

# IHSTCA Newsletter

-- Cross Court --

December

2019

Dear Members:

Just one quick reminder, if you have not registered for the winter clinic in January. You may want to do this before the hustle and bustle of the holidays. Workshop is January 31!

The board of directors and I would like to extend our wishes to you and your families during the Christmas holiday and we wish all of you a wonder New Year!

Hope you get all that new tennis gear you have been dreaming of!



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Carrie Watson, President  
Marion High School  
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(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 (Crystal Lake-S)  
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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

## IMPORTANT DATES

### IHSTCA Winter Workshop **January 31, 2020**

#### 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

## 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](mailto:Trudy_Bennorth@ipsd.org)

**Latin School Chicago** has a Boys JV (2020) Tennis position open. 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 Boy's Head Coach for the 2019 - 2020 season, and 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)

**Lincoln Park High School** is looking for a Boy's Head Coach for the 2019 - 2020 season. Also a Girls Assistant for the 2020 - 2021 season. Please email resumes to [ecromer@cps.edu](mailto:ecromer@cps.edu).

**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)

## 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).

**Sterling High School Boys Tennis** is seeking opponents for the 2020 season. We are switching conferences and have several open dates. We are willing to travel within reason--especially to play a quality matchup. If interested contact Mike Gottemoller, Sterling Boys Head Tennis Coach [mgottemoller@sps5.org](mailto:mgottemoller@sps5.org)

**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](mailto:tad@harigmfg.com) or at 847-530-4646.

**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).

**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).



## TENNIS DRILLS

Online Tennis Instruction with Florian Meiner-Hit Great Forehands Under Pressure:

[https://www.youtube.com/watch?v=VpDw7zmC338&inf\\_contact\\_key=ce862b7894829e464b18a0782c90705316358d5485884e2f31e6019a0d26c8b0](https://www.youtube.com/watch?v=VpDw7zmC338&inf_contact_key=ce862b7894829e464b18a0782c90705316358d5485884e2f31e6019a0d26c8b0)

Jorge Capestany Tennis-Doubles Partner MOJO:

<https://www.jorgecapestany.com/portfolio-item/doubles-partner-mojo/>

Jorge Caspestany Tennis-How to Watch Your Kids Play Tennis (*an excellent video to have your parents view prior to the beginning of the season:*

[https://www.youtube.com/watch?v=BqaOdQMB0M8&feature=emb\\_rel\\_pause](https://www.youtube.com/watch?v=BqaOdQMB0M8&feature=emb_rel_pause)

Peter Smith, USC Men's Head Coach-How Throwing a Football Can Help Your Serve!:

[https://www.youtube.com/watch?v=K916fIG\\_RDU](https://www.youtube.com/watch?v=K916fIG_RDU)

Top Tennis Training-How to Breath Perfectly in Tennis:

<https://www.youtube.com/watch?v=E0iUIDQpMHA>

Top Speed Tennis-Beginner Tennis Lesson: What's in the Bag/What You Need For a Tennis Match:

<https://www.youtube.com/watch?v=svgbRP2fpJc>

### Fun Video

Essential Tennis-How NOT to Make a Line Call:

<https://www.youtube.com/watch?v=bafy26CDNdc>





## FEEDING THE YOUTH TENNIS PIPELINE

*By Joe Tedino*

Tennis appears to be holding up as a popular high school sport at a time when overall sports participation at the national level is declining. That's good news for organizations like ours that want to grow the sport.

In fact, the IHSTCA has an obligation to boost interest in the game among high school students because we must to feed the pipeline in order to field competitive teams.

Participation in all high school sports declined by more than 5 percent in 2018-19, according to the latest survey by the National Federation of State High School Associations (NFHS). The biggest contributors to the decline were football and basketball -- two long-standing and popular sports. Participation in boys football declined by 30,829 to 1,006,013 – the lowest mark in 20 years -- due, in part, to concerns about the risk of injury, the NFHS said. Basketball declined by 2.5 percent to a combined total of 939,836 for both boys and girls.

It seems tennis is holding up better.

Nationally, participation in boys and girls tennis was virtually the same as a year ago with 348,750 participants. In Illinois, 6,448 boys and 8,076 girls played tennis in high school last year, numbers closely mirroring those of the year before. It's also encouraging to note that girls tennis ranks 7th nationally among all high sports. Boys tennis ranks 8th.

As we know, high school tennis programs offer a range of physical, social and emotional benefits for students. Studies have shown that students who participate in sports do better academically, manage their time better and drop out less than those who don't.

As coaches, we should continue to drive home the benefits of playing tennis in high school and beyond.

As the USTA points out: “School team tennis is an incredible opportunity for teenagers to compete in a great environment– on a team with friends. And its benefits are many, both in terms of health, fitness and social interaction.”

*\*Joe Tedino, PTR-certified instructor, coaches the boys' and girls' teams at St. Ignatius College Prep.*

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## ANNUAL WINTER WORKSHOP JANUARY 31, 2020

If you have never attended our annual workshop you really need to do so. It is a great place to network with other high school coaches. Get new ideas for practices and gain an understanding what other coaches are doing in their practices. Plus you have a chance to visit vendors.

Topics this year are:

- Junior varsity practices with an emphasis on how to help new coaches and JV coaches
- Become a more effective coach - Principals that make a difference
- High school UTR and drills
- State of high school tennis and drills to make your practice intense
- NEW!!! There will be courts with drills to hit and win prizes!

The workshop takes place on Friday, January 31, 2020 in Aurora, IL. The registration form with this year's line-up is attached. **Please remember that when you attend the workshop your IHSTCA membership fee for 2020 is included.** We hope to see you there!

