

# IHSTCA Newsletter

## -- Cross Court --

February

2020

Dear Members:

Two years ago when I was voted in as president I was quite nervous at such a big undertaking. Was I able to fill Past President; Greg Cohen shoes? Greg was so committed to chairing the workshop and being the head of this organization. He put in countless hours of work. Was I going to be able to do the association justice being over 350 miles away from most of our members? (Marion is just 45 minutes from Paducah, KY). With the guidance of Greg and his check lists. I stayed organized.

I would like to thank the board members for always being there when I needed assistance. I also need to extend my gratitude to my building principal; Becky Moss, Superintendent; Dr. Keith Oates and Ryan Goodisky; athletic director for allowing the time off to travel to meetings, to the state seeding meetings, and to our annual winter workshop. Also, I would like to extend a thank you to all of you for your compliments regarding my stint as president and your comments regarding the monthly newsletters.

My intent for becoming an IHSTCA board member was to help promote and improve our sport. I was thrilled to see the amount of female coaches at this year's workshop. We have been a minority on the coaching scene. It is good to see the representation start to equalize. Our membership has grown. I want to believe that it is due to the work that our board and I have put in during this tenure.

Sean Masoncup has now taken over the reins as president. His first order of business was delegating the newsletter chairperson position back to me. So remember, if you have any items you would like included just email those to me.

It was a privilege and an honor to represent this association. Thank You!

Carrie Watson, Past President  
Marion High School

## IHSTCA Board of Directors

### Officers

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

### Board Members

Rick Bailey (Crystal Lake-S)  
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)  
Mike Terry (Quincy)  
Kelly Willard (Metamora)

### 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



## 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@ipspd.org](mailto:Trudy_Bennorth@ipspd.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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:david_grim@waltheracademy.org)

### Boys Season: Season Starts

March 2, 2020

First Contest (may be held on Mon. Week 37) March 16, 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

TBD

## USTA FRIEND AT THE COURT

The 2020 English edition can be found at:

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

Spanish version:

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

**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: [jtorres@beaconacademychicago.org](mailto:jtorres@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](mailto: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](mailto: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@harigmf.com](mailto:tad@harigmf.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](mailto:bradley.bjelk@d428.org)

**Niles West Girls Varsity:** is looking to join a tournament on either September 5th or September 12th 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](mailto: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: [mgross@ottawahigh.com](mailto:mgross@ottawahigh.com) or at (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](mailto:ed.schradermeier@fsd145.org) or (815) 233-5550.

*\*Coaches, please notify me when your openings have been filled at [cawatson@marionunit2.org](mailto:cawatson@marionunit2.org)*



## TENNIS DRILLS & GAMES

### Large Group Drills 6+ players

Tennis Drill-Large Groups: “Kill it” by Edgar Giffenig Tennis-Effective Instruction (8+ players)

<https://www.youtube.com/watch?v=giTEHeAZVpM>

Large Group Tennis Drill: “Triples” by Jorge Capestany (8+ players)  
<https://www.youtube.com/watch?v=j0TegFG1O30>

Competitive Doubles Tennis Drills & Games by Peter Smith (8+ players) [https://www.youtube.com/watch?v=Osm\\_k\\_x4IsE](https://www.youtube.com/watch?v=Osm_k_x4IsE)

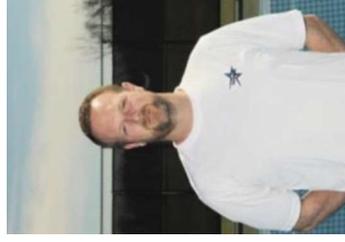
All Touch Volleyball Tennis by Edgar Giffenig Tennis-Effective Instruction (6+ players)  
<https://www.youtube.com/watch?v=dRtByD053WM>

High Octane Team Tennis Drills: “Bump, pass, spike” by Championships Productions (8+ players)  
<https://www.youtube.com/watch?v=dRtByD053WM>



## GETTING TO KNOW YOUR IHSTCA PRESIDENT

*Sean Masoncup – St. Charles North*



*\*2014 & 2020 Boys Coach of the Year  
\*2015 Girls Assistant Coach of the Year  
\*IHSTCA President  
\*IHSTCA Workshop & Hall of Fame, chairperson*

Sean is currently fulfilling his two year team as IHSTCA President. Masoncup teaches physical education and health at St. Charles North. He has been the boys head tennis coach for the last ten years. Prior to coaching at SCN he was an assistant coach at St. Charles East for two years and three years at Geneva.

Masoncup ran for the IHSTCA board because he wanted to give back to the sport and state that has given him so much. Since being elected to the board he has taken over the duties of workshop chairperson two years ago and also chairs the Hall of Fame Committee. His stint as president will end in 2022.

Sean has been married for 15 years and has two boys; Ty who is a 7<sup>th</sup> grader and Aaron who is in the 5<sup>th</sup> grade. His hobbies outside of tennis includes: coaching basketball, being a husband, being a father, and playing a lot of golf.

“Since Sean has joined the board, he has been an impactful voice on our coaches association. Whether he is nominating a Regional Coach of the Year or is helping us work through ideas that will help make the IHSA State Tournament even better, he is someone who has been consistently involved in our organization. Under his leadership, I look forward to making even more progress toward making our sport even better!”

*-Josh Leighton, Deerfield*

# ADVISORY COMMITTEE MEETING IHSA ATHLETIC ADMINISTRATORS

January 22, 2020

At these meetings the terms and condition recommendations were reviewed.

The athletic administrators voted on the following:

<https://www.ihsa.org/About-the-IHSA/Advisory-Committees/Athletic-Administrators-Advisory-Committee>

<https://www.ihsa.org/documents/adv%20minutes/19-20/20-aa-minutes.pdf>

1. Item V. C. 2. Tournament Assignments and Seeding - State Final Seeding Meeting Recommendation: A draw of 64 96 will be used for both singles and doubles play in both 1A and 2A classifications.

Rationale: By increasing the number of participants, an expanded draw size can provide the opportunity to include more teams with four qualifiers thus determining trophy winners based on the overall team participation rather than the greater success of one or two participants who qualify from a school. More students will have the opportunity to participate in the State Final experience. (Note: The committee recommended using two nearby sites to run 1A and 2A and culminate in all of the finalist at one site on Saturday).

**Did not pass – (3-6-5)**

*Tim Burkhalter, the AD from Lake Forest High School; Jackie Randall, the AD from Elk Grove High School; and Randy Konstans, Downers Grove South High School were in support.*

2. Item VIII. B. 1. Tournament Rules - State Final Scoring Recommendation: ~~Regular scoring shall be used in all rounds of state-final play (two out of three tie-break sets).~~ In round one

and round two of the main (championship) draw, regular scoring shall be used with a 3rd set super tie break. This scoring format shall also be used for the 5th/6th medal match.

Rationale: By incorporating the 3rd set super tie break method of scoring for the first two rounds of competition, matches can be completed to maintain the tournament schedule. This scoring method is consistent with scoring used through the regular season.

**Passed – (11-0-3)**

3. Item VIII F. 4. Tournament Rules - Coaching Recommendation: Coaches may not use electronic communication/coaching devices (i.e., smart phones, smart watches etc.) ~~during a match, or immediately near, the vicinity of the player's court, while on the court coaching.~~ Electronic devices are prohibited for use by a player or a coach while on the court during a match.

Rationale: Smart watches can provide communication during a match, thus violating the no coaching rule. By adding this language, smart watches worn by a player is covered by the electronic device policy and therefore will not be allowed to be accessed during matches.

**Passed – (11-0-3)**

**Some additional points of emphasis for the coaches conference:**

1. **Boys tennis school entry due Feb. 1**
2. **Boys Tennis Rules Video Launch for viewing online Tue. Feb. 18<sup>th</sup> – March 24<sup>th</sup>**
3. **All of the Boys Tennis Sectional host sites have been confirmed**
4. **Boys Tennis Season Starts Mon. Mar. 2**
5. **Boys Tennis - 1st Contest May be Held on Mon. Mar. 16**
6. **Boys tennis assignments will be posted around March 15**
7. **Tennisreporting.com – Online scorebook must be used by school teams**
8. **List of Participants Due On-Line Tues. May 19 – Two step process: a. Enter through the IHSA website (coaches,**

roster and line up) b. Build your line ups season summary via Tennisreporting.com

9. Sectional Seed Mtg. Wed. May 20
10. Sectionals May 22/23
11. State Final Seeding Meeting Tues. May 26
12. State Final - Thurs.-Sat. May 28-30
13. Season Ends - Sat. May 30
14. Summer Contact – 25 days between June 8 – Aug. 2 (Work with your local athletic director for earlier start dates based on the end of your school year)
15. Summer Contact Ends August 2
16. Fall Girls Tennis Practice may begin August 10<sup>th</sup>
17. First Contest for Fall Girls Tennis – August 20<sup>th</sup>

Here are the By-law proposal results:

- Proposal 1 (passed 448-181-73): Expands the opportunity for approved schools to participate in invitational tournaments during the regular season.
- Proposal 2 (passed 592-80-28): Expands the administrators permitted to serve on the IHSA Board of Directors to include the administrators designated as the Official Representative of their schools.
- Proposal 10 (**rejected 328-349-24**): Reduces the number of summer contact days from 25 to 20.
- Proposal 11 (passed 489-149-62): Eliminates a required annual determination of classification which therefore permits the two-year classification cycle.
- Proposal 13 (passed 206-133-362): Moves the start of the Fall Baseball season one week earlier for practices and contests.
- Proposal 14 (passed 428-246-25): Moves the start and ending dates for the IHSA spring baseball and softball seasons (practices and contests) a week later.
- Proposal 15 (passed 374-241-87): Removes the by-law directing the IHSA to implement a football scheduling system for regular-season varsity games, impacting the current ability for schools to schedule games AND qualify for the playoffs as it is currently administered.

- Proposal 17 (passed 244-31-422): Modifies the contest limitations for boys and girls lacrosse to 20 matches in the regular season as opposed to a match and tournament limitation.
- Proposal 18 (passed 410-85-202): Modifies the team dates limitation in wrestling to a fixed number of dates (25) rather than a combination of dates and tournaments. Modifies the individual match limitation in wrestling to a set number of matches (45) rather than a combination of dates and tournaments.
- Proposal 19 (passed 343-38-318): Moves the ending date for the girls swimming season limitation one week earlier.
- Proposal 25 (passed 470-215-16): Permits schools an opportunity to appeal a player ejection when the player was ejected as a result of the misapplication of a playing rule by an official.



# COMPETITIVE CHARACTER

By Ben Loeb- January 15, 2020



**BEN LOEB** teaches a sport psychology course at Rock Bridge High School in Columbia, Missouri, where he also coaches both the boys and girls tennis teams.

He is a member of the Association of Applied Sport Psychology (AASP) and of the American Psychological Association (APA) Division 47 Society for Sport, Exercise & Performance Psychology.

I heard an interesting term during what seemed like a 12-hour pre-game show before the NCAA National Championship Football game between LSU and Clemson (January 13). I heard Nick Saban, the legendary football coach at Alabama, describe what both teams have or what it would take to win and that is “competitive character.” I had never heard that term before.

I think we saw examples of “competitive character” on both Sunday and Monday (January 12-13). One example of it was on display in the Kansas City Chiefs vs the Houston Texans playoff game on Sunday. The Texans got off to a 24-0 lead early in the second quarter. The KC quarterback, Patrick Mahomes, was seen on the sideline firing up his teammates with his positive energy. One fan left the game and many fans watching on TV must have left as well. I was one of them until the start of the third quarter. The Chiefs scored 28 unanswered points in the second quarter to take a 28-24 lead. I had to put on my glasses to make sure I was reading the score correctly upon my return. The KC Chiefs went on to win 51-31. What a remarkable turnaround that exhibited “competitive character.”

Another example was in the LSU vs Clemson game. The Tigers as in Clemson, took a 17-7 lead over the tigers, as in LSU in the second quarter. Clemson had the momentum and they had a great defensive

scheme that was containing LSU. During my disappointment, I told a friend that LSU would never see the lead in the game. But then LSU scored 21 unanswered points to end the first half to take a 28-17 lead. The second half was a battle with both teams sustaining their fighting spirit. But LSU skill, pressure, and perseverance, was too much as they went on to win 42-25. The ability and willingness for LSU to hang in there psychologically when trailing 17-7 and getting outplayed, was a testament to their “competitive character.”

I think we know what “competitive character” is when we see it. I don’t think I will be able to get Nick Saban to respond to me on what he meant to define it. So here is an attempt to put some definition to explain “competitive character” in an athletic setting. Does the athlete show the following 8 traits?

1. Competitive spirit in positive energy and enthusiasm even when things are tough.
2. Proper intensity to strive for excellence in practice and in games.
3. Courage to push yourself physically, mentally, and emotionally.
4. Confidence to believe in yourself in the face of fear.
5. Resilience to bounce back from setbacks during and after the game.
6. Integrity in your honesty, respect for others, and in your reliability.
7. Responsibility in your commitment to the team values on and off the field.
8. Loyalty to the team during good times and during difficult times.

Now take it a step further. Decide which traits above you can apply in your life!

*\*Loeb has granted the IHSTCA permission to use articles/ blogs from his site; Ben Loeb Coaching. You may visit his site at: <https://benloebcoaching.com/>*