



Mira Monte High School

Girls & Boys Tennis 2024-25

Varsity Coach: Sander Strother

Assistant coach Michelle Aleman (Girls) & Jaime Bravo (Boys)

Sander_Strother@kernhigh.org

Room 1402 – I teach Algebra & Geometry

Welcome!

Tennis is a fun sport that requires NO prior knowledge. The school will provide all the necessary equipment and teach you how to play. The girl's season will begin August 5th at 9am (before the school year begins). The boy's season will start in late January (a week or two after the Christmas break).

Communication: I am using an application called Remind®. Girls can text "@4b8kah3" to 81010 to get in the loop. To get out of the loop, just reply "STOP" to one of the messages 😊. Boys text "@3fgdaa" to 81010 (However you might want to wait until June, it is currently boys' season and you will get this year's messages!)

Parent and Student Meetings: Parents and team members can contact me any time with questions at the number provided above or at sander_strother@kernhigh.org.

Participation: All players need to have a sports physical and fill out the sports packet on Sportsnet. <https://sportsnethost.com/mira-montehs-parent> (accessible under "athletics" on the Mira Monte website).

Practices: Conditioning will begin August 5th. We will likely begin at 9:00 am, but this time is subject to change (updates through remind). Students need to participate in at least 10 practices before they can play in matches.

Practice goals: During practices we will develop basic skills, work on tennis strategy, work on conditioning, and develop our team ladder. The varsity and JV ladders will be determined by 1 set matches that take place between the players. If you win you move up, if you lose you move down. Once league play begins, challenges and ladder movement will be limited.

Schedule: I do not yet have a schedule for the year. Conditioning will last two weeks. If it is too hot 105*+ then we will not practice outside, but we may still do some work in the gym.

Team level: The varsity team will play 8 players at each match, but the team may include up to 10 athletes (only 9 players can travel to an event). The JV team can be large, but only 8-10 athletes will play in any given match. We will determine the varsity and junior varsity players by the end of August/February. However, some boys/girls may be shifted from junior varsity to varsity as needed during the season. We do not anticipate "cutting" any players that want to participate.

Matches: Team matches will consist of 6 singles matches and 3 doubles matches. Each team must play at least 8 girls/boys. Each match will be two sets, with a tie breaker to decide the match if players split sets. The first team to win 5 matches will be the winner, but all matches will be completed regardless of the score.