



***Nevada Women's Tennis Team Rules
2018-2019***



Rule 1

Always put your teammate first before yourself. When you learn how your actions affect others, you will truly be a team member.

Rule 2

Treat others and yourself with respect. Never be verbally or physically abusive on and off the court. Always treat your teammates, your roommates, the coaching staff, the administration, your opponents, and the facilities with the most respect.

Rule 3

You are responsible to get a good night of sleep and to eat healthy in order to maintain a positive attitude while training as a member of the Nevada Women's tennis program. Discipline and time management are critical for your success at the national championship level.

Rule 4

Your teammates rely on you to be honest and supportive. Always regard the valuables of others as your own. Never borrow a teammate's material possessions without asking.

Rule 5

All athletes must conduct themselves as a member of the Nevada athletic family; therefore as a collegiate athlete no consumption of alcoholic beverages or use of drugs, or activity of any kind that would dishonor the reputation of one's self, the tennis team, the coaching staff, or the Nevada Athletic will ever be tolerated.

Rule 6

Team players must arrive on time for practices and matches. To be on time means arrive 5 minutes early before the required scheduled time for any tennis event or meeting.

"If you are on time, you are late."

Rule 7

All athletes are required to be present at any scheduled activity, or mandated by the coaching staff. Players have to contact the head coach for permission to miss a scheduled activity.

Rule 8

In case of illness the athlete must contact the coaching staff and the trainer to be excused from practice. The trainer may want the athlete to see a doctor or may have a medication that will help the athlete recover faster. The trainer will decide if a player can miss practice.



Rule 9

Injured players are required to be getting appropriate treatment in the training room before or after practice. The players need to check in with the trainer every single day and the trainer will report to the coaching staff (the trainer will set up the time with the player.) The athlete should be respectful of the trainer and any medical staff at all times.

When feeling sick, the players have to check with the trainer whether they can practice or not. The trainer and only the trainer can decide if a player is excused from practice.

Rule 10

Injuries caused by any extra high-risk activities such as skiing among others, could not only affect yourself and your scholarship, but your team.

Rule 11

The English language will be spoken at practice, on the road trips or anytime the team meets as an official representative of the University of Nevada, Reno.

Rule 12

The same team uniform is required to be worn for all matches.
Only Adidas clothes are to be worn when practicing.

Rule 12 b

Nevada attire is required to be worn during practice, weights, and conditioning in a properly manner.

ABSOLUTELY NO RED EVER!

Rule 12c

As soon as you break your strings, it is the players' responsibility to give the racquets to the coaching staff that same day, otherwise, you will be accountable to get it restrung yourself.

Please let the coaching staff know as soon as you need new shoes, since we have to let the equipment room know, and it can take a few days.

When taking grips in the equipment bag, make sure to let one of the coaches know if we are running low.

Rule 13

When traveling, players are representing the University but also the community, and are required to wear Nevada gear, which means wearing the same sweater, pants, and shirt (driving or flying).

Rule 14

Any athletes in charge of university equipment will be responsible to replace any losses.

Rule 15

Please get a hold of the coaching staff before or after practice for personal issues, practice time is very valuable and cannot be used for such reasons.



Rule 16

Support your teammates' matches when your own match is over. If you are not playing in the line-up, support your teammates with as much pride as possible.

Rule 16b

If you are not in the line up, and present at the match, keep your tennis shoes on, and be ready to play at any time, you never know if a player can get injured, or if the line up will change.

Rule 17

Always bring a positive attitude, it can only help you.

Rule 18

Cursing abusive language, in any language, ball abuse, or racket abuse will never be tolerated at anytime, anywhere. Be proud and play with integrity. Let everyone know you are a class act whether you win or lose. Be proud to be part of the WOLFPACK FAMILY.

Rule 19

On road trips all players must shower after playing. Carry extra clothing to change and to stay warm in inclement weather.

Rule 20

Family and friends are welcome to attend away matches when the team is spending the night as long as the player's guests are willing to spend the night in their own room.

Family members are welcome at all times to the scheduled competitions on the road and are welcome to be with the team at all times.

Rule 21

On road trips no incoming or outgoing telephone calls are permitted after 11:00pm.

Rule 22

Road trip curfew is 10:30pm. All players are expected to be in their assigned rooms after this time.

Rule 23

All athletes competing in away matches are required to travel in the official Nevada vehicle except in cases of injury or official tournament transportation.

Rule 24

Be accountable to the coaching staff at all times. They want the best for you, and you want the best for your team.



Rule 25

Intimate information regarding the personal lives of your teammates, other student athletes, coaching staff, and administration of the University of Nevada, Reno is not to be shared with anyone. As a Nevada athlete, it is your responsibility to maintain privacy at all times when regarding the personal lives of all of the team as a whole.

Rule 26

The name student-athlete starts with student; therefore you are responsible to maintain a GPA of 3.0. If the GPA drops below the 3.0 mark, the student-athlete will have one or more of these followings sanctions:

1. Mandatory study hall- tutoring
2. 5:00am mandatory weight training, running
3. Suspension from practice
4. Suspension of dual match play
5. Suspension from the program
6. Complete loss of scholarship

Rule 27

All student-athletes are required to attend all scheduled classes. Only excuses for classes are illness and team travel. The Nevada Women's tennis team has always been one of the top teams having the best school GPA, be proud of the legacy, and make sure we will maintain it as a team.

Rule 28

All new players' freshman or transfer students have a mandatory study hall, 6 hours a week at the academic center. Students with a GPA below 3.0 at any time will also be required to attend 6 hours a week. A mandatory meeting is required each week with your academic advisor.



Rule 29

Any disregard for the team rules may result in one or more of the following described up above.

Rule 30

If you get arrested, you will be asked to tell your coaches, and sanctions will follow (being arrested by the law enforcement, getting caught with a fake ID, Minor in Possession, Minor in Consumption...).

Rule 31

The use of cell phones is prohibited from the start of practice, until the end of practice, including tennis, weights, conditioning, and most importantly, during matches. In case of emergency, please tell one of the coaches.

Rule 32

If you decide to not return for the spring semester after spending the fall semester for no medical or "valid" reason, you will be asked to reimburse all the expenses that were already spent for you personally (plane tickets, hotel rooms, equipment, etc.)

Rule 33:

The person responsible for breaking anything at the tennis facility will personally replace the equipment.

Rule 34:

The recreational use of Marijuana is legal in Nevada. However, The university of Nevada and the NCAA prohibit it. It will show up on your drug test, and sanctions will apply.



Team Contact:

Coach

Guillaume Tonelli

775 250 9248

guillaumet@unr.edu

Assistant Coaches

Claudia Herrero

775 846 0684

clau_51423@hotmail.com

Strength Coaches

Rebeca Marchand

971-338-8453 Cell

rbcmarchand@gmail.com

Athletic Trainer

Bradley Weitzel

C: 774-279-2923

bweitzel@unr.edu

Academic Advisor

Nikita Amy

namy@unr.edu

Office: 208-582-1166



WOMEN'S TENNIS FALL 2018

WEEKLY TENNIS PRACTICE/CONDITIONNING/WEIGHTS SCHEDULE

Monday:

6:45am-7:45 am : weights - everybody
1pm – 4 pm : tennis/ conditioning: everybody

Tuesday:

6:30 am – 7:15am Conditioning
12pm – 2:30 pm: tennis/ conditioning: Marta, Maria, Nastya, Lili
1:30pm – 4 pm: Melissa, Adriana, Kristina, Selina

Wednesday:

6:45am-7:45 am : weights - everybody
1pm – 4 pm: tennis/ conditioning: everybody

Thursday:

6:30 am – 7:15am Conditioning
12pm – 2:30 pm: tennis/ conditioning: Marta, Maria, Nastya, Lili
1:30pm – 4 pm: Melissa, Adriana, Kristina, Selina

Friday:

6:45am-7:45 am : weights - everybody
11am – 11:45am: conditioning
12pm: tennis: everybody



2018/2019 University of Nevada Women's Tennis Schedule

Fall 2018

September 27th-30th	Cal Invitational	Berkeley, CA
October 10-14	Regional Championships	Las Vegas, NV
November 2-4	Santa Clara Invitational	Santa Clara, CA

Spring 2019

January 13 th - 17 th	Training Camp	Palm Springs & San Diego, CA	
January 18 th	UCSD	San Diego, CA	2pm
January 19 th	Point Loma U.	San Diego, CA	12pm
January 26 th	Grand Canyon U.	Phoenix, AR	11am
January 26 th	Arizona Christian U.	Phoenix, AR	4pm
January 27 th	Southern Utah U.	Phoenix, AR	10am
February 8 th	UC Santa Barbara	Santa Barbara, CA	10am
February 9 th	Long Beach U.	Long Beach, CA	11am
February 10 th	UC Riverside	Riverside, CA	11am
March 1 st	Pacific	Stockton, CA	12 pm
March 2 nd	UC Davis	Davis, CA	11am
March 14 th	UC Santa Cruz	Santa Cruz, CA	3pm
March 15 th	Saint Mary's U.	Moraga, CA	1pm
March 16 th	San Francisco U.	San Francisco, CA	TBA
March 22 nd	Northridge U.	San Luis Obispo, CA	12pm
March 23 rd	Cal Poly U.	San Luis Obispo, CA	11am
March 29th	Sacramento State U.	Reno, NV	10am
March 29th	Sacramento state vs. Sonoma St.	Reno, NV	3pm
March 30th	Sonoma State U.	Reno, NV	11am
April 5 th	UNLV	Las Vegas, NV	11am
April 7th	San Diego State	Reno, NV	11am
April 13 th	Cal State Stanislaus	Turlock, CA	12pm
April 14 th	Fresno State	Fresno, CA	11am
April 20th	San Jose State	Reno, NV	11am
April 25 th – 28 th	MWC CHAMPIONSHIP	San Diego, CA	TBA



University of Nevada, Reno Student Athlete Conduct

Being a student-athlete is a privilege not a right.

As a student-athlete at the University of Nevada, Reno, you are a representative of not only your team, but also the athletic department and the university. As such, you are highly visible on the local, regional, and national level. Therefore, you are expected to uphold the standards of conduct that have been adopted by the University. In addition, you must also uphold NCAA, MWC, athletic department and team policies.

Any violation of these policies or violations of state or federal laws may result in sanctions that include lost practice opportunities, participation termination, team suspension, reduction or termination of athletics aid, and/or dismissal from the team. All sanctions will be commensurate with the severity of the violation as determined by the athletics director and the head coach. In addition, you may be required to participate in assistance programs to address any behavioral issues.

Name: _____

Signature: _____

Date: _____

Life is way too short, smile, be happy, and enjoy every moment of it.

The 3 D's: dedication, desire, and diligence

The three P's: persistence, patience, and passion



I _____ have read and understood all the rules and consequences of the Nevada Women's Tennis Team.

Signature

Date



What are your goals for this fall?

What are your goals for this spring?

Which type of game you think would be most effective for yourself?