

# IHSTCA Newsletter

-- Cross Court --

January

2019

IHSTCA Member:

***LAST DAY FOR DISCOUNTED ROOM – JANUARY 26!***

Please don't wait till the last minute to reserve your spot for our Annual Winter Workshop in Aurora on Friday, February 1, 2019.

***Discounted hotel reservations are limited.***

The association has worked hard to provide coaches with affordable way for you to enhance your practices. The conference includes:

- Drill/idea booklet
- Directory
- Coupons
- Clipboard and other goodies
- Breakfast with the vendors
- Awards luncheon

This is a great opportunity to network with other coaches! The registration form is attached. **NOTE: YOUR IHSTCA MEMBERSHIP IS INCLUDED WITH REGISTRATION FEE.** We hope to see you there!

Carrie Watson, President  
Marion High School  
[cawatson@marionunit2.org](mailto:cawatson@marionunit2.org)  
(618) 889-4709

## IHSTCA Board of Directors

### Officers

President: Carrie Watson (Marion)  
Pres. Elect: Sean Masoncup (SCN)  
Past Pres: Greg Cohen (Warren)  
Secretary: Jon Betts (Jacobs)  
Treasurer: Patti Shaw (Richwoods)  
Membership: Tres Heimann (York)

### Board Members

Rick Bailey (Johnsburg)  
Dan Brown (Nap. Central)  
Jack Carmody (Triad)  
Fred Galluzzo (OPRF)  
Pat Gornik (Dunlap)  
Matt Gross (Ottawa)  
Michael Hand (Benet)  
Bill Lange (GBS)  
Josh Leighton (Deerfield)  
Dave Lipe (Edwardsville)  
Bob Smith (Leyden)  
Mike Terry (Quincy)  
Kelly Willard (Metamora)

### Publicity / Web Page

Sean Masoncup (chair)  
Josh Leighton  
Sean Masoncup

### All-State (Boys)

Josh Leighton (chair)  
Dan Skaer  
Bob Smith  
Mike Terry

### All-State (Girls)

Dan Brown (chair)  
Jon Betts  
Greg Cohen  
Mike Terry

### Summer Workshop

Jon Betts

### Coach of the Year

Carrie Watson (chair)

### Newsletter

Greg Cohen (chair)

### Awards / Certificates

Fred Galluzzo (chair)

### Pitchford Sportsmanship Award (Girls + Boys)

Matt Gross (chair)  
Mike Terry

### Coaching Ethics

Dave Lipe (Chair)  
Bill Lange  
Bob Smith

### Historical Committee

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

### Century Club

Tres Heimann (chair)

### Hall of Fame

Sean Masoncup  
Josh Leighton  
Bob Smith  
Kelly Willard

### Workshop/Luncheon

Greg Cohen (chair)  
Patti Shaw (Luncheon)  
Kelly Willard (Booklet)  
Carrie Watson (Registration)

### State Format

Josh Leighton (chair)  
Jack Carmody  
Mike Hand  
Kelly Willard

## IMPORTANT DATES

2019 Winter Workshop	Friday, February 1, 2019
Boys' Season Starts	February 25, 2019
Boys' First Contest	March 11, 2019
Boys' List of Participants due	May 14, 2019
Sectional Seeding Meeting	May 15, 2019
Sectionals	May 18, 2019
State Final Seeding Meeting	May 21, 2019
State Finals	May 23-25, 2019
Boys' Season Ends	May 25, 2019

## OPENINGS

**Highland Park High School** is looking for a Head Boys Tennis Coach for the upcoming season. Interested applicants should apply online at:  
<https://www.applitrack.com/dist113/onlineapp/jobpostings/view.asp?category=Athletics%2FActivities&subcategory=Coaching>

We will also be opening our Head Girls Tennis Coach position in January. Potential teaching openings include: Math, Fine/Applied Arts, and PE. If you are interested in the girls' position please email athletic director, Jon Rowley - [jrowley@dist113.org](mailto:jrowley@dist113.org).

**Lincoln Park High School** is looking for a Boys Head Coach. Anyone interested should contact athletic director; Vince Defrancesco at: [vadefrancesco@cps.edu](mailto:vadefrancesco@cps.edu)

**Glenbard East High School** has a boys JV tennis opening this spring. Interested candidates please contact Steve Hoogerheide at [steven\\_hoogerheide@glenbard.org](mailto:steven_hoogerheide@glenbard.org).

**Larkin High School** has an opening for a head JV boy's tennis coach. Applicants must apply online and have a valid teaching or substitute license or be ASAP/NFHS certified. Contact athletic director, Ethan Karolczak with questions. Phone: 847-888-5200, Ext 4515. Email: [ethankarolczak@u-46.org](mailto:ethankarolczak@u-46.org)

Apply:

<https://www.applitrack.com/u46/onlineapp/application.aspx?posJobCodes=15958&posFirstChoice=Athletic%20Coach&posSpecialty>

## OPEN DATES

**Rock Bridge HS in Columbia, MO** has an opening for team to be in a double dual meet event on Friday, April 12 and on Saturday, May 4. A third dual could likely be added the day before or the morning after depending on which event. Event will be played in St. Louis, MO.

Coaches should contact me either by email at [bloeb@cpsk12.org](mailto:bloeb@cpsk12.org) or by cell phone at 573.268.8750

## OFFICIATING

The IHSA is in need of officials. Coaches and past players are encouraged to become USTA officials. See the link below:

<https://www.usta.com/en/home/about-usta/who-we-are/national/Become-An-Official.html>



# SCHOLARSHIPS

## USTA/MTEF College Scholarship Opportunities – March 1 Deadline

Each year the USTA/Midwest Tennis & Education Foundation (USTA/MTEF) provides scholarships to USTA/Midwest Section junior players who are high school seniors attending college in the fall who need financial assistance. Please see below for a list of available scholarships, and help us spread the word about them to coaches, players, parents, etc., who might have and/or know current high school seniors looking for financial assistance to attend college in Fall 2019.

**Rick Van Horn Scholarship** — A \$1,000 scholarship presented annually to one junior tennis player from the USTA/Midwest Section.



The scholarship is designed to provide assistance to those with a passion to work in the tennis industry, have demonstrated financial need, and have shown ability and aptitude as students and as tennis players.

**Hooked on Tennis Scholarship** — A \$1,000 scholarship presented annually to one female and one male junior tennis player from the USTA/Midwest Section. The scholarship is designed to provide assistance to those who have demonstrated financial need and have shown ability, aptitude and promise as students and as tennis players.

**Tim & Tom Gullikson Scholarship** — A \$2,500 scholarship presented annually to one female and one male junior tennis player from the USTA/Midwest Section. The scholarship is designed to provide assistance to those who have demonstrated financial need and have shown ability, aptitude and promise as students and as tennis players.

**Richard Bradley Memorial Scholarship** — A \$2,500 scholarship presented annually to one African American junior tennis player from the USTA/Midwest Section. The scholarship is designed to provide assistance to those who have demonstrated financial need and have shown ability, aptitude and promise as students and as tennis players.

Visit [www.midwesttennisfoundation.com/scholarships](http://www.midwesttennisfoundation.com/scholarships) for more information and applications, and the deadline to apply is **March 1**.

## TENNISREPORTING UPDATE

TennisReporting has been attempting to make upgrades during the off-season. Coaches will have the capability to:

- Mark a match with a retirement or default.
- Be able to add a match in which they have teammates playing in a match. This is usually seen in “*Flighted Tournaments*” or potentially at “*State/Postseason Events*.”
- State Officials can enter a postseason event.

They are working to bring up more updates to the system during our tennis off-season. When those updates become available; I will be passing those along to our coaches.

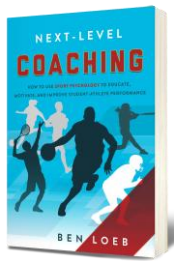
If you have any questions regarding the score system, please contact:



Steve Matuszewski  
651-261-7283

[TennisReporting.com](http://TennisReporting.com)  
[TennisReporting@Gmail.com](mailto:TennisReporting@Gmail.com)

## NEXT LEVEL COACHING...



Do you as a coach have a need for a practical guide for improving the mental game of the players on your team? The book is entitled “*Next Level Coaching: How to Use Sport Psychology to Educate, Motivate, and Improve Student-Athlete Performance*” (July 2018) could do that for you. It’s a book of 75 exercises covering various topic areas within sport psychology.

The author, Rock Bridge High School Tennis Coach (Columbia, MO), says “the book is a user-friendly guide for coaches to use with their athletes to improve mentally and emotionally in the competitive arena. Think of each exercise as the ‘10-Minute Solution.’ An athlete can complete an exercise and discuss them with a coach or teammate in ten minutes or less. It’s a great way to incorporate mental training into a practice.” Loeb typically uses one or two exercises a week with his team at the end of practice. He chooses the exercise based on what the team needs at that point during the season.

The topics of the various chapters include mental toughness, confidence, focus, motivation, entering “the zone”, team building, and more. Each chapter has a minimum of five exercises on that particular topic. Each exercise has questions for the student-athlete to answer. Loeb suggests a coach might choose one or more exercises from that topic area before moving onto a different topic.

The book is available to buy on the author’s website <https://benloebcoaching.com> and directly through Amazon and Barnes & Noble. Coach Loeb will be a vendor at the upcoming conference where he will be selling the book for \$15/copy. On his website you may sign up to receive periodic blog posts related to sport psychology.



*Contribution to the IL Coaches Association Newsletter  
Preview for the Coaching Conference on February 1,  
2019.*

## IGNATIUS COACH FEATURED IN SECOND ACT PODCAST



*St. Ignatius coach Joe Tedino was featured last month in Second Act Stories, a podcast with narratives about people who made major career changes to pursue more rewarding lives in a second act.*

The podcast discusses Tedino’s move from the world of corporate communications at aerospace company Boeing to tennis, a sport he has been passionate about for decades.

“I always wanted to figure out a way to do something career-wise that involved tennis,” Tedino said. “I didn’t exactly know what that was going to be.” A longtime recreational tennis player, Tedino had a full career as a journalist and PR executive. His enthusiasm for tennis has been steady, and he loves being on court with the high school students. “I never feel like, oh gosh, I have to go out to the tennis courts,” Tedino says. “I’m always ready.”

In the podcast episode, Danny McDermott, head pro at Chicago’s Lakeshore Sport and Fitness, says he met with Tedino early on to help guide him. “He told me he was planning to retire and get into tennis,” McDermott says. “He said, ‘this is my dream, this is my passion, and this is what I want to do,’ so I gave him the roadmap.”

A key element of that roadmap was becoming certified as a tennis professional, which Tedino accomplished in 2017, about six months before he retired. That training helped him land a position as an assistant coach at St. Ignatius College Prep, the Jesuit high school in the heart of Chicago.

Tedino worked with the boys and girls teams at SICP last year and he plans to begin his third season with the school in February. Second

Act Stories podcast ranked #9 on iTunes charts for the business and careers category in January. The tennis episode can be streamed from the Second Act Stories website with this link: [Stream from Second Act Stories Website](#)

Contact Tedino at [tedinoj@gmail.com](mailto:tedinoj@gmail.com)



*Coach Joe Tedino celebrates with St. Ignatius College Prep's Tyra Richardson, who finished third in Illinois Class 2A singles competition in 2018.*

## THE DO'S AND DON'TS DIVISION III RECRUITING



Happy New Year, coaches!

I was recently asked why I did not give a recruit any Knox swag during his campus visit. The family was a bit 'put off' because he did not walk away with a t-shirt, a water bottle, or a bumper sticker

– like some of his friends were receiving from their respective schools. I explained that as a coach at a Division 3 school, I am not allowed to give potential student-athletes anything of monetary value unless that benefit is given to every potential student who visits the campus. They were surprised but accepted the quick explanation.

I was unaware of recruiting limitations on coaches until I was firmly entrenched in the recruiting process. One of the first things a new coach is taught is that the NCAA has strict recruiting principles regarding conferring of benefits to potential student-athletes; seventeen pages of guidelines to be exact.

Here's a brief list of what coaches CANNOT give to PSAs:

- no gifts of clothing or equipment
- no cash gifts
- no tangible items, including merchandise
- no private use of vehicles
- no use of institution's athletic equipment
- no official Letter-of-Intent
- cannot schedule athletic involvement or watch the recruit play with the team

What does this mean in real life? It means that coaches cannot give their recruits a t-shirt, water bottle, bumper sticker, or branded tennis balls. We cannot give cash for meals, coffee, or snacks or to shop in the bookstore. We cannot give personal/private use of a vehicle while the recruit is on campus for either official or unofficial visits. We cannot let them borrow a uniform or a tennis racquet to go play on the courts. We cannot let them use college owned tennis balls while they are here. We cannot set up court time nor can we watch the recruit play with current members of the team. If a recruit chooses to attend a D3, the coach cannot participate in a signing ceremony at the recruit's high school or offer branded merchandise until the student matriculates to campus (typically in the fall semester of their freshman year).

I know it is disappointing – especially when teammates are sporting gear from their D1 or D2 schools, sharing stories of having played against the team's #1 player, and having their Signing Day pictures taken with their future coach while holding up a team jersey.

Believe me, we want to do those things but we can't. At this point, you're probably wondering what we can do for your athletes; I'll address that in a future article. In the meantime, there is one piece of advice from our financial aid office that I want to share with you:

Whereas athletic involvement is important for the admission process, Division 3 schools are not allowed to award financial aid based on athletic involvement or solely on athletic leadership. It is important to note that the application essay

should not focus entirely on a student's athletic experience but should also incorporate other avenues of interest: 4H, French Club, volunteering for the local animal shelter, caring for elderly grandparents or younger siblings, etc. This will allow the financial aid counselors to see the breadth of a student's experience and leadership ability while maintaining the integrity of the NCAA rule.

Sincerely,  
Meredith Witherell, MA  
Head Tennis Coach  
Knox College

Facebook: Knox College Tennis  
Twitter: Knox College 10s  
Instagram: Knox College Tennis



***SAVE THE DATE!***

**WINTER COACHES WORKSHOP**

**FRIDAY, FEBRUARY 1, 2019**

**VAUGHAN CENTER, AURORA**

**7 AM – 3 PM**

