

MEN'S TENNIS

OLD DOMINION UNIVERSITY

SPRING, 1981

This booklet belongs to _____

SS# _____

CONTENTS

The enclosed information is designed to help you as a member of the Old Dominion University Tennis Team. This is not the whole story, but it will help. Read and study the information. You will be asked about it. Do not avail this booklet to non-team members. The booklets will be taken back up.

ACADEMICS

As a student athlete at Old Dominion, your #1 priority has to be academics. You must maintain at least a 2.0 average in order to receive a scholarship and pass 12 hours (minimum) per semester in order to be eligible. Naturally your goals should be much higher than these minimum standards.

A few things to remember about academics at Old Dominion:

1. Always check with Tony Hage if you have any problems with classes, scheduling, Drop/Add and etc.
2. Before you drop or add any class, you must have Tony Hage's permission.
3. Study Hall is mandatory for anyone with an average below 2.25.
4. Anytime you have to miss a class for an O.D.U. dual match or tournament, please fill out a class absence form at least one week in advance. These forms may be obtained from the secretary in Room 192.
5. It is very important that we don't miss any classes other than the ones we miss for an official O.D.U. tennis match or tournament.
6. If you are having problems in a particular class or subject area, please see the coach before it is too late to do anything about it.

INDOOR COURT

The indoor blue tennis court can be used by team members during the three week conditioning period (January 19 - February 6). Due to classes, recreation, intramurals, women's basketball games, wrestling matches, and etc., the best time to use this court is 6:00am. It is possible that the court may be left out from 6:00am til 9:00am on some days.

If you wish to use the indoor court, please get approval from

1. the coach
2. then check with Jack Smith about which day you plan to use the court.

You may have to roll the court out, but Jack may leave it in the gym the night before if scheduling permits.

*come in @ 2:00 pm in order for coach to contact
Jack Smith*

SCHEDULE

PRACTICE

MATCHES

Enclosed is a copy of our Spring match and practice schedule. Basically we will make every attempt to practice six days a week as soon as outdoor practice begins. Of course a match will count as one of these six days, but we will try to avoid missing two days in a row without playing or practicing.

It is important that each athlete remain flexible during the Spring in terms of weekends and practice times. If we are rained out and can't play one day, that will serve as the one day we miss, therefore we must practice the next six days.

1981 O.D.U. SPRING TENNIS PRACTICE

January 19 -
February 6

Conditioning practice at 3:00pm
each day Monday through Friday.
Team will meet on the North Balcony
of the H&PE Building.

January 20 -

Team picture

February 9 -
February 27

Indoor practice at the Tidewater
Tennis Center, 5:00am each morning
Monday through Friday.

March 3 -
April 26

Outdoor practice - team will meet
for practice at 2:30pm each day,
Monday through Friday

1981 O.D.U. MEN'S TENNIS SCHEDULE

February	21	ALUMNI	Home	7:00pm	Tidewater Tennis Center
	28	N.C. STATE	Home	1:00pm	Tidewater Tennis Center
March	8	CITADEL	Away	9:00am	
	9	SOUTH CAROLINA	Away	2:00pm	
	11	CLEMSON	Away	2:00pm	
	12	FURMAN	Away	2:00pm	
	16	ARMY	Home	2:30pm	ODU Courts
	18	RICHMOND	Home	2:00pm	ODU Courts
	20	GEORGE WASHINGTON	Home	2:00pm	ODU Courts
	21	NORTH CAROLINA	Home	2:00pm	ODU Courts
	23	N.C. STATE	Away	2:15pm	
	25	GEORGIA TECH	Home	1:00pm	ODU Courts
	27	NAVY	Home	2:00pm	ODU Courts
	29	PENN STATE	Home	11:00am	ODU Courts
April	1	CORNELL	Home	2:00pm	ODU Courts Tennis Center
	3	WILLIAM & MARY	Home	2:00pm	ODU Courts Tennis Center
	5	EAST CAROLINA	Home	1:30pm	ODU Courts
	7	VIRGINIA	Home	2:00pm	ODU Courts
	11	MADISON	Away	1:00pm	
	12	VIRGINIA TECH	Away	1:30pm	
	14	HAMPTON INSTITUTE	Away	2:00pm	ODU Courts
	22	HAMPTON INSTITUTE	Home	2:00pm	ODU Courts
	25	GEORGE MASON	Home	1:00pm	ODU Courts
	26	MARYLAND	Home	1:30pm	ODU Courts
May	1-3	MICHELOB LIGHT INTERCOLLEGIATE SINGLES CHAMPIONSHIP San Diego, California			
	18-23	NCAA DIVISION I TENNIS CHAMPIONSHIPS Athens, Georgia			

PRESS

PUBLIC RELATIONS GUIDANCE FOR ODU ATHLETES

Recent events involving Old Dominion University athletes and certain sports writers have shown the desirability for delineating proper relationships between coaches, athletes and news media.

While by far the bulk of stories written about ODU athletes has been positive and favorable, it must be pointed out that at least one athlete is now involved in litigation with a sports publication and that other athletes and coaches have been less than pleased with the published reports of their interviews.

Confidences have occasionally been breached and quotes have not always been exact. Several factors are relevant to athletes involved in the news gathering process. Basic to all is the right of student citizens to talk or not talk to newsmen. Equally fundamental must be the realization that each person involved, athlete or writer, must bear individual responsibility for their words and actions.

It is obvious that good publicity can enhance an athletic career and that negative stories can be harmful to personal status, team morale and program progress.

The athlete who shoots from the hip when angry or frustrated, who is free with personal confidences, and who disregards the effects of his remarks to newsmen on his coach and teammates should not be surprised to find himself at the center of controversy.

For the benefit of athletes who desire to maintain pleasant relationships, the following guidelines should be useful.

-- Remember that sportswriters are paid for reporting information, whether favorable or controversial, about the sports

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scene. As individuals, some sportswriters will respect confidences while others will not. Some writers enjoy developing controversial articles; others prefer a more positive outlook.

--Any athlete who fails to practice discretion when being interviewed (or otherwise in the presence of a newsman) has only himself to blame if the interview (or related story) is too revealing. No athlete has the right to place the sole burden on judgement on a sportswriter and none on himself.

--When asked about matters better left alone, athletes should feel free to refrain from answering. A "no comment" response is perfectly appropriate in many instances. In other cases, the reply can be directed toward more desirable ground.

--Because of coaches' responsibilities toward their teams and the university, any athlete approached directly by a sportswriter for an interview should do their coach the courtesy of keeping them informed of the request for an interview and its nature. It is obviously particularly embarrassing to coaches when their first knowledge of a player's criticism or discontent comes from reading about it on the sports page.

--The athletes who can be polite and responsive but also discreet and self-disciplined in dealing with the newsmen should find themselves to be consistently pleased with the publicity results.

--Assistance in dealing with sportswriters is available from any ODU coach and from the university's sports information office. Any Old Dominion athlete should feel free to consult his coach, or to visit room 188 in the H&PE Building and discuss a particular situation with the SID. The athletic director and other university

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officials also will be found to be responsive in compelling circumstances.

--It is recommended that ODU athletes approached directly by newsmen for interviews explain to the newsmen that the athletes would prefer, as a courtesy, that the interview would be arranged through either their coach or through the ODU sports information director.

MORALE

Team and individual morale is a critical and important part of any athletic team. Rumors, suspicion, incorrect assumptions and etc. can demoralize individuals and cause general team disention.

Everyone has a different personality, background, interests, and etc. If we all realize this and treat team mates as we wish to be treated, then a team can be a true unit and more than just individuals. It is every team mates responsibility to help keep up team morale.

Suggested reading:

If

by

Rudyard Kipling

POLICY, RULES, REGULATIONS

POLICY

#1. The first and foremost policy on this tennis team is to CONSIDER YOUR TEAM MATE. No matter what the situation, always be considerate and try to understand a team mate before expressing any dissatisfaction. Not every team member can be your best friend. Remember that every one receives the same points for winning or losing, no matter what position (#1 through #6 singles and #1 through #3 doubles all count the same in a dual match).

#2. Be on time for practice, matches, tournaments, trips and etc. Nothing is more annoying than one or two people who keep everyone else waiting.

#3. Don't miss practice. Arrange your schedule so you can make each and every practice. Dental appointments, travel arrangements, being behind in school work, and etc. are unacceptable excuses for missing practice. If you have an emergency or feel a need to miss practice, see the coach at least one week in advance for possible consideration. Good scheduling and organizing can prevent any need for ever missing practice.

#4. Be prepared. Always have at least two racquets at practice - one should be strung with nylon or a synthetic in case of humid weather. During a match it would be preferable to bring three racquets, but at least two are required.

Keep extra clothes in you locker for cold weather. Extra sweat clothes and some type of hat are a necessity.

#5. Before leaving the courts or a practice, check with the coach. Never leave the courts during a match or tournament until all matches are over or you are dismissed by the coach.

#6. INJURY. Hopefully no one will be injured, but if you are injured see the trainer. Follow the trainers advice and don't stop treatment until he gives the OK to do so.

#7. When you come to practice, be ready to stay on the courts for the duration of that practice. Interruptions during practice are distracting to everyone, so whatever you need to get you through practice, make sure you take care of it prior to practice time. (For example - using the bathroom).

#8. COMMUNITY FACILITY. Anytime we practice or play at any other facility, be courteous. These people are giving us free court time so take advantage of it. Naturally the coach will remove any player who uses abusive language or racquet throwing tantrums.

#9. Don't correct or coach your team mate unless he asks for your advice or help.

#10. STRINGING. Anytime you need to string a racquet, you may use the stringing machine, but only one player is allowed in the equipment room at one time.

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#11. Remember that you are playing beside a team mate or even between two team mates every time we play a dual match. What happens on your court may have an effect on your teammate. Be courteous and at all times pay attention to what is happening on your court, disregarding anything happening on the court beside you.

#12. Any disagreements concerning policy, practices, drills, teammates, academics, housing, courts, nets, volleys, and etc. are not to be aired in public or in front of team mates. See the coach after practice and any problem or disagreement you have will be dealt with.

#13. After every singles match and every doubles match you play, put on your warm-ups immediately. It is very dangerous to let your body temperature drop and cool off too fast. Make this a habit even after a practice match. When practicing indoors, whether playing or conditioning, always put on warm-ups or sweat clothes when practice is over.

#14. Any questions concerning eligibility should be brought to the coaches attention. This could involve anything from summer employment to your academic standing.

#15. Know the rules. In NCAA competition, we play under the USTA rules. All the rules are printed in the yearly edition of rules and regulations by the USTA. The coach has a copy if you need to brush up on any rules on regulations.

#16. CONCENTRATION. Whether during a match or in practice, try to concentrate. Get the most out of every practice session by working hard and try to stay away from unnecessary clowning or chatter. We only have a certain amount of time for practice, the less chatter and the more attentive concentration- the better tennis player it will make of you.

#17. PROFESSIONALISM. Amateur athletes may not directly receive free tennis racquets, clothes, shoes, and etc. A company may donate these articles to the school (through each coach), and then the coach may distribute the equipment to individual team members.

Team Positions

Team positions will be determined by the coach. Heavy emphasis will be placed upon your performance in practice. That includes inner team matches, conditioning, weight training, and everything done in practice. Other areas of consideration are tournament play in the summer or off season and previous collegiate match experience.

Doubles teams will be selected by the coach.

Off-Court Conduct:

Tennis players are bound by all University regulations. Tennis players should avoid "second class" activities and actions that tend to harm individual and team efforts. Pride in yourself and your team should merit good personal conduct off the court as well as while playing.

Any case of stealing, cheating or any number of other second class activities are subject to the discipline of the coach and the school.

1. Attitude: Tennis improvement depends basically on three things: (1) Basic ability, (2) Practice, (3) Attitude. One of the most stimulating things about sports is that with the right attitude you can win when it seems very unlikely.
2. Self Control: Concentration and relaxation are essential in tennis. If you are affected by outside elements, you will eventually regret it. Tennis is not played in a vacuum. Learn to control yourself - the wind blows on both sides.
3. Temper: Temper tantrums are distasteful. Such antics as racket throwing, cursing, hitting balls over the fence, baiting opponents, etcetera, will not be tolerated. The coach will remove any player at any time he deems necessary.

Linecalling: It is the duty of the players to call lines honestly. To call a ball out you must see it hit out. It thus becomes a skill to see lines just as hitting a backhand is a skill. If an opponent hits a shot you can't see you could ask his opinion, yet you should never ask him to "play two".

If an opponent is dishonest in calling shots a procedure should be followed. (1) Give him the benefit of the doubt, we all make mistakes. (2) If it becomes a problem, approach him, politely and inconspicuously at the net and confront him with your convictions - but certainly be a gentleman. (3) If the problems persist approach your coach and a linesman will be solicited.

Continuous Play: Play should be continuous in a 2 of 3 match. According to the rules warm up serves should be taken prior to the first game. In 2 of 3 matches you can require play to be

continuous with no break between 2 and 3 sets. These rules should be understood prior to the match. These are minor points, but if, you express them it may help in your match.