

Wolves' Tennis 2026



**Tradition,
Sportsmanship
&Pride**

WELCOME BACK AND WELCOME NEWCOMERS! We are very proud of the Cut Bank High School Tennis program and what it has come to represent over the years. We welcome you as a member of the team. We emphasize **TEAM**, and work very hard at promoting this concept! Tennis is a unique sport in that it has an individual as well as team concept. When you are on the court, you are often all alone, but you carry the pride and tradition of Wolves' Tennis with every ball you hit. **We expect you to carry on this tradition and represent your school and town with the Utmost Show of SPORTSMANSHIP and PRIDE.** Not only do we expect it, we demand it and we know you expect it and will display it too!

What are the goals you have set for yourself this year? Think about what you want to get out of being a member of the Wolves' tennis teams. **FUN** is always a priority, however it doesn't have to be one of your top goals! It's always one of ours as coaches. You'll need to write your goals down, and revisit them often during the season to monitor your progress. Coach Gregg has posted his 2026 personal goals on our tennis website. Check the website for this information. You will need to turn your goal sheet in by the end of the first week of practice. **Make sure your goals are something that is measurable.** Example, I will split step at least 90% of the time. If not, you will need to do some EXTRA running / training until you have it in. You can find the [Goal Sheet](http://cutbanktennis.com) on the Cut Bank tennis website. <http://cutbanktennis.com>

Our coaching philosophy has been and will continue to be:

"Tennis is a life-long sport! We will do our best to teach you the skills required to play and **enjoy** the game. This game is a lot of fun! We encourage everyone to have fun while they play.

We demand a lot more from those who plan on playing for the Wolves' **VARSIITY TEAMS.** **To be a varsity player takes commitment, dedication and a competitive spirit.** It takes a **team attitude and effort.** We want you to push each other to the top! **Welcome the opportunity to challenge other players and be challenged by your teammates. Challenge matches strengthen not only your own play, they strengthen the play of your teammates! To be a member of the final tournament(s) team, you must have challenged at least three (3) times during the season and successfully reached the top eight players list going into the final week of regular season match play OR already reside on the top eight players list and retained that position going into the final week of regular season match play.** If you want to compete on the varsity level, we expect you to be committed to these ideals and the opportunity to challenge or be challenged to reach the top of your game. **Don't wait until the final three-four weeks of the season. Get started early and challenge every week.**

We practice outdoors whenever possible. If the courts are dry, we will be outside. **Even in cold times, we are outdoors so "DRESS APPROPRIATELY!"** This means **warm clothes, gloves, hats, etc.** Tennis gear will be assigned during the first two weeks of the season. Let Mr. Gregg and the Assistant Coaches know sizes. **(All gear must be checked back in by the end of the season before you can check out of school or you will be charged for the missing gear.)** If the courts are too wet, or the wind is too strong, then we will follow an **indoor schedule.** Become familiar with this [schedule](#). It will be posted on our web site. **Take pride of our courts and help keep the facility neat and clean! Be Proud of it and take care of it. Wolf Pride goes a long ways!**

A varsity team will be chosen after the first week of practice and our Purple/Gold matches. After this team has been chosen, **a challenge ladder system will be used to determine weekly varsity positions.**

All Challenges determine the following week's team and must be completed by Saturday of that week. Challenges for the most part are done on your time, not practice time unless circumstances warrant it. **(Some challenges will be mandatory by coaches and may be done during practice times.)** If a varsity player doesn't make the effort to meet a challenge, they will forfeit their varsity position. Once again, **to be a member of the final tournament(s) team (if you aren't already a member of the varsity eight), you must have challenged at least three (3) times during the season and successfully reached the top eight players list going into the final week of regular season match play.**

Coaches make all determinations of seeds and singles/doubles play for varsity matches. That is our job. We are open to your ideas and suggestions so don't hesitate to make suggestions on doubles' partners or singles play. But remember, we are the coaches and we will have final say. **Our intent is to provide the strongest team line-up possible for the final two tournaments giving us the best opportunity for a strong team finish at these tournaments. We do this regardless if a player is a SENIOR or a FRESHMAN.** Your playing ability and ladder results give us our strongest player line-ups.

You must have a physical exam card turned in prior to your first practice - NO EXCEPTIONS - you can not practice until this is taken care of.

All athletic fees must be paid prior to your first scheduled match. Take care of them if you haven't already done so. You will not play in any scheduled matches if fees are not paid!

An Agreement & Concussion Awareness form must be signed and turned in a.s.a.p. It must be done prior to your first scheduled match, **or you will not play.** The athlete and parent must sign this form to **verify you understand and agree to abide by the rules and regulations of CBHS.** If you've played other sports, you've probably have already taken care of this. We will let you know.

You can find the [tennis calendar with the presently scheduled matches](#) on our web site. If you have any questions or concerns, your coaches are only a phone call, text, email or stop away. Call me or an assistant coach, come see us, let us know what is on your mind. If you would rather talk to a captain, they'll bring your concern or ideas forward to the coaches! We consider it the Captains' job to do this. We want to stress team unity and we won't accomplish this unless we know what is on your mind. **Constantly VISIT and RE-VISIT our web site and the sportsYou communication app for updates and information regarding CBHS Tennis. The Web site and the sportsYou app are our MAIN Communication tools!**

Together we will continue the TRADITION and PRIDE of Wolves' Tennis. Good Luck this year and let's have some FUN!

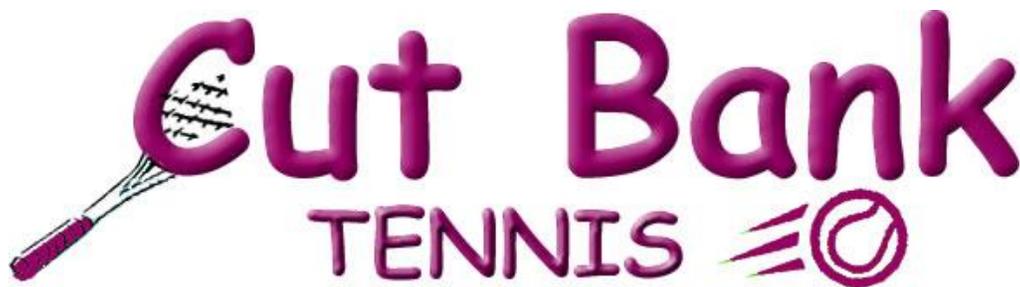
Facts Every Wolves' Tennis Player Should Know and Use At All Times

Tennis has a tradition of sportsmanship, a tradition that can be exemplified by each player every time he steps on a court. **Cut Bank Wolves take pride in exhibiting good sportsmanship!** The Golden Rule "Do unto others as you would have them do unto you" expresses the concept of sportsmanship clearly and simply.

1. Appropriate Tennis clothing:
 - a. Wear shorts/warm ups with pockets!
 - b. Men who play without shirts are considered crude.
2. If you make a date to play (challenge matches) - Be There! and On Time!
 - a. It is particularly poor behavior to break a date or default unless some real emergency occurs.
 - b. It is very poor to break a date because a better opponent happens to come along.
3. When walking to your court, proceed as quietly as possible **outside the fence to the nearest gate.**
4. Wait at the gate until the point of a game in progress on the adjacent court is over. Then walk quickly past that court to your court.
5. **Never walk onto a court where a point is in progress**, even when playing in a social setting (park, school, club, etc.). Always wait until the point is over and then hustle across their court.
6. Players should share the expense of balls, or alternate bringing them.
7. During warm up hit the ball to your opponent so that maximum practice is possible.
8. Both players should warm up and take all practice serves before any points are played.
9. When serving, you should always begin a point with at least 2 balls in your possession.
10. The server should wait until the receiver is ready for both the first and second serve.
11. The server should announce the score after every point.
12. If your ball goes astray on an adjacent court, wait until the point in progress is over and then say "A little help, please".
13. When returning a ball that comes on your court, return it directly to the player requesting it, or roll it gently to their backstop.
14. When receiving a serve, if the ball is good, you return it and say nothing. If the ball is out, you call "out", but don't return it.
15. When a ball lands close to the line be prepared to return it if it is good. In fact, you should return it. If you see that it has bounced outside the proper court, call "out" immediately.
16. Do not talk while the ball is in play.

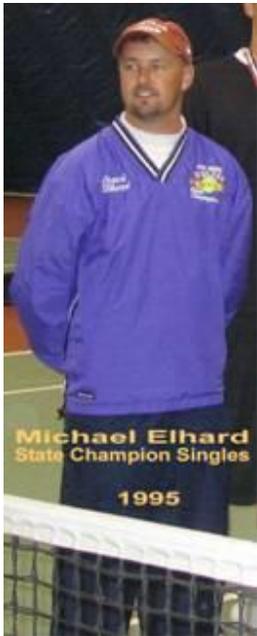
17. When playing doubles, it is poor etiquette and poor strategy to criticize your partner.
 18. Leave your court neat. Remove empty cans, candy wrappers, etc.
 19. Most courts have rules governing their use. Know these rules and follow them.
 20. Occasionally, you should offer to play or practice with players of lesser skill. This is particularly helpful to them and you will be returning a favor that was done for you when you were less skillful.
 21. At the conclusion of a match shake hands with your opponent and thank him for the match. If you lost, congratulate the winner on his victory and wish him good luck on his next round. **Make no excuses for your play.** Recognize the fact that your opponent was the better player on that day.
If you won, be a gracious winner. Console your opponent on his loss and wish him luck on his next match.
 22. Courteous manners and sportsmanlike behavior contribute to everyone's enjoyment of the game as well as the great tennis tradition!
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Good Luck and Welcome to the Pride and Tradition of Wolves Tennis!



DO YOU HAVE WHAT IT TAKES TO JOIN THIS
ELETE GROUP
OF FORTY-ONE (41) WOLVES' STATE CHAMPIONS?

Mike Elhard 1995



Keithan Gregg 2001-02-03-04



Brandon Kavanagh - 2002



Matt Lewis - 2002 & 2003



Brian McDivitt - 2003 & 2005



Kyle Lewis 2004 & 2005

Jeff Larson 2004, 2005 & 2006



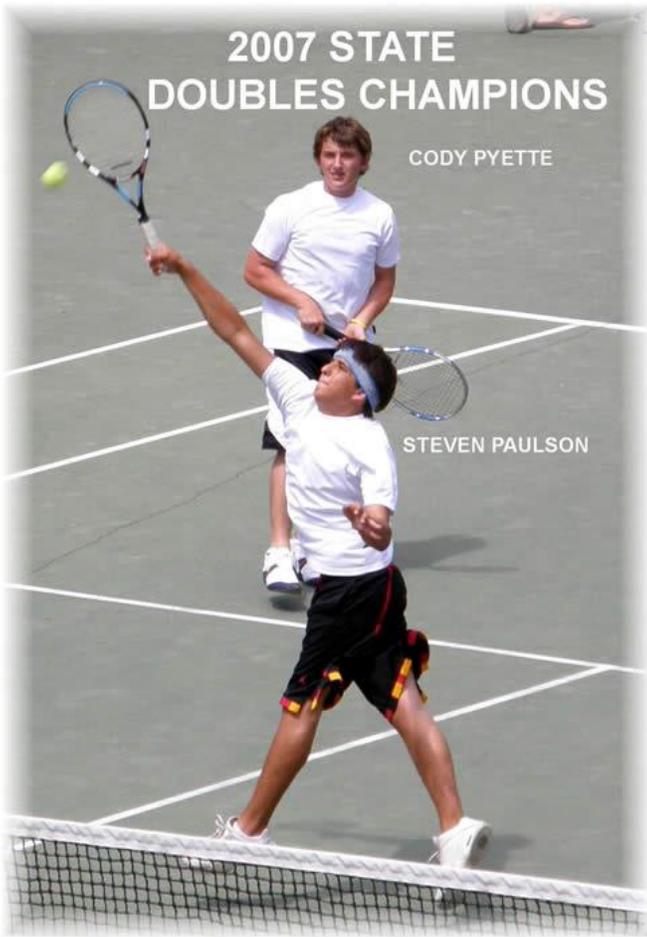
Jessica Jacobsen 2005 Melanie Rice 2005



Steven Paulson 2006, 2007, & 2008 Jeff Larson



Steven Paulson Cody Pyette 2007



Steven Paulson Jeremy Whelchel 2008



Joshua Paulson 2008-09



Spencer Lewis & Jace Kimmet 2009



Jace Kimmet & Nate Kavanagh 2010
Nate Kavanagh - 2010 Doubles Champion



Morgan McDivitt 2010 - 2011
Morgan McDivitt - 2010 Singles Champion
Our first Lady Wolves Singles Champion & a "2" time Singles Champ



Alex Kraft & Jillian Altenburg - 2013
Kayla Kraft & Jillian Altenburg- 2012 Doubles Champion



Alex Kraft- 2013 Doubles Champion



Alex Kraft & Duana Gobert - 2015
Duana Gobert - 2015 Doubles Champion

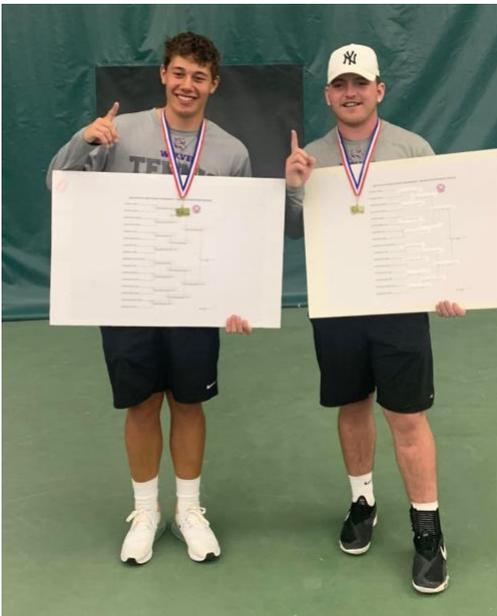
Brett Sneed & Dillon Grey - 2021
Brett Sneed - 2021 Doubles Champion



Eddie Dewert & Dillon Grey - 2021
Dillon Grey – 2021 & 2022 Doubles Champion
Eddie Dewert – 2022 Doubles Champion



Dallas Berkram - 2025
Dallas Berkram – 2025 Singles Champion



Sportsmanship / Pride / Tradition

Wolves 2026 Tennis Practice Schedule

Check Indoor Schedule – if forced to practice inside
This schedule is tentative and subject to change: Check our web site for updates.

WEEK 1: 3/16-21

TBA - 4:00 – 6:30
Open Courts @ 6:30

Concentrate on Ground Strokes & timing.
Add conditioning – footwork
Review/Teach – fundamental hitting skills for ground strokes

After Monday, this week's schedule might be split into 2 practices depending upon number of participants.

Friday: 1st practice 2:45-5:00 or TBA
OPEN Courts @ 5:00

3/21 @ 9:00 am - **Purple/Gold Matches** – Prom Day – **Girls play early**

WEEK 2: 3/23-28

Girls – 4:00 - 5:30
Boys - 5:15 - 6:45
Open Courts @ 6:45

Continue fundamentals on ground strokes, timing & footwork and ADD scoring.
Review/Teach: Serve, volleys – Mental Toughness

Friday - TBA

Friday 3/22 – Possible set up WD Gym indoor courts TBA

Saturday 3/23 – Cut Bank Invitational (Must have 8 practices to participate)

WEEK 3: 3/30-4/4

Boys - 4:00 - 5:30
Girls - 5:15 - 6:45
Open Courts @ 6:45

Continue fundamentals on gs, timing, footwork, serve, volleys – Mental Game.
Review/Teach: 1/2 volleys, approach shot

Friday - TBA

Saturday 3/30 – Conrad Invitational (Varsity 10)

WEEK 4: 4/6-4/11

Girls - 4:00 - 5:30
Boys - 5:15 - 6:45
Open Courts @ 6:45

Continue fundamentals on gs, timing, footwork, serve, volleys – Mental Game.
Review/Teach: 1/2 volleys, approach shot

Tuesday 4/7 – Varsity 12 @ Gt. Falls duals

Friday 4/10 & Saturday 4/11 – Havre Invitational (Varsity 10)

WEEK 5: 4/13-4/18

Boys - 4:00 - 5:30

Girls - 5:15 - 6:45

Open Courts @ 6:45

Continue fundamentals on gs, timing, footwork, serve, volleys, ½ volleys, approach shot, and scoring – Mental Game.

Review/Teach: Overheads / chip (slice) shot - return & chip charge

Thursday 4/16 - Report to gym (TBA) to layout courts indoors Follow Capt. & Coaches' assignments & Practices.

Friday & Saturday 4/17-18 Cut Bank "A" Invitational

WEEK 6: 4/20-4/25

Girls - 4:00 - 5:30

Boys - 5:15 - 6:45

Open Courts @ 6:45

Continue fundamentals on gs, timing, footwork, serve, volleys, ½ volleys, approach shot, slice return, scoring, doubles positioning/footwork – Mental Game.

Review/Teach: Drop Volleys & Lobs Concentration on MATCH play

Friday 4/24 – @ Libby Dual – TBA Var

Saturday 4/25 – @ Libby Invitational – TBA Var

WEEK 7: 4/27-5/2

Boys - 4:00 - 5:30

Girls - 5:15 - 6:45

Open Courts @ 6:45

Continue fundamentals on gs, timing, footwork, serve, volleys, ½ volleys, overheads, approach shot, slice return, scoring, doubles positioning/footwork, drop volleys & lobs - Mental Game.

Review/Teach: Mental Toughness & game adjustments. Concentration on DOUBLES

Friday 4/27 – @ Dawg Bite Invite

Saturday 4/28 - @ Dawg Bite Invite

WEEK 8: 5/4-5/9

Girls - 4:00 - 5:30

Boys - 5:15 - 6:45

Open Courts @ 6:45

Continue fundamentals on gs, timing, footwork, serve, volleys, ½ volleys, overheads, approach shot, slice return, scoring, doubles positioning/footwork, drop volleys, lobs, mental toughness, game adjustments. - Mental Game.

Review/Teach: Communication – Poaching & Aussie Doubs. Concentration on Match Play

Friday 5/8–VC Dual @ Missoula

Saturday 5/9– Loyola/VCTennis Tournament @ Missoula - TBA – Varsity

WEEK 9: 5/11-5/16

Boys - 4:00 - 5:30

Girls - 5:15 - 6:45

Open Courts @ 6:45

Friday 5/15 Keith Gregg Memorial

WEEK 10: 5/18-5/23

Varsity - 4:00 - 6:00

Open Courts @ 6:00

Thurs/Fri/Sat 5/21-23

Central Divisional Tournament

@ Great Falls

WEEK 11: 5/25-5/30

Varsity Qualifiers – 4:00 - 6:00

Open Courts @ 6:45

Thursday, Friday & Saturday

May 28th 29th and 30th

STATE TOURNAMENT

@ Missoula

Continue fundamentals on gs, timing, footwork, serve, volleys, ½ volleys, overheads, approach shot, slice return, scoring, doubles positioning/footwork, drop volleys, lobs, mental toughness, game adjustments, communication, poaching & Aussie set - Mental Game.

Review/Teach: More on the MENTAL GAME. Concentration on Match play and team commitment.

Continue fundamentals on gs, timing, footwork, serve, volleys, ½ volleys, overheads, approach shot, scoring.

Review/Teach: Serve, volleys, approach shot, scoring, positioning, footwork, drop volleys, lobs, mental toughness, game adjustments, communication, poaching, & Aussie set – MORE ON THE MENTAL GAME. Concentration on Match play and team commitment.

Continue fundamentals on gs, timing, footwork, serve, volleys, ½ volleys, overheads, approach shot, scoring.

Review/Teach: Serve, volleys, approach shot, scoring, positioning, footwork, drop volleys, lobs, mental toughness, game adjustments, communication, poaching, & Aussie set – MORE ON THE MENTAL GAME. Concentration on Match play and team commitment.

Sportsmanship / Pride / Tradition





2026 Schedule

<u>Day/Date</u>	<u>Place</u>	<u>Match</u>	<u>Time</u>	<u>Var. JV</u>
Mon. Mar. 16	First day of practice for spring sports.			
Sat. Mar. 21	Cut Bank	Purple/Gold	9:00 a.m.	ALL
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Sat. Mar. 27	Cut Bank	Cut Bank Invite	8:00 a.m.	Var (10)
	<i>(Cut Bank / Havre / Conrad / Choteau)</i>			
Sat. Apr. 4	Conrad	Conrad Invite	8:00 a.m.	Var (10)
	<i>(Cut Bank / Havre / Conrad , etc.)</i>			
April 5th	EASTER			
Tues. Apr. 7	Great Falls	Great Falls Duals	1:00 & 3:00	Var (12)
	<i>GFH @ 1:00 & CMR @ 3:00 (CMR courts)</i>			
Sat. Apr. 10	Havre	Havre Invite	8:00 a.m.	Var (10)
Sat. Apr. 11	Havre	Havre Invite	8:00 a.m.	Var (10)
	<i>(Cut Bank / Havre / Lewistown / Conrad / Hardin / etc.)</i>			
Fri. Apr. 17	Cut Bank	Cut Bank "A" Invite	TBA	Var. (10)
Sat. Apr. 18	Cut Bank	Cut Bank "A" Invite	TBA	Var. (10)
	<i>(Libby, Havre, Hardin, East Helena, Whitefish, Polson, Hamilton & Cut Bank)</i>			
Fri. April 24	Libby	Libby Invitational	TBA	Var (10)
Sat. Apr. 25	Libby	Libby Invitational	9:00 a.m.	Var (10)
Fri. May 1	Helena/Boulder	Dawg Bite Invite	TBA	Var
Sat. May 2	Helena/Boulder	Dawg Bite Invite	TBA	Var
Fri. May 8	Missoula	Best of the West	TBA	Var
Sat. May 9	Missoula	Best of the West	TBA	Var
Fri. May 15	Cut Bank	(Possible) Keith Gregg Memorial	8:00	ALL
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May 21, 22, 23	Great Falls	Central Divisional	9:00 a.m.	Var.
<i>(Choteau, Conrad, Cut Bank, Simms, Ft. Benton, Terry)</i>				
May 16, 17, 18	Missoula	State Tournament	8:00 a.m.	Var.
<i>(Central Divisional qualifiers B/C girls & boys)</i>				
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TBA	Awards Banquet			

Sportsmanship / Pride / Tradition

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. These goals/expectations are yours and should help you to gain something out of the tennis program. Goal/Expectations sheets are due by the end of the first week of practices. (3/17/18)

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)