

## 2019-2020 Fresno State University

### MEN'S TENNIS

#### TEAM RULES, POLICIES AND CODE OF CONDUCT

It is a privilege to be a Bulldog and part of the Fresno State University Men's Tennis Program. In addition to the team and individual goals that we set together each season, the pursuit of excellence on the court, in the classroom, and in all facets of our lives is our ultimate goal. It is also our top priority to represent ourselves, program, athletic department, and institution with the utmost class and integrity.

#### **ACT IN THE TEAM'S BEST INTEREST:**

You have all been invited to be part of something very special. You have been given an opportunity to grow and develop your skills in an environment that is second to none. Being a part of this team and program means that you may often have to sacrifice your interests in order to do what is best for the team. We expect each of you to keep this in mind at all times and make sure that your actions are always aligned with what is going to help (not hurt) the program.

#### **APPEARANCE AND PRESENTATION:**

As part of this program you will be expected to "put your best foot forward" at all times during practice, competition, on campus, and in the community. This means that you need to be friendly and polite to those you meet and show a positive attitude at all times. Greeting with enthusiasm, smiling, and showing gratitude goes a long way towards accomplishing this. You will need to dress appropriately for the situation you're in (travel, practice, community events, etc.). We will set travel and match gear in advance of each event.

A large part of how the community may have access to you is through your social networking accounts. You may have social networking accounts, but you may not place any photographs of you consuming alcohol or drugs or in the presence of alcohol or drugs. Your posts or status updates should contain no profanity and/or suggestive or inappropriate language. Also, remember that you should not be talking about "team business" online at any time. Make sure that your privacy settings are set to private, and be very careful who you choose to friend or allow to follow you.

#### **ACADEMIC SUCCESS:**

With academic success being the number one goal for each athlete, the following rules apply:

- First year students will have required Study hall hours (amount to be determined by coaches).
- Each of you will need to know and understand your degree requirements and the rules to remain eligible. Ultimately you are responsible for this. Our academic staff is a great resource for this information and are there to help support you, but they are not responsible for taking care of everything for you.
- Any student earning below a 3.0 semester GPA will be required to complete Study hall hours (amount determined by coaches)
- You are expected to attend all classes. The only time you are excused from class is for official team travel and competition. Class checks will take place with consequences for the team if you are not present.
- You must attend all scheduled meetings with the academic advisor.

- Any student found to be missing class will be suspended from participating in practice and/or competition and the team will also face consequences for your actions.
- You are responsible and required to notify your professors regarding your participation in intercollegiate athletics and provide them with your travel letter as soon as they are received. Introduce yourself and be respectful.
- No class will be missed to attend practice, community service, or social events.
- The coaching staff reserves the right limit or take away playing or practice time if academic issues arise during the semester.

### **PRACTICE:**

During practices the following rules apply:

- You will be respectful to all coaching staff at all times (call them proper title and use positive verbal responses to show understanding).
- You will be expected to be to practice on time and leave when excused.
- You must be dressed properly with Fresno State issued and/or Bulldog logo gear. All gear worn to practice must be Nike.
- You must come to practice prepared (2 rackets strung, shoes, gear, etc.).
- Keep your focus on practice, no stopping to speak to people who may be walking by.
- Your class schedule is required to be made around the set practice times (the only exception will be for mandatory classes needed to stay on track for graduation that are offered at no other time).

### **FACILITY:**

Every team member will be responsible for helping to keep the facility neat and clean. The team will help clean up the facility after all matches prior to leaving (singles sticks, chairs, etc.). We have been given access to a new facility. Let's take pride in making sure it stays that way.

### **MEETINGS:**

Individual meetings will be set up throughout the year to go over class schedules, time management, and goals/expectations among other things. If you have a concern about something, an individual meeting is the "time and place" to discuss it. Your coaching staff is here to help you improve, and reaching your full potential on and off the court is a two way street. Positive discussions are very helpful in allowing your coaching staff to help you succeed.

### **INJURIES AND PREVENTION:**

- It is your responsibility to let the training and coaching staff know if you are injured and to get treatment for those injuries. Complaining about injuries that you aren't treating will not be tolerated.
- It is your responsibility to get pre/post practice and match treatment set up with our training staff. Pre-practice and game treatments must be scheduled early enough to be ready to go for practice or the match on time. The training room is not an excuse for being late.
- If you have scheduled a treatment, you must attend or let the trainer know in advance you need to reschedule.
- If you are injured and can't participate, you will still be required to come to practice unless excused by a member of the coaching staff.

### **GAME PROCEDURES:**

- Players are expected to be punctual, ready to assume any role at any time, and perform at full potential (warming up full throttle even if not playing).
- Players should report to the facility 1.5 hours prior to competition.
- Players should be in uniform ready to warm up 1 hour prior to competition
- Before and after the match, players will greet fans they see at the facility and thank them for coming.
- During the match players are expected to pay full attention to the matches remaining on the courts. Players are required to stand/sit together with other teammates throughout the match. No sitting with friends/others. "I need to go support my teammates, but I really look forward to talking to you after the match."
- No cell phones/texting during the matches.
- Only speak to media representatives with authorization from a member of the coaching staff.

### **TEAM TRAVEL:**

- Team travel will be considered a "business trip" rather than a vacation. We must remain focused on why we are there.
- The designated travel outfit must be worn while traveling.
- Hotels: no guests are allowed in team hotel rooms without the coach's permission. If family or friends would like to visit, they may do so in the lobby. Be considerate of your roommate if they need to study or sleep. Also, respect other hotel guests by not slamming doors or making a lot of noise in the hallways. Dress appropriately when visible. No leaving the hotel without permission from a coaching staff member.
- All players will eat with the team on the road.
- Mandatory study hall may be applied on the road or in hotels (determined by coaches).
- Do not order movies or eat food in the refrigerator in your hotel room.

### **FSU GEAR AND APPAREL:**

- Fresno State Tennis gear and apparel will be issued for you to wear throughout the season. This gear and apparel is for your use only. Gear and apparel are not to be given away or worn by others.
- If for any reason, other than finishing your eligibility with the program, you leave or are removed from the team, all team issued gear and apparel must be returned.

### **EXTRACURRICULAR ACTIVITIES:**

We strongly discourage you from participating in any high risk activities (i.e. snowboarding, skiing, etc). As a member of this team you are expected to be willing to make sacrifices in the best interest of the group. Please clear all activities through the coaching staff prior to participation. Remember that injuries suffered from non-athletic department related activities may result in the reduction or loss of athletic scholarship.

### **HAZING/INITIATION:**

Hazing and/or initiation are not permissible. Team rules, athletic department policies, and California State Law prohibit hazing.

### **ALCOHOL, DRUG, AND TOBACCO POLICY:**

Alcohol, drugs and/or tobacco and athletics are not compatible. The Fresno State Men's Tennis Team will be prohibited from alcohol/drug/tobacco consumption in any form in conjunction with any university sponsored function. Any players found in violation of this rule, either caught smoking, drinking, drunk, or displaying ill-sided effects of alcohol or drug use at or during school sponsored functions will be removed from the event and required to meet with the coaching staff for further disciplinary measures. If you are under 21, California State Law stipulates you are not allowed to drink at all. No alcohol will be allowed on road trips. You may not order alcohol with you meal even if you are of age. No alcohol 48 hours before a match. If any player is found to be in violation of the alcohol, drug and tobacco policy, they will be suspended from practice and/or games and may be removed from the team. We have goals that require us to be at our best at all times.

### **EVERYONE:**

Be smart. Don't put yourself in situations where people are going to get in trouble (whether you are drinking or not). Encourage each other (and hold each other accountable) to make the right decisions. If a teammate is making the wrong decisions that don't help the team, let them know right away before they or you get into trouble.

I am aware that what I expect of you as part of this program is not necessarily what's expected of normal college students, but none of you are normal. You have been given an opportunity that nobody else on this campus (and very few people in the entire world) are given. It takes sacrifices and commitments, but the rewards are far greater, believe me. To be extraordinary, you have to be willing to do things that others are not willing to do. This opportunity is a short window of time in your life, so be willing to make the most of it. Put the opportunity to be part of something truly special and bigger than just you (our team and program) first in every decision you make on this front.

### **RECRUITING:**

You may be asked to be a host for a potential student-athlete on a campus visit. You are expected to treat the prospect with respect and use sound judgment. Specifically, you are required to follow the guidelines you will sign at the beginning of the visit. We expect you to oversee the prospect while they are in your presence and expect you to treat them in a responsible and professional manner. You are to immediately notify a member of the coaching staff should you have any questions during the visit or problems (pertaining to the guidelines set forth or otherwise).

Student athletes are not allowed to comment to others outside the program about who we are recruiting, visits, or signings.

### **DISCIPLINE:**

If rules are broken or inappropriate behavior takes place, the individual and/or team will have to pay the consequences. Extra conditioning, suspensions, or removal from the team are all examples of discipline. The coaching staff reserves the right to discipline as they see fit. We can't afford any DISTRACTIONS, and the consequences handed down for any issues will reflect that.

### UNWRITTEN RULES:

1. BE POSITIVE!
2. No Complaining or negative comments.
3. Have Fun and be high energy.
4. Live in truth
5. Get better (tennis, school, as a person).
6. Truly care about and love each other.
7. Be patient with one another.
8. Speak to each other with respect.
9. Rotate who you hit with at practice each day.
10. Be ready to stat matches if you are not playing.
11. Run in after breaks on switchovers.
12. Bring the "juice" first 20 minutes of practice
13. Be ready to play any spot or with any partner at all times.
14. Encouraging personal comments to the court next to you.
15. Always be early.
16. Treat your equipment with respect.
17. Be proud of Fresno State and our program.
18. Hustle in when a coach calls it in (no walking).
19. Physical therapy and treatments should take place prior to and/or after practice.
20. If you are not playing, pay close attention and support those who are.
21. When a player or coach yells "Go Dogs"... respond with one right back.
22. When you are on "team time" put your phone away.
23. Say hello to other athletes, coaches, administration, and others when walking on campus.
24. Always say thank you and show your gratitude for what you are given as a lot of people spend more time and energy on you than you might realize.
25. Look people and/or opponents in the eye when you shake their hand and give them a firm grip.
26. Win or lose we will congratulate our opponents and wish them luck by shaking their hands after the match as a team.
27. Show class in all situations (victory, defeat, good times and bad).
28. After a match, we will spend a few minutes before our final meeting thanking those who came to support us.
29. Ask before you act.
30. Always tell the coaches the truth.
31. Always think about how your actions will affect your teammates, coaches, program, and family before you act.
32. Respect the coach's decisions, realizing that you may not see the full picture and we always have yours and the team's best interest at heart.
33. The opportunity to be part of this program is something special. Don't take each other, your coaches, or any part of this opportunity for granted. Be proud to be a Bulldog!

**ACKNOWLEDGEMENT:**

I have read and understand the Fresno State Men's Tennis Program Policies and Procedures/Code of Conduct and agree to abide by them as a member of the Fresno State Men's Tennis Program.

**NAME (PRINT):** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_