



2026 Tennis- Cut Bank High School

Cut Bank High School

Tennis



SPORTSMANSHIP - PRIDE - TRADITION

Parent/Player Handbook

2026



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Coaching Staff Contacts

Head Coach:

Jim Gregg

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Phone – 788-1902

SportsYou code- FSKY-6QNP (messaging app)

Assistant Coach

Mackenzie Rosenbaum

E-mail- mrosenbaum@cutbankschools.net

Assistant Coach:

Dakota Dosch

E-mail- ddosch@cutbankschools.net

Volunteer Assistant Coaches:

Carl Matt

Dylan Johnston

Leah Gregg



Program Goals

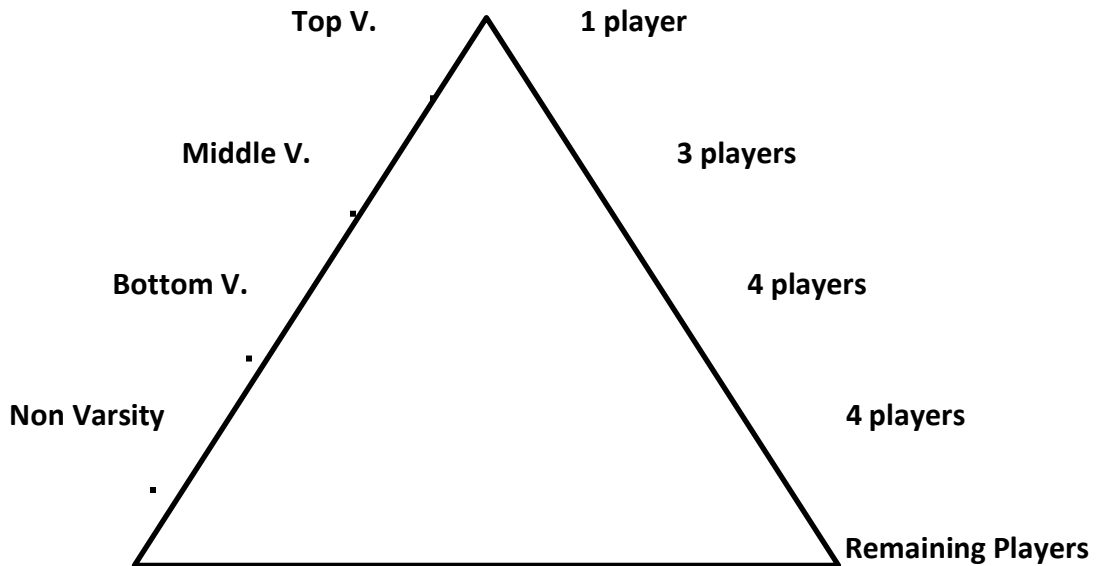
- To reach our full potential as both athletes and people
- To represent Cut Bank High School with sportsmanship and class
- To give every student that wants the opportunity to learn, play and enjoy this great game that opportunity
- To create a learning environment that promotes safety, fun and enjoyment of the game
- Teach and Promote SPORTSMANSHIP through the game
- To challenge all teammates and players to excellence
- To work to meet team and individual goals

Varsity vs. Non-Varsity

Varsity player must be willing to take their game to a more “competitive” level. Varsity members must be committed to competition and skill development. Varsity members must be committed to the ideals of team attitude and effort, work & fun, and dedication to goals.

VARSITY STATUS – LADDER SYSTEM

Four – tiered Step Ladder challenge system





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Program Philosophy

Coaches will be committed to running a no-cut tennis program. Giving everyone the opportunity to learn the game and enjoy playing. We will strive to create an environment that is safe, fun and gives players the chances to grow as both tennis players and athletes. Players will learn commitment, integrity, honesty, loyalty, and most of all sportsmanship.

Expectations of Coaches

Supporters of CBHS Tennis can expect the following from the coaching staff:

- They will be a positive role model.
- They will be a leader and a motivator.
- They will be a firm and fair disciplinarian.
- They will follow the “Team first, individuals second” belief.
- They will be committed to the tennis program, to the team, to the players, to the parents, to CBHS, and to the community.
- They will be positive, supportive, enthusiastic, and encouraging.
- They will be fully prepared and organized for each practice and match.
- They will be honest with players and parents about roles on the team.
- They will communicate well with each other, players, parents, and administrators.
- They will follow and uphold all CBHS and tennis team expectations.

Responsibilities and duties of the coaches

Head Coach: The head coach is the leader of the entire program, and, therefore, ultimately responsible for the overall strength of it. The duties of the head coach are many, but can be categorized into the following:

- Character—the following are character traits that all head coaches should possess. Of course, every individual has his or her own personal strengths and weaknesses. Any weakness in the following characteristics would be an area of personal growth for the individual.
- Professionalism—there are certain professional qualities that all good coaches should strive for. Again, any areas of weakness that a coach possesses should be an area that he or she looks to improve in.
- Good rapport with staff, team, officials, administrators, and parents
- Sets and works to meet personal as well as department goals.
- Supports and is loyal to the entire activities department.
- Team Management—the coach must be able to manage the entire program by showing the following skills:



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- Planning of Practice -Being on Time -Supervision -Time Management -Leadership
- Team Discipline/Control

Assistant Coach: The Assistant coaches will be held to the same ethical and professional standards as the head coach. They will be expected to manage their respected teams, and other duties as assigned by the head coach.

We try to limit our coaching/talking with our players during matches throughout the season, less & less as the season progresses. We feel this better prepares our players for these major tournaments at the end of the season. We believe our players are better able to make match adjustments on their own in these major tournaments because of this. A coach is always watching a match.

A coach will ALWAYS discuss match play with your kids at the conclusion of their matches. We expect all players to report to us relatively soon after their match prior to leaving the tennis court area to discuss their match with us.

Expectations of the players.

- Follow all school, classroom, and team rules.
- We expect all our players to turn in GOAL SHEETS and strive to accomplish these goals during the season.
- We expect all our players to learn the etiquette and sportsmanship aspects of the game and do their best to exhibit these.
- A team first attitude- unselfish, positive, encouraging, and supportive
- A coachable attitude- willing to listen, improve, and accept constructive criticism.
- A loyal commitment to Wolves tennis and the entire program, supporting all teammates and coaches.
- A commitment to give your very best effort, every day-every play.
- Be self-motivated and self-disciplined.
- Be a positive role model- you represent Wolves tennis, CBHS, and the community
- A commitment to strive for the highest level of personal physical conditioning.
- Understand and accept your role on the team.



Expectations of Parents

Parents of athletes in the CBHS Tennis program are expected to adhere to the following expectations:

- Be aware of your player's needs, feelings, and concerns.
- Attend as many matches as possible so you get a full and complete picture of the program.
- Understand the point of: Your player, other athletes and parents, the coaches, and yourself.
- Support the "team first, individual second" belief.
- Demonstrate sportsmanship at all games.
- Show positive support and encouragement for your athlete, for all members of the team, and for the CBHS Tennis program.
- Let 24 hours elapse before initiating communication with the 5-step process below. Do not try to resolve a conflict with a coach before or directly after a game- that will likely create more conflict. Encourage your daughter/son to begin the 5-step communication process:
 - Athlete meets with individual coach and/or head coach.
 - Athlete and parent meet with individual coach and head coach.
 - Athlete, parent, and head coach meet with activity director.
 - Athlete, parent, head coach, and AD meet with principal.
 - Athlete, parent, head coach, AD, and principal meet with superintendent.
 - ~Most of the time a conflict will be solved after Step 1.

Team Rules

It is a privilege to be on the CBHS Tennis Team. Because of that privilege, our players must strive to be the kind of quality athletes that we are trying to teach them to become. To participate in games a player must be in good standing academically, have no disciplinary infractions at CBHS, in the classroom, and on the team; and must have met all team practice expectations during the week. CBHS rules are team rules. We will not deviate from any school rule. We will be 100% supportive of all administrative decisions.

- Academics: All team members must be in good academic standing and passing all subjects for the semester- to be eligible to play on the team.
- Alcohol, drugs and/or tobacco are not allowed at any time during the season or out of season. Our team rule is an extension of the school rule: A player must abstain from smoking, chewing tobacco, drinking alcohol, and the use of any illegal drugs. Breaking



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this rule will result in the immediate removal from the team for the remainder of the season. Players must abstain from attending any gatherings or riding in any vehicles where any of the above substances are present. Breaking this rule can result in the immediate removal from the team for the remainder of the season. This extends to house or outdoor parties.

- Players may not miss practice without a legitimate excuse from a parent, coach, administrator or doctor. If you cannot be at practice, you or your parents must notify your coach by email or text with the valid excuse. Contact information for each member of the coaching staff is located on the first page of this handbook.
- Do not leave word with anyone else.
- Remember, if you can't practice, you can't play.
- Detention and work are unexcused absences. The ultimate decision is left up to the coaches' discretion.
- If a player is late to practice without a legitimate excuse:
 - 1st violation – additional conditioning at the end of practice
 - 2nd violation – suspension from participation in the next game plus additional conditioning
 - 3rd violation – dismissal from the team
- If a player misses practice without a legitimate excuse:
 - 1st violation – suspension from the next game plus additional conditioning
 - 2nd violation – suspension from the next two games plus additional conditioning
 - 3rd violation – dismissal from the team
- Players who will be absent from school will not be allowed to participate in practice or games occurring on that date. Please review the district policy regarding student attendance and athletic participation.
- We, as a coaching staff, will not tolerate any insubordination or back talk toward coaches.
- Players will address each member of the coaching staff as "Coach (last name)."
- We will release any player who does not:
 - Show proper attitude at all times
 - Give their best effort all the time
 - Pass all of their classes according to CBHS and MHS standards
 - Represent themselves, CBHS and the community with quality and class
- Players are representatives of CBHS. Swearing, throwing equipment, cheating and other unsportsmanlike acts will NOT be tolerated. Suspension from one or more contests and/or removal from the team may result from repeated unsportsmanlike acts.
- Players will receive uniforms after the Purple/Gold tournament. These MUST be worn at all scheduled contests, ONLY school uniforms. Players should take good care of uniforms because they are passed on to future teams. Players will have to pay to replace uniforms which they abuse or lose.



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- NOTE: Check the calendar for practice times/location. Check morning announcements or have your player check the CBHS Tennis website for practice or game changes in the event of inclement weather.

“Know Your Team Rules as Well As The Consequences for Breaking Those Rules”

Unwritten Rules

- Be five minutes early – meetings, practice, and games.
- Hustle everywhere.
- If you are not playing, cheer for those who are.
- Always tell your coaches the truth.
- Lend a hand in practice setup and breakdown.
- Turn in your uniform at the end of the season when you are asked to.
- Treat equipment with respect.
- Run when you know you might be late.
- At practice, be focused on the task at hand, not social plans, school problems or an argument you may have had.

Social Networking

We encourage players to exercise caution when using social media. For the purposes of these guidelines, social media means any form of electronics and then communication through which users create online communities to share information, ideas, personal messages, and other contents, including, by way of illustration and not limitation, social networking sites such as X, Facebook, Instagram, and Snapchat.

What is posted reflects both on the student athlete, CBHS Tennis program and the school. Players need to set appropriate boundaries between their personal and public online behavior.

All social media deemed inappropriate is left to the discretion of the coaches and administrative staff.



Parent/Player Signature

I acknowledge that I have read and understood all contents within this packet. If I have any questions, I will direct all inquiries to the coaches in a timely matter. By signing this page, I agree to all rules, expectations, and consequences that have been set forth by the CBHS Tennis Coach and Program.

Player Print Name

Date

Player Signature

Date

Parent Print Name

Date

Parent Signature

Date



Goals/Expectations - 2026



Name _____

Take some time to think about what it is you would like to get out of being on the tennis team this year. We strongly believe in setting goals and thinking about what are your expectations? This covers fitness, strokes, strategies, psychology and performance and personal growth. Goals/Expectations help YOU to focus on short term and long term tasks or accomplishments. Don't list goals/expectations you think the coaches might want to hear and these goals/expectations should be easily measurable. Goal/Expectations sheets are due by the end of the first week of practices. (3/21)

List 5 Individual Goals/Expectations you would like to accomplish this season.

- 1)
- 2)
- 3)
- 4
- 5)

List 3 Team Goals/Expectations you would like to accomplish as a team this season.

- 1)
- 2)
- 3)