages 16+ and is a great opportunity for high school coaches and high school/college players who will be working summer camps. The workshop will focus on principles and skills needed to teach beginner to intermediate players of all ages.

>USPTA Midwest Grasscourt Conference

When: Saturday, June 18, 2022

Where: Sand Valley Resort in Nekoosa, WI

Time: 10am to 5pm (Social from 3-5pm)

Cost: \$65 (2+ coaches from the same club/school receive 10% off)

Register Online [HERE](#)



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