

IHSTCA Newsletter

-- Cross Court --

January

2020

Dear Members:

If you know you will be attending the workshop and need to pay the day of the clinic. Please contact Patti Shaw: pshaw-5@hotmail.com or myself (cawatson@marionunit2.org). We need to have a number of attendees for the luncheon. We want to make sure we have enough food for everyone!

The first session at 8:15 is for those coaches with low level players/JV players or for those of you who are new coaches. Make sure you arrive early enough to check in. Registration opens at 7 am.

New this year: the registration table will be located next to the vendors in the track/basketball area.

If you have any questions regarding the clinic, please don't hesitate to contact me.

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



IHSTCA Board of Directors

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Publicity / Web Page

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All-State (Girls)

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Summer Workshop

Jon Betts

Coach of the Year

Carrie Watson (Chair)
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Newsletter

Carrie Watson (Chair)

Awards / Certificates

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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

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. 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.

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

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.

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.

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

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.

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

TENNIS DRILLS

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 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.

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

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.

Top 5 Tennis Drills for Intermediate Players – *Top Tennis Training*
<https://www.youtube.com/watch?v=hQ2ETdwn4-w>

Tennis Drills for Beginners – *Top Tennis Training*
<https://www.youtube.com/watch?v=znbpWMuORa4>

Tennis fitness drills on the court
<https://www.youtube.com/watch?v=fUrFSfxQWKU>

7 Tennis Fitness Drills – Warm Up and Conditioning for Tennis Player
- *Performance Tennis Training*
<https://www.youtube.com/watch?v=y1JvNg9eYk8>

Tennis Reactions Drills-Speed Bands – *Instant Speed Training*
<https://www.youtube.com/watch?v=y1JvNg9eYk8>



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 (Matt Bulman)
- Become a more effective coach - Principals that make a difference (Butch Staples)
- High school UTR and drills (David Fish)
- State of high school tennis and drills to make your practice intense (Tad Eckert)
- 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!



COUNT DOWN

122

days till boys sectional

128

days till boys state finals

