

IHSTCA Newsletter

-- Cross Court --

February

2019

IHSTCA Member:

Mother Nature threw wind, snow and subzero temperatures at us but it did not keep us from having a successful workshop. We had 254 registered coaches.

At this time I would like to thank the following board members:

Sean Masoncup: As your first year as workshop chair. You brought in presenters that related to high school tennis and the feedback from coaches has been very positive. Looking forward to seeing what you have in store for 2020.

Patti Shaw, treasurer and luncheon chair: We thank you for the countless hours of collecting money and handling the paperwork end of the workshop. Registration would not be possible without this lady!

Tres Heimann, membership chair: For the many hours you devote to updating our members contact information and records.

Kelly Willard, awards booklet: Once again a fantastic job! You continue to outdo yourself.

Josh Leighton, three quick drills. Thanks for stepping up to share some basic fun drills with our high school coaches.

Dave Lipe: For being one of our presenters and showing us that no matter the space available, you can do conditioning.

Mike Terry: Once again you did a great job as our Master of Ceremonies!



Fred Galluzzo: Thank you for picking up all the plaques and making sure all the deserving coaches received their certificates.

Jon Betts, vendors chair: Thank you for the work you did securing vendors for this year's workshop.

Mike Hand: Thanks for assisting at the registration table when I was called away from checking-in the attendees.

To those of you who helped unload the materials on Thursday night: Dave Lipe, Kelly Willard, Jon Betts, Matt Gross and Brad Boeker thank you!

I'm sure that I have left someone out; apologies. There are so many people behind the scene that just step up with the assist when needed. This board works very hard to provide Illinois coaches with the best possible resources available. We are already discussing possibilities for 2020.

In closing, I always enjoy working the pre-registration table. It's nice to associate a name with a face. Being part of this organization has been the greatest networking tool. I have met so many new coaches this year. It's my hope that your membership with the association is a positive one.

Carrie Watson, President
Marion High School
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)
Mike Terry (Quincy)
Kelly Willard (Metamora)

Publicity / Web Page

Sean Masoncup (Chair)
Josh Leighton
Sean Masoncup

All-State (Boys)

Josh Leighton (Chair)
Dan Skaer
Mike Terry

All-State (Girls)

Dan Brown (Chair)
Jon Betts
Mike Terry

Summer Workshop

Jon Betts

Coach of the Year

Carrie Watson (Chair)

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

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

*The IHSA Dead Period for this summer is **August 4-11, 2019**. The IHSA calendar has it identified incorrectly ~ per Craig Anderson, IHSA Executive Director*

OPENINGS

Lincoln Park High School is looking for a Boys Head Coach. Anyone interested should contact athletic director; Vince Defrancesco at: 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.

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.

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

Latin School Chicago has a Boys JV Tennis position open for this coming spring. Season starts February 25th and runs to May 10th. 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.

OPEN DATES

Rock Bridge HS in Columbia, MO has two openings in an 8-team tournament girl's tournament on Saturday, Sept 28. Please contact Coach Ben Loeb; bloeb@cpsk12.org or call 573.268.8750 for more information.

New Trier: Pre-season HS indoor singles tournament, Saturday, March 16, 2019. 4-11 pm in Winnetka IL. Need 16-top singles players for three rounds of indoor play. Last year we had a lot of great matches against people kids didn't play rest of the year. Have: Pierce (BAT), Sirinit (WWS), Li (WN), Nevenhoven (RA), Bengtsson (NT), etc. If you have a player over/around a UTR rating of 10 who is interested please contact: Tad Eckert, New Trier Boys Tennis tad@harigmfg.com or 847-530-4646.

New Trier Boys Tennis has varsity openings this spring:

April 9-Away – we are out of school early that day
12-Away or night
16-Away or night
17-Away or night
23-Away or night
25-Home or night
30-Away or night
May 2-Away or night

If interested contact: Tad Eckert at tad@harigmfg.com or 847-530-4646.

Guilford High School is looking for any JV Girls matches or tourneys. Contact David Woosley at David.Woosley@rps205.com

Jacobs High School:

Boys Spring 2019

-Saturday, April 6: Home or Away for our Varsity "B" Team
-Thursday, April 11: At Jacobs following a conference dual
-Tuesday, April 30: At Jacobs following conference dual

Girls Fall 2019

-Saturday, August 31: Looking to add two teams to our 16-Team Invite (2s/2d format)
-Tuesday, September 17: At Jacobs following conference dual
-Friday, October 4: Home or Away for our Varsity "B" Team

Please contact Jon Betts at jonathan.betts@d300.org

O'Fallon HS: Has two dates available this spring for varsity boys. We would be willing to travel or host (depending on the date). Preferred dates for us include: 3/15, 3/22, 4/5, 4/12, 4/18, 4/19. Contact Doug Mennerick mennerickd@oths.us with questions or openings.

2018 COACH OF THE YEAR RECIPIENTS

Hall of Fame

Mike Terry – Quincy HS

Boys Coach of the Year

Class A – Jon Friesen - Normal University HS

Class AA – John Naisbitt - Hinsdale Central HS

Girls Coach of the Year

Class A – Kaye Kimpling - Teutopolis HS

Class AA – Trudy Bennorth – Neuqua Valley HS

Girls Assistant Coach of the Year

Lisa Clarke-Koehrsen – Metamora HS

Boys Regional Coach of the Year Awards

Region #1 – Boys Class A Doug Gerber – Vernon Hills HS

Region #2 – Boys Class A Chris Jones – Wheaton Academy

Region #3 – Boys Class A Dan Ballard – Washington HS

Region #4 – Boys Class A David Bergandine – Urbana University

Region #1 – Boys Class AA Andy Walton – Hersey HS

Region #2 – Boys Class AA Ryan Parr – Oswego HS

Region #3 – Boys Class AA Brad Nelson – Batavia HS

Region #4 – Boys Class AA Atom Davis – Round Lake HS

Girls Regional Coach of the Year Awards

Region #1 – Girls Class A Keith Mills – Timothy Christian HS

Region #2 – Girls Class A Steve Johnson – Ottawa HS

Region #3 – Girls Class A Brad Boeker- Metamora HS

Region #4 – Girls Class A Carrie Watson – Marion HS

Region #1 – Girls Class AA Denise Murphy – Lake Forest HS

Region #2 – Girls Class AA Shawna Zsinko – Hinsdale Central HS

Region #3 – Girls Class AA Heather Henricksen – Naperville North

Region #4 – Girls Class AA Bob Smith – Leyden HS

SOME THOUGHTS ON “LEADERSHIP”



Geoff Gluck coached the Deerfield girls for 33 years. He was the IHSTCA Girls Coach Of The Year in 2005 and is also in our Hall-Of-Fame (2002). In addition, Geoff is a USPTA Certified Professional.

I feel so privileged to have had the opportunity to be the Head Coach of the Girls Tennis Team at Deerfield High School. I held that position for 33 years, and it was a “labor of love” from day one! As I think about that experience, I reflect on how much growth I had as an individual during that time. I learned early in my tenure how important being a good leader was in creating the type of program that I envisioned; that I could be proud of. These are some my thoughts/ideas for you to ponder as you develop your own programs:

1. Maintain absolute integrity/high character. Be ethical. Don't allow pressure from outside forces distract you from doing what's right. Remember, as coaches (whether head or assistant), YOU set the standard for your program, and that actions speak louder than words. Demand accountability.
2. Declare your expectations. Head coaches, make clear to everyone (assistant coaches, players, parents) what you feel their role is. Doing this, in a thoughtful, positive, civil, kind manner can minimize issues during the season. As part of that, I feel that taking a stand on use of alcohol/other drugs, bullying, hazing, etc. is very important. Have conviction in what you're doing. Encourage collaboration, not confrontation. Try to empower those around you.
3. Know your stuff. Do whatever it takes for you to become as knowledgeable as possible about all aspects of coaching (not in just the technical area). Be prepared each and every day. If you are, you will exude the confidence necessary to create belief in you by others.
4. Get out in front. If an issue arises, try to deal with it immediately, so that YOU have the opportunity to control the dialogue about what happened. Not doing this may

give the impression of a cover-up, which can be very detrimental to your reputation. Work honestly to resolve issues.

5. Expect positive results. Here, it is important to define what you mean by “positive results.” Is it simply how much you win? I would hope not. Developing a positive culture within the team, facilitating/realizing growth within the program, feeling a commitment to a common goal: these are ways to inspire those you work with. I feel strongly that one major goal of a coach is to “bring out the best in everyone!”

I now want to share with you some of my favorite quotes related to leadership/coaching:

1. “A good leader tries to embody the best qualities of his or her organization. A good leader sets the example for others to follow. A good leader always puts the welfare of others before himself or herself.” William H. McRaven, retired Navy admiral, who was commander of U.S. Joint Special Operations Command (oversaw raid on, and killing of, Osama Bin Laden)
2. “Leadership is not a matter of authority; it is a matter of influence.” Michael Josephson (Character Counts program)
3. “What you learn after you think you know it all is what really matters.” John Wooden
4. “He who is not courageous enough to take risks will accomplish nothing in life.” Muhammad Ali
5. “No bubble is so iridescent or floats longer than that blown by a successful teacher.” William Osler (I feel that this definitely applies to COACHES as well!)

Finally, a few acronyms that you might find relevant/interesting:

1. TEAM: Together Everyone Achieves More (Related quote: “There is no “I” in team)
2. ACE: Attitude, Commitment, Excellence

3. PACE: Positivity, Accountability, Character, Empowerment
4. FAIL: First Attempt In Learning
5. ICE: Integrity, Conviction, Encouragement

Best in coaching!

Geoff Gluck

BE A GOOD TEAMMATE AND IMPROVE YOUR GAME WHILE PLAYING HIGH SCHOOL TENNIS

Bill Lange is the boys’ coach at Glenbrook South High School. He also sits on the IHSTCA Board of Directors. r

For you high school athletes who are playing for a high school tennis team, the following guidelines should be considered very seriously and incorporated into your mindset as you begin each new tennis season of practice and competition and team play.

1. **Have fun.** This should be your number one reason for playing the game. Be there because you want to be there. It is your choice and you are choosing team tennis because it is fun and challenging.
2. **Bring your best effort and attitude to each and every practice and match.** You will compete in matches the way you play in practice. Preparation is 90% of the game. The will to prepare is of utmost importance. A match should be easy compared to a practice. Push yourself. Don’t count on the coach or other players to push you all the time.
3. **Exhibit the best sportsmanship and character you can at all times.** Be a model for good character and ethical practices. Show your best sportsmanship during a match and make a friend after the match is over. Your opponent should respect you for your effort and attitude as well as your good competition.
4. **Have a game plan when you are competing.** Think about what you want to do before and during the match. This planning and thinking can be done in school the day of the

match, the night before the match, or on the way to the match. Be sure you practice what you want to do during practice sessions before the match.

5. **Try to develop an all court game.** Each day try to learn something new. Practice all aspects of the game. Don't become a too one-dimensional.
6. **Balance your tennis life with our other life.** Be sure family, friends, school- work, and other interests are considered. During the tennis season, the people will pull you in many different directions. Remember, your family comes first, your academic life is second, and your tennis is third. If you try to please friends, if you have a job, or if you have other interests, you must put them on the back burner until after the tennis season is over. Be sure that the people involved understand that you may not be as available as you normally are.

All team members are expected to be at every practice. If you cannot come to a practice, call your coach, or leave a message at school on with e-mail one day in advance, or as soon as possible. Failure to practice means you will not play in the next match.

Coaches, just a reminder to send to me the best coaching advice you give to your players. I, in turn, will put these coaching tips in our IHSTCA quarterly newsletter, and eventually compile them into a best coaching practices manual. Thanks for your contributions. Bill.lange@att.net

USTA RESOURCES

The 2019 *Friend at Court: Handbook of Rules and Regulations* can be found at:

<https://www.usta.com/content/dam/usta/officiating/2019%20Friend%20at%20Court.pdf>

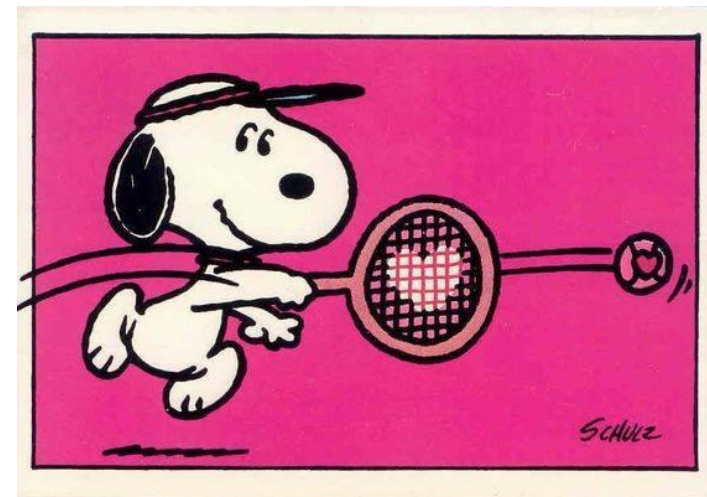
USTA Officiating-Scenarios and Interpretations
https://www.usta.com/content/dam/usta/pdfs/20180119_USTA_Officiating_Scenarios_and_Interpretations-2018.pdf#

QUOTE

Looking back on my high school days, I remember a former English teacher who had posters on every inch of wall space in her classroom. These posters contained inspirational quotes. As a high school athlete I use many of those quotes as motivation to push myself to become the best player, teammate and athlete I possibly could be. I still use quotes to convey important messages to my players today. Once a week I post a quote on our social media sites.

Last week I came across a quote and I thought to myself I have players and students that fall into this category. We all know someone like this.

“Good is the enemy of greatness.” ~ J. J. Watt



Happy Valentine's Day!