

# IHSTCA Newsletter

## -- Cross Court --

November

2019

Dear Members:

On behalf of the IHSTCA I would like to thank Kevin Schrammel, Buffalo Grove High School, the host sites directors, and Susie Knoblauch for another successful girls' state tournament.

**Workshop notes:** 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!

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Carrie Watson, President  
Marion High School  
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## 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)  
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

## 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
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).

## 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).

## PITCHFORD SPORTSMANSHIP AWARD

**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

Easy Pro Tennis Drills for Beginners:

<https://www.youtube.com/watch?v=MTCX2RpN-vM>

Peter Smith: Competitive Doubles Tennis Drills & Games:

[https://www.youtube.com/watch?v=Osm\\_k\\_x4lsE](https://www.youtube.com/watch?v=Osm_k_x4lsE)

Tennis Doubles Positioning: Shading with Tennis Essential:

<https://www.youtube.com/watch?v=90OK-YWjtA0>

Tennis Doubles Tip: the Movement Triangle with Online Tennis Instruction with Florian Meirer:

<https://www.youtube.com/watch?v=ZB1PmYMWKU8&t=175s>

IHSTCA Tennis Drill Book:

<http://www.ihstca.org/assets/uploads/IHSTCA%20Drill%20Book.pdf>



The Pitchford Award winner(s) demonstrate great sportsmanship, academic prowess, being a great team member, and being active in their school and community. This is one of the top honors the IHSTCA presents to our players.

### 2019 GIRLS' AWARD WINNER

**Melissa Cartis (York High School), Class AA:** Coach Tres Heimann states, "Melissa has maintained a strong overall GPA while also managing the responsibilities of a varsity team captain and 3-time state qualifying athlete." He goes on to say, "She consistently works to build positive and supportive environments, yet also challenges herself and others to reach their full potential."

The IHSTCA is proud to recognize Melissa Cartis as this year's recipient. Congratulations!



Coach Tres Heimann with award winner, Melissa Cartis

# GIRLS' ALL-STATE HONORS

## *Class 1A*

### Class A Singles – First Team

Megan Heuser	Lakes
Emma Baker	Chicago University
Emma Davis	Providence Catholic
Lucy Mitchell	Latin
Mia Bertino	Joliet Catholic Academy
Daniella Nenadovich	Benet Academy
Piper Schrepferman	Kaneland
Emilee Mossman	St. Anthony

### Class A Singles – Second Team

Ashley Meeky	Southland College Prep Charter
Sanskriti Sarav	Chicago University
Cassandra Lee	Timothy Christian
Savannah Webb	Richmond-Burton
Rebecca Bellick	F.W. Parker
Jacelyn Street	Newton
Karishma Bhalla	Grayslake Central
Nicole Szidik	Marion

### Class A Singles – Third Team

Aly Cullotta	Woodstock North
Maia Nowicki	St. Viator
Taylor Flemming	Highland
Caroline Austgen	Benet Academy
Sydnee O'Donnell	Peoria Notre Dame
Nadia Frieden	Metamora
Evelyn Wells	Triad
Taylor Disharoon	Dunlap

### Class A Doubles – First Team

Kendall Schrader & Kaitlyn Lee	Benet Academy
Isabella Kellemeier & Emily Pak	Chicago University
Amaya Fernandes & Abby Totten	Normal University
Alyssa Batcheler & Alice Mihas	Latin
Ella Marvel & Regan O'Fallon	Ottawa
Alli Brumleve & Macy Probst	Teutopolis
Allison Kowalke & Avereer Greene	St. Anthony
Jane Price & Marnie Kopec	St. Francis

### Class A Doubles – Second Team

Maggie Draft & Brooke Martin	Normal University
Natalie Muldowney & MiaBella Provenzano	Boylan Catholic
Megan Hackman & Sophia Esquivel	Wauconda
Kamile Aleksaite & Gracie Cittadino	Johnsburg
Olivia Hamm & Ellie Howland	Wheaton Academy
Angela Mathew & Rachel Zilligen	Benet Academy
Elaine Sarazen & Talia Truska	Latin
Noelle Schacht & Maddy Swisher	St. Thomas More

### Class A Doubles – Third Team

Kylie Chitwood & Maddie Mena	Althoff Catholic
Lizzy Herr & SJ Weidner	Nazareth Academy
Piper Marcum & Raegan Branon	Centralia
Katie San Jose & Emily Yu	Dunlap
Mollie Morrissey & Josi Schmedeke	Rochester
Agnes Cross & Sophie Reimers	Sacred Heart-Griffin
Anna Dray & Mary Heneghan	Fenwick
Ashley Gordon & Noelle Lanton	Elgin Academy

# GIRLS' ALL-STATE HONORS

## *Class 2A*

### Class 2A Singles – First Team

Kiley Rabjohns	Lake Forest
Belen Nevenhoven	Rockford Auburn
Ali Benedetto	New Trier
Nicole Hu	Hinsdale Central
Autumn Rabjohns	Lake Forest
Jacquelyne Qi	Naperville Central
Hannah Neuman	Neuqua Valley
Margaret Forkner	Libertyville

### Class 2A Singles – Second Team

Analisa Cruz	Lake Park
Abby Penados	Niles West
Melissa Cartis	York
Emily Orlove	Wheaton Warrenville South
Lily VanDixhorn	Libertyville
Helena Cilella	St. Ignatius
Peyton Oda	Elk Grove
Ivvy Hicks	St. Ignatius

### Class 2A Singles – Third Team

Gianna Nikoleit	York
Sonia Mehta	Stevenson
Julia Ross	New Trier
Madeline Hills	Barrington
Meera Baid	Matea Valley
Otone Odajima	Quincy Senior
Chloe Koons	Edwardsville
Sara Jankovic	Lake Park

### Class 2A Doubles – First Team

Sienna Lopez & Shannele Lopez	Glenbard West
Zoe Limparis & Katie Dollens	Hinsdale Central
Sarah Badawi & Caroline Kotarski	Hinsdale Central
Nika Belova & Salma Alsikafi	Lake Forest
Alaina Kolli & Athena Kolli	Stevenson
Ashtin Hara & Monika Gluek	New Trier
Jenna Horne & Elle Stewart	Glenbrook South
Irene Zhang & Tiffany Zhang	Naperville North

### Class 2A Doubles – Second Team

Lili Goshgarian & Clara Goshgarian	Lake Forest
Kaitlyn Fiedler & Talyer Fiedler	Belleville West
Miley Brunner & Kate Macaluso	O'Fallon
Gracie Ha & Kellie Ha	Fremd
Kathryn Murphy & Anna Raab	Highland Park
Julia Canellis & Jayme Gross	Sandburg
Erika Patrow & Leah Desserich	Glenbrook South
Samara Michael & Halle Michael	Highland Park

### Class 2A Doubles – Third Team

Emily Kettering & Madeline Gentry	Normal Community West
Macy Zaban & Emily Rhee	New Trier
Maddie Durso & Leah Puttin	Batavia
Simren Mahajan & Chetana Cheruvu	Conant
Emma Chirila & Ashley Samuta	Glenbard West
Anastasia Bozovic & McKenna Sands	Lyons Township
Taylor Goldman & Isabella Palm	Matea Valley
Natalie Barth & Kamila Kalinawska	Lockport Township

*The IHSTCA would like to congratulate all the players and their coaches for your accomplishments at the 2019 state finals!*

# TENNIS ADVISORY COMMITTEE MEETING

October 30, 2019 Minutes

## TERMS AND CONDITIONS RECOMMENDATIONS

### 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).

### 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 3<sup>rd</sup> set super tie break. This scoring format shall also be used for the 5<sup>th</sup>/6<sup>th</sup> medal match.~~

**Rationale:** By incorporating the 3<sup>rd</sup> 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.

### 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, on 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.

## ITEMS OF GENERAL DISCUSSION

1. The committee reviewed the 2018 IHSA Tennis Advisory Committee Minutes
2. Matt Norris and Kevin Schrammel provided summary reports on 2019 IHSA Girls and Boys Tennis State Finals
3. Josh Leighton provided an update from the IHSTCA
4. Knoblauch reviewed the use of tennis reporting as an online scorebook and seeding tool
5. Knoblauch reviewed the timeline for releasing sectional assignments. It was recommended to conduct a conference call with sectional hosts prior to their event to address questions and to provide consistency.
6. The committee discussed the use of the USTA Officials during the State Series
7. The committee discussed the process and procedure for completion of the state final back draw
8. The committee discussed plans for the use of indoor courts during inclement weather



9. The committee discussed the rules regarding coaching
10. The committee discussed the rules regarding injury timeouts
11. The committee discussed the philosophy behind a team format
12. The committee discussed tournament expansion from a 64 draw to a 96 draw and reviewed plans for implementing a two-class 96 draw tournament
13. The committee recommended items to add to the online rules video presentation as points of emphasis (i.e. first year coach items, attaching nets, foot faults, injury protocol, sample seeding, best practices for running sectional)
14. The IHSA recognized and thanked IHSA Division 4 Representative – Patrick Gornick, Boys/Girls Coach at Dunlap and Division 5 Representative - Cindy Petersen, Girls Coach from Gibson City (G.C.-Melvin-Sibley) for their contributions and service on the IHSA tennis advisory committee.

To view the entire copy of the minutes go to:  
<https://www.ihsa.org/SportsActivities/GirlsTennis/AdvisoryCommittee.aspx>



A graphic with a light green background and a decorative border of yellow tennis balls. The text is centered and reads: "SAVE THE DATE:" in red, bold, italicized font; "WINTER COACHES WORKSHOP" in black, bold font; "FRIDAY, JANUARY 31, 2020" in black, bold font; and "7 AM – 3 PM" in black, bold font. Below the text is the circular logo of the Illinois High School Association Tennis Coaches Association, which features a silhouette of Illinois and a tennis player, with the text "ILLINOIS HIGH SCHOOL TENNIS COACHES ASSOCIATION" and "We coach a lifetime sport." Below the logo is an illustration of a tennis racket with a yellow tennis ball on the strings. In the bottom right corner, there is a small copyright notice: "© Copyright 2014 www.ihsa.org".