

# 2021 CBHS WOLVES TENNIS



**Tradition, Sportsmanship  
&  
Pride**



# WELCOME

BE SURE TO SIGN UP ON THE BOYS/GIRLS SHEETS

FILL IN ALL INFORMATION - LEGIBLY

Write down your Cell Phone Number (if you have one) – We will also use this form of communication for TEXT MESSAGES concerning practice location, etc.



Meet the Coaches  
&  
Things you need to do!

# YOU ARE ABOUT TO BE PART OF A WHOLE LOT OF FUN!

- **COACHES:** Kavanagh 1<sup>st</sup> year as HEAD COACH
- **Assistant Coaches:**
- ?? 1<sup>st</sup> year as Asst. COACH
- **Volunteers:** GREGG (41<sup>st</sup> Yr.)

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- COACHES: Kavanagh/?/Gregg
- PHYSICAL TURNED IN  
YOU **CAN NOT** PRACTICE UNTIL WE  
HAVE YOUR PHYSICAL ON FILE in the  
HS office!

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- Athletic Agreement & Concussion form  
SIGNED & TURNED IN (Parents signature  
also)

We have some here for you if you don't  
already have the form. Grab one. Must  
be turned in ASAP. Can't play w/o

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- **ALL FEES ARE PAID (ACTIVITY / ATHLETIC) \$25 PRIOR TO FIRST MATCH – Don't wait, take care of this a.s.a.p. (If you already own an ACTIVITY TICKET your fee is \$10.)**

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- TEN PRACTICES PRIOR TO FIRST MATCH



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- **PRACTICE SCHEDULE IS POSTED ON  
WEB SITE**

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- PHYSICAL TURNED IN
- PHYSICAL & AGREEMENT FORM TURNED IN
- ALL FEES ARE PAID (ACTIVITY / ATHLETIC) \$25 PRIOR TO FIRST MATCH
- TEN PRACTICES PRIOR TO FIRST MATCH
- PRACTICE SCHEDULE IS POSTED ON WEB SITE
- CHECK WEB SITE DAILY – IT IS One of OUR MAIN COMMUNICATION TOOL & PLAYERS HAVE THEIR OWN SECTION. BECOME VERY FAMILIAR WITH IT'S CONTENT. Be sure we have your cell number so we may add you to a group text – another communication tool.

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- CHECK WEB SITE DAILY – IT IS OUR MAIN COMMUNICATION TOOL
- <http://www.cutbanktennis.com/>
- We also have a CBHS Tennis Team on Facebook
- Looking forward to adding a CBHS10s Twitter & Instagram accounts.



**GOALS**

# SET GOALS

- YOU NEED TO SET MESURABLE PERSONAL GOALS/Expetations & TEAM GOALS/Expectations FOR THIS SEASON
- WHAT DO YOU WANT TO ACCOMPLISH & HOW? THINK ABOUT IT – GOALS/EXPECTATIONS ARE DUE AT END OF FIRST WEEK (Purple/Gold Matches)
- GOAL FORM IS ON THE WEB SITE – In PLAYERS CORNER – Manditory for you to also read SEASON OPENING PACKET to be aware of all the material covered in that packet!!!



**CBHS  
TENNIS  
COACHING  
PHILOSOPHY**

# COACH'S PHILOSOPHY

- **TENNIS IS A LIFE-LONG SPORT**
  - **NO CUT POLICY**

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- **GIVE YOU THE SKILLS TO PLAY  
AND ENJOY THIS GREAT SPORT**



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- **ENJOY THE GAME – HAVE SOME FUN!**

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- **VARSITY COMMITMENT &  
COMPETITIVE SPIRIT**

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- ENJOY THE GAME
- VARSITY COMMITMENT & COMPETITIVE SPIRIT

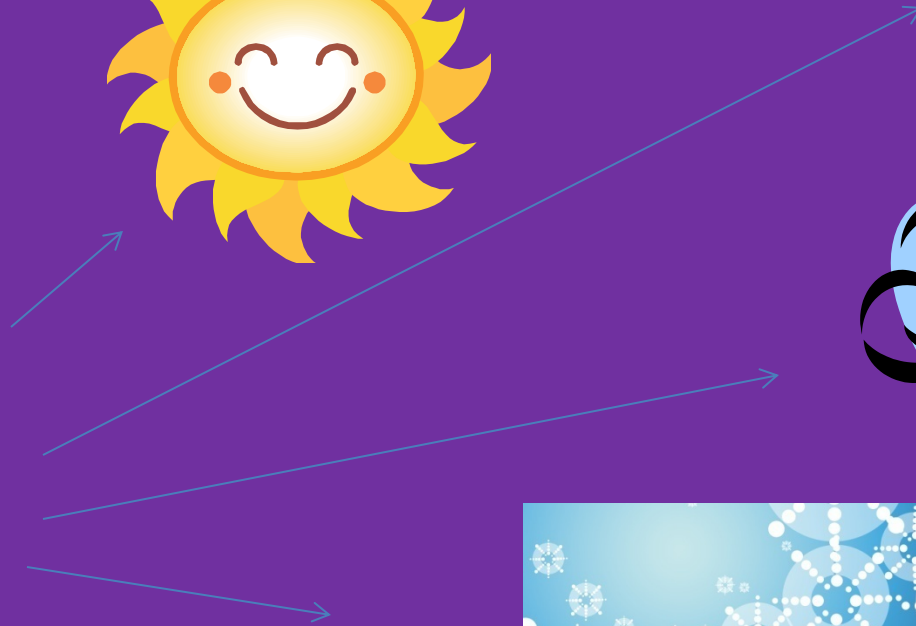
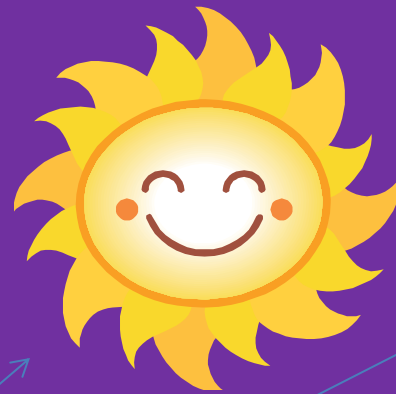
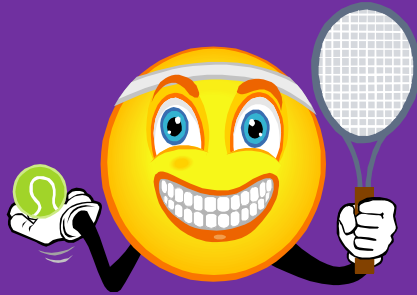
- **WELCOME ALL CHALLENGES**

Understand the [Challenge Ladder System](#)



# PRACTICE SCHEDULES

# PRACTICES



# PRACTICES

- INDOOR SCHEDULE &  
OUT DOOR SCHEDULE  
POSTED ON WEB SITE &  
group texts

# PRACTICES

- INDOOR SCHEDULE & OUT DOOR SCHEDULE POSTED ON WEB SITE
- OUT DOORS WHENEVER WE CAN  
– SO:

DRESS APPROPRIATELY KEEP  
GLOVES / HATS / EXTRA  
SWEATSHIRTS, ETC. HANDY



# TEAM CAPTAINS



# TEAM CAPTAINS

- GIRLS – TBA
- BOYS – TBA

# TEAM CAPTAINS

- **The captains are the coaches facilitators! They will have the information you might want. If you don't feel like talking to a coach - try a captain. They can bring your ideas or concerns to us if you don't feel like it!**

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- **The captains are good listeners! Use them as your sounding boards! We are all in it together and with our goals of FUN, SPORTSMANSHIP, SKILL DEVELOPMENT, and SOME MORE FUN - we want the program to continue to grow and be the best it can be!**



**WOLVES WEB SITE**

# CBHS TENNIS!

- You can find the [tennis calendar with the presently scheduled matches](#) on it on OUR web site. If you have any questions or concerns, We are only a phone call or stop away. Call me or one of our assistant coaches, 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! **Together we will continue the TRADITION and PRIDE of Wolves' Tennis.**



**WOLVES STATE  
CHAMPIONS – THIRTY-SIX  
AND COUNTING!**

# DO YOU HAVE WHAT IT TAKES TO JOIN THIS ELETE GROUP OF THIRTY-SIX (36) WOLVES' STATE CHAMPIONS?

- Mike Elhard 1995
- Keithan Gregg 2001-2002-2003-2004
- 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
- Cody Pyette 2007
- Jeremy Whelchel 2008
- Joshua Paulson 2008-2009
- Jace Kimmet 2009 - 2010
- Spencer Lewis 2009
- Nate Kavanagh 2010
- Morgan McDivitt 2010 – 2011
- Kayla Kraft 2012
- Jillian Altenburg 2012-2013
- Alex Kraft 2013-2015
- Duana Gobert 2015



# WOLVES' STATE CHAMPIONS





MONDAY – AFTER SCHOOL

1<sup>ST</sup> PRACTICE

2021 Wolves' Tennis Weekly Itinerary

March 15<sup>th</sup> – March 20<sup>th</sup>

1<sup>st</sup> Week of PRACTICE

Monday through Friday (Daylight Savings in effect)

**ONE PRACTICE 3:45 – 5:45 Outdoors**

**We may move to two practices, depending on numbers**

@ Tennis courts (weather permitting)

Indoor schedule (weather contingency) posted on the  
website (below)

**AND on FRIDAY**

**ONE PRACTICE 2:45 – 4:45 Outdoors**

Saturday – March 20<sup>th</sup> : Purple/Gold Matches

# THE END

unless we have

## Questions

BE SURE YOU HAVE the Handout  
& have FILLED OUT THE SIGNUP  
SHEET BEFORE YOU LEAVE