

2019-2020 UGA TENNIS PLAYER HANDBOOK



UPHOLDING THE STANDARD OF EXCELLENCE OUTLINED IN THIS
HANDBOOK IS A PROVEN PATHWAY TO A
NATIONAL CHAMPIONSHIP

GEORGIA

TENNIS

8 NATIONAL CHAMPIONSHIPS

41 SEC CHAMPIONSHIPS

PRACTICE RULES AND EXPECTATIONS

- Give your best **EFFORT** with a **POSITIVE** attitude each and every day, embracing challenges and competition. Always finish practice on a positive note
- Be coachable: Accept coaching and correction with an open mind knowing your coaches want the best for you and the team. When a coach corrects or critiques you it is important to understand that coach is correcting the player and not the person.
- Be respectful of coaches, teammates and support staff.
- Be prepared: Have all equipment ready and bring everything you need for practice outside. Multiple racquets, towel, hat, wristband, etc. The only reason to go back inside during practice is to use the bathroom.
- Be early: Arriving 15 minutes early for practice is the expectation. This is the time to prepare mentally and physically for practice and spend time bonding with your teammates.
- No phones at practice, weights or in team meetings.
- When a coach is talking or explaining what is next, listen and give them your undivided attention. It shows respect but also saves time by ensuring everyone understands and is on the same page.
- Pick up all balls, cups, towels and trash at the end of practice. Leave the place clean. This goes for at home and on the road.
- No clock watching. Don't ask how long we are practicing for or when we'll be done. IF you have something that you need to leave practice early for, notify a coach at least 24 hours before.
- Practice is closed to the public unless approved by Coach Diaz. This includes family, girlfriends and other friends.

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GEORGIA LINEUP PHILOSOPHY

It is important for you to understand how you will be evaluated. The following criteria, in no order of importance, will be used in establishing our lineup:

1. **Practice match results**: Will be taken into consideration. Practice matches are not everything but they are important and they do matter.
2. **Tournament results**: Your individual tournament results help in determining an order to the lineup.
3. **Intensity, effort, enthusiasm, positivity (Great attitude)**.
4. **Production**: If a player is not producing and playing up to their potential, the coach always has the power to make the necessary changes to insure the team is successful.
5. **Health** of the players will be taken into consideration.
6. **Confidence** (self-confidence AND confidence you earn from coaches).

These elements will be continuously evaluated to establish our lineup. The coaching staff wants to win as much, if not more, than you do and every decision made will be what I believe is best for the team. These are not easy decisions and a lot of thought and consideration go into every lineup decision. I don't expect you to be happy about every decision but I do expect the following:

1. Handle each decision in a mature and respectful manner.
2. Put the team first. Georgia Tennis is bigger than any one individual.
3. Be supportive of your teammates on the court.
4. Work to improve the areas of your game that are keeping you from playing in a certain spot.

THE TEAM COMES FIRST

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DUAL MATCHES

A Georgia Bulldog tennis player has a reputation for his tenacity, for having a big heart and for being about excellence. When we occasionally lose we act like the champions that we are and we know we CAN and WILL come back a better team. Defeat makes us come together and work harder, sacrifice more and become even more determined to reach our goal.

It is important for the players that lose not to get too dejected about their own loss. The team match is always more important. The expectation is you get back up and show your undying spirit to your teammates still competing. No one is exempt from cheering. The players not on court are responsible for bringing a high level of energy through your support and encouragement for your teammates. Make a difference in the stands!

Things to remember and expectations on match days:

1. Always bring the entire and correct uniform. Weather is often unpredictable and you need to be prepared for both warm and cold weather.
2. Focus on the task at hand; Be at the Dan Magill Tennis Complex at least 1.5 hours before the start of the match OR whenever the athletic trainer needs you there.
3. Take pride and do a good job warming up. The match begins in the warm up. Spend time on both physical and mental preparation. It is YOUR responsibility to be in a good mood and the right frame of mind to compete your best.
4. Whether you have been in the lineup in recent matches or not, always be prepared to play if called upon.
5. Hydrate and eat well. Nutrition is critically important to your ability to perform at your highest level.

RESPECT EVERYONE, FEAR NO ONE

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SOCIAL MEDIA

The University of Georgia Athletic Association supports student-athletes' use of social media such as Facebook, Twitter, and Instagram in a constructive and positive manner. While you have the right to express opinions outside of your participation in athletics, you should remember that many members of the public view you as a representative of the University of Georgia and the UGA Athletic Association at all times. Therefore, your social media activity reflects not only on yourself, but your team, your coaching staff, and the University of Georgia.

In any situation in which you are acting as a representative of the Athletic Association or holding yourself out as a UGA student-athlete, you may be subject to program discipline based on materials and statements posted online. For example, you may be subject to program discipline for social media activity that violates team rules; includes derogatory or defamatory language about others; reveals confidential team information; constitutes a credible threat of serious physical or emotional injury or creates a serious danger to another person; describes or depicts unlawful conduct, including assault, abuse, hazing, harassment, or discrimination; solicits the sale, possession, or use of illegal or banned substances; or otherwise constitutes conduct that is illegal or otherwise prohibited by NCAA, SEC, or University policies or rules.

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**This is an addendum to the UGA Student-Athlete Handbook. Athletes are required to adhere to all rules in both handbooks.*

GENERAL RULES AND EXPECTATIONS

1. No drugs of any kind unless prescribed by our Athletic Department Doctor. See drug policy.
2. If you wake up and feel too sick to attend class, you must notify our Athletic Trainer and Academic Counselor immediately.
3. Check weekly schedule for practice, weights/conditioning and academic requirements. It is your responsibility to know what is coming up. You are expected to attend all team functions unless told otherwise by Coach Diaz.
4. No girls allowed in your hotel rooms on the road.
5. Dress appropriately for travel and team dinners on the road.

What the coaching staff expects from you:

1. Effort- in the classroom and on the court. Be the very best you can be.
2. To strive to be a champion and carry on the great tradition that has been built before you.
3. Honesty- Be honest in all your dealings with your teammates, coaches and support staff.
4. Loyalty- Be loyal to your coaches, teammates and The University of Georgia.
5. Respect- Be respectful to your teammates, coaches and support staff.
6. Be coachable- Listen, learn and apply what the coaching staff is asking you to do.
7. To develop a feeling of camaraderie, unity and a "spirit of family".

What you can expect from the coaching staff:

1. Honesty and loyalty in all of our dealings.
2. To provide the leadership, positivity and coaching necessary to achieve the team's goals and your individual goals.
3. That all decisions will be predicated on what is best for the team and then what is best for the individual. THE TEAM COMES FIRST.
4. To be available to you at any time and for any reason.
5. To be firm, but fair and consistent in all of our dealings.

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Team Covenants

Our success starts with our commitment to each other and to this TEAM. To hold each other accountable so we can continue our tradition of EXCELLENCE, we will commit to the following team guidelines:

1. Always be on time for practice, tutors and mentors. 5 minutes for tutors and mentors, 10-15 whenever possible for practice. This is the time we come together and prepare to have a good practice.
2. Work Hard- We have limited practice time so every player needs to be locked in giving 100% energy and focus for the entire practice.
3. Attitude- Be positive at all times and positively influence your teammates each day. Embrace adversity and tough competition daily with positivity and composure.
4. Enthusiasm- it is contagious, but unfortunately, so is negativity. Encourage your teammates to be at their best every practice and every match.
5. Togetherness- Go out of your way to make time for each other to build relationships, especially those we have differences with. Be inclusive of all teammates during team activities outside of practice. Commit to being a TEAM player.
6. Toughness and Grit. The tradition of this program are these two words. Embody them. The tougher the situation, the bigger the reward. Embrace the tough moments. It will set us apart. Love The Battle!
7. No complaining, whining or bitching- There should be none of this regarding conditioning, weights, practice or decisions regarding the lineup. If you have something to suggest or wish to provide input, do it in a positive way. Be solution oriented. Coaches' door is always open.

8. Trust your coaches and teammates when they call you out or try to keep our Standard high. We all have moments when we slip or we are not at our best. Be open and receptive to the rest of the team when they try to help us through the tough times even if it is not what you want to hear at the moment.
9. Lead. Everyone has a valuable role on this team. Leadership is taken, not given. Be THE Man.

I _____ commit to these covenants. Go Dawgs!