

# **Top Team and Individual Results**

## **State Team Champions**

1988, 2015, 2018

## **State Individual Singles and Doubles Champions**

1987-Alan Kress/Micky Ramsey

1990-Todd Shale

1997-Hunter Skogman/Brad East

1998-Hunter Skogman

2013-Brady Anderson

## **State Individual Runner-Up Singles and Doubles**

1989-Todd Shale

2014-Brady Anderson/Trevor McCann

2015-Trevor McCann/Tim Paulson

2018-Ben Hediger/Luke VanDonslear

## **District Champions**

2010, 2011, 2012, 2013, 2014, 2015,  
2016, 2017, 2018, 2019, 2021, 2022

## **Mississippi Valley Conference Champions**

2009, 2010, 2011, 2012, 2014, 2015, 2021, 2022

## **State Team Qualifiers**

1985-2<sup>nd</sup> Place

1986-2<sup>nd</sup> Place

**1988-State Champions**

2012-3<sup>rd</sup> Place

2013-State Top 8

2014-2<sup>nd</sup> Place

**2015-State Champions**

2017 2<sup>nd</sup> Place

**2018-State Champions**

2019-State Top 8

2021-State Top 8

2022-State Top 8

## Mission Statement

To ensure that our student-athletes develop the knowledge, skills, attitudes, and values necessary to compete at an elite level, but more importantly, to improve themselves as students, teammates, and valuable members of society.

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## Team Philosophy

**Accountability** – We don't make excuses. We take responsibility for all of our actions and learn from our mistakes.

**Altruism**-We believe in the selfless concern for the well-being of others. We will work to make the team/school/community a better place.

**Inclusive NEVER Exclusive**- We are ALL equal on the team. We all condition, practice, and play together. Everyone plays a critical role in our success. We expect all athletes to play/practice at an elite level, encourage and cheer when not playing, and most importantly, be the most supportive teammate you can possibly be on and off the tennis court/conditioning arena.

**Preparation**-“The will to succeed means nothing without the will to prepare.” Everyone wants to be successful. What are you doing to get there?

**Positivity**-Success on the tennis court is not just physical skill. It is mental toughness as well. Stay positive before, during, and after a match - win or lose. Additionally, we will support and encourage our teammates at all times.

**Respect** – We will respect teachers, teammates, coaches, parents, opponents and fans. EVERYONE. Even in difficult situations, we will always take the high road.

***Attitude and Effort***- *This is the absolute most important thing on our team. Some things you can't control in sports and life, but you always have a choice of how you want to portray yourself. If we have attitude and effort going for us, our team WILL be successful.*

*Finally, embrace the sport of tennis as a lifelong interest. The game can be played from ages 4 to 94. It is one of the unique high school sports that you can still play after high school with friends, spouses, family, and even meet new people. We have had athletes who have gone on to be very good college tennis players, and also athletes who went on to meet their spouses just playing for fun with friends during college. Whatever you decide, keep playing....this is just the beginning of your tennis careers!*

# Team Guidelines

- Anticipated absences need to be communicated with coaches at least one day prior to the absence in order to be considered excused. If sick, please inform a coach of your absence that day as well. If not excused, your absence will result in a one meet suspension. You are each responsible to check the website for any updates if you have missed a practice or meet the previous day as at times practice times will change.
- All players must be dressed appropriately and on time when practice begins. We practice in varying weather conditions and having the right clothing for the conditions is key not only to your performance, but to your health. Any player deemed not dressed appropriately for practice will be sent home and will be counted as unexcused from practice.
- Your own personal water is required at practice. Again, this is for your performance and health. Taking time during practice to run to the school to get water is unacceptable. If you do not go home between school and practice, stick a frozen water bottle in your car, locker, backpack, etc.
- While you are encouraged to participate in other school activities, the coaching staff suggests that all players devote themselves to this program as much as possible to ensure that you get the most out of practice and meets. Please notify the coaching staff if you are involved in other activities and whether you think they will conflict with Linn-Mar Tennis. Missing practice or meets for other school activities will be excused. Please remember though you are missing valuable practice/competition time that could hinder improvement while other teammates are working to become better athletes/tennis players. Any non-school activities will be handled on a case-by-case basis.
- All athletes are required to take the school transportation to and from any away meet. A signed, written note must be presented to the coach if a parent would need to transport the athlete for ONLY a special circumstance.
- During away meets outside the metro area (Dubuque, Waterloo, Cedar Falls, Iowa City, Des Moines, etc.) we will be stopping for dinner after the meet. Athletes need to make sure they either bring something to eat with them or have the appropriate amount of money with them to eat.
- If you are injured at practice or in a match, inform a member of the coaching staff immediately so you can get back to health as soon as possible. All significant injuries must be checked and cleared by the trainer before an athlete can return to participation. All players must have a current physical, signed Code-of-Conduct form, concussion form, and Medical Card on file before any participation takes place. Questions about where to obtain these can be directed to the coaches or the athletic office.

# Communication

- Much of the general communication is handled via email, through our team web site, or the team twitter account. Both athletes and parents need to make a habit of our website and/or twitter account on a daily basis.
- Coaches may also use “Text Message” to athletes as a communication vehicle. Be sure to bookmark and sign up for notifications on the Mississippi Valley Conference Calendar [www.mississippivalleyiowa.org](http://www.mississippivalleyiowa.org) as well as our team web site [www.linnmartennis.com](http://www.linnmartennis.com)
- These web sites are updated regularly during the season and periodically during the off-season. Please make a habit of checking them regularly. The varsity tennis Twitter account is @linnmartennis. The JV36 account is @910lmtennis.
- Athletes should use caution and discretion when using social network sites. Be aware of consequences which could adversely impact you, your team, parents, and school. Adverse usage could affect co-circular status with school and team.
- Communication Escalation Process No matter how hard coaches may try, there will always be some misunderstandings and disgruntlement of athletes. If a problem should arise, the Athletic Department and the Linn-Mar Community Schools have adopted the following standard procedure:
  1. The student athlete should bring the issue to the coach’s attention.
  2. If the issue needs further attention, the parent should contact the coach to set up an appointment. Since the coach will have other things on their mind or needs to be addressed, please do not attempt to address your concerns immediately before or after a contest or practice.
  3. If after the parent/coach meeting, the parent still has concerns or a satisfactory resolution was not reached, then the parent is encouraged to call the Athletic Director. A meeting will be scheduled to discuss the situation and the next steps determined. Please follow the above procedures. In many cases the coach may not know of the problem and just by the athlete talking about their concerns openly with the coach, it may be resolved without creating a greater conflict.
- There are three topics coaches will not talk to parents about until a conversation with the player has occurred. Players are welcome to discuss these with coaches at the appropriate time.
  - Position on Team
  - Moving up to Varsity Level
  - Playing Time

# Anti-Bullying and Anti-Harassment



The Linn-Mar Community School District is committed to providing all students, employees, and volunteers with a safe and civil school environment in which all members of the school community are treated with dignity and respect. Bullying and/or harassing behavior can seriously disrupt the ability of school employees and volunteers to maintain a safe and civil environment, and the ability of students to learn and succeed.

Bullying and/or harassment of students, employees, and volunteers is against federal, state, and local policy and are not tolerated by the school board.

Accordingly, school employees, volunteers, and students shall not engage in bullying or harassing behavior while on school property, while on school-owned or school-operated vehicles, while attending or participating in school-sponsored or sanctioned activities, and while away from school grounds if the conduct materially interferes with the orderly operation of the educational environment or is likely to do so.

The school board also requires all persons, agencies, vendors, contractors, and other persons and organizations doing business with or performing services for the school district to subscribe to all applicable federal, state, and local laws, executive orders, rules, and regulations pertaining to bullying/harassment, compliance, and equal opportunity.

To that end, the school board has policies, procedures, and practices in place that are designed to reduce and eliminate bullying and harassment, as well as processes and procedures to deal with incidents of bullying and harassment. Complaints will be investigated within a reasonable time frame. *Refer to Policy 103.1-R – Administrative Regulations Regarding Anti-Bullying/Anti-Harassment Investigation Procedures.*

A school employee, volunteer, students, or a student's parent/guardian who promptly, reasonably, and in good faith reports an incident of bullying or harassment, in compliance with the procedures in the regulation (Policy 103.1-R), to the appropriate school official designated by the district, shall be immune from civil or criminal liability relating to such report and to participation in any administrative or judicial proceeding resulting from or relating to the report.

## **Retaliation Prohibited**

Individuals who knowingly file false bullying or harassment complaints and any person who gives false statements in an investigation may be subject to discipline by appropriate measures.

Any student found to have violated or retaliated in violation of this policy shall be subject to measures up to, and including, suspension and expulsion. Any school employee found to have violated or

retaliated in violation of this policy shall be subject to measures up to, and including, termination of employment. Any school volunteer found to have violated or retaliated in violation of this policy shall be subject to measures up to, and including, removal from service and exclusion from school grounds.

## Definitions

For the purposes of this policy, the defined words shall have the following meanings:

- *“Electronic”* means any communication involving the transmission of information by wire, radio, optic cable, electromagnetic, or other similar means. *“Electronic”* includes but is not limited to communication via electronic mail, internet-based communications, pager services, cell phones, and electronic text messaging or similar technologies.
- *“Harassment”* and *“bullying”* mean any repeated or potentially repeated electronic, written, verbal, or physical act or other ongoing conduct toward an individual based on any trait or characteristic of the individual which creates an objectively hostile school environment that meets one or more of the following conditions:
  - a. Places the individual in reasonable fear of harm to the individual’s person or property;
  - b. Has a substantial detrimental effect on the individual’s physical or mental health;
  - c. Has the effect of substantially interfering with the individual’s academic or career performance; or
  - d. Has the effect of substantially interfering with the individual’s ability to participate in or benefit from the services, activities, or privileges provided by a school.
- *“Sexual Harassment”* means unwelcome sexual advances; requests for sexual favors; or verbal, non-verbal, or physical conduct of a sexual nature may constitute sexual harassment where:
  - a. Submission to such conduct is made either explicitly or implicitly as a term or condition of a person’s employment or educational development;
  - b. Submission to or rejection of such conduct by an individual is used as the basis for employment or educational decisions affecting such individual; or
  - c. Such conduct has the purpose or effect of unreasonably interfering with an individual’s work or educational performance or creating an intimidating, hostile, or offensive working or educational environment.
- *“Trait or characteristic of the individual”* includes but is not limited to age, color creed, national origin, race, religion, marital status, sex, sexual orientation, gender identity, physical attributes, genetic information, physical or mental ability or disability, ancestry, political party preference, political belief, military status, socioeconomic status, pregnancy, or familial status.
- *Volunteers”* means any individuals who have regular, significant contact with students.

# Parent Expectations

*The role that parents play in the life of a tennis player has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with us, the coaches.*

- SUPPORT THE PROGRAM: Get involved in any capacity you can. Host a team dinner. Volunteer for booster club. Help with a road team meal/snacks. Everything helps!
- Be a positive role model for your son(s) and for other parents. Not only do the coaches and players get evaluated, but so do the fans!
- Understand and display appropriate behavior: Yes, you may know what your son is doing wrong during a match. Or you might be sure that your son is on the wrong side of some bad line calls. Leave that to the coaches. It never helps to show negative body language/emotion/or actual language to your son or the opposing players/fans/coaches. Be your son(s) biggest fan and cheer when things go right! Be supportive and positive when they do not.
- Come to our meets! We would love to see Linn-Mar have more parents at every meet than the opposing school...even if your son(s) don't like having you there...we promise we do!
- Root for the entire team, it's a team sport! While high school tennis does have individual matches, the team score is the most important. If possible, don't leave when your son is done playing, the rest of the team needs your support!
- Monitor eating and sleeping habits. Make sure your son is eating proper foods and getting adequate rest. Those definitions differ greatly from a high school athlete's perspective to a parent's perspective so try to encourage smart decisions.
- Encourage your son(s) to talk with the coaches if they have questions about where they stand on the team or other tennis-related questions. We know that these things are important to the growth of our players; this is a crucial time for them to begin/continue to fight their own battles.
- Let the coaches do the coaching. They are with your son and the rest of the team every day. While you may have a different opinion/philosophy, respect the coach's decision. They only want what is best for your son and the team too.
- If you feel the need to contact the coaches about a practice, a meet, a coach's decision, or anything else, choose an appropriate time to speak with the coach. Our coaching staff is more than happy to speak with you at the appropriate time and will try to be as transparent as possible. We understand that you might not agree with every decision a coach makes. However, we will not tolerate confrontation or inappropriate dialogue directed at a coach.
- If your son is unable to provide his own transportation, please make sure he is picked up **promptly** at the end of practice or a match. It can be helpful to arrange carpools or to get a ride from a teammate.

## Lineup/Playing Time

Lineups are determined by a number of factors including practice performance and meet performance. Attendance, attitude, and putting the team first also accounts for playing time/position on the team. Coaches do NOT make the lineup solely based on head to head matches. Practice matches will be played in practice. However, that is not the determining factor for playing time and position on the team. Athletes and teams have off days and nobody enjoys looking over their shoulder wondering what they need to do to keep their spot. As coaches, we look at the body of work over weeks/months and determine what we feel is our best lineup with the team and athletes in mind.

## Practice Schedule:

All conditioning or indoor practices will be from 4:15-5:00 p.m. The only time we will have these practices will be due to inclement weather or during the pre-season.

Weekly practice schedules/locations will be announced on a weekly basis. Varsity will practice on most Saturdays when there is not a meet. Practice is never optional.

## Criteria to earn a Varsity Letter:

Attend all practices, or have excused absences when not in attendance.

AND

An athlete at any grade level who plays in at least 1/3 of the 17 meets at the varsity level, or a senior athlete who plays in 1 meet at the varsity level.

## **Welcome to the 2023 Linn-Mar Tennis Team!**

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