Tennis
The Scots College

Information Handbook for Parents & Players
Scots Tennis Handbook

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“Success is a journey, not a destination. The doing is often more important than the outcome”.

Arthur Ashe
Welcome

At the Scots College, our Mission for Tennis is to develop well-rounded student-athletes by teaching life skills through sport. The Tennis program provides the ideal environment to encourage boys to reach their goals by challenging on the court, in the classroom, and in competition. Our coaching staff is committed to inspiring self-discipline, accountability and excellence.

At Scots, we believe that tennis offers many opportunities and challenges that ultimately reward every boy participating in the program. The qualities that set apart a tennis athlete include, speed, quick reaction time, and instinct, high levels of concentration, exemplary technique and motivation.

To complement such elements, it is important to have a proactive team of professionals who assist players with all aspects of the game, physically, mentally and tactically. This support is something that all participants of the Scots College Tennis Program enjoy, and which gives them an edge over their opposition. Training at Scots is tailored towards developing the specific skills, strength and agility, and fitness requirements specific to tennis. It is through these strong foundations that we strive to get the best out of all our players.

“I hate to lose more than I love to win”.

Jimmy Connors

“One important key to success is self-confidence. An important key to self-confidence is preparation”.

Arthur Ashe
Management & Administration of the Program

Director of Tennis – Mr. Ryan Fowler

The Director of Tennis is responsible for the overall direction of the tennis program. The Director’s role is to facilitate the development and cohesion of the entire tennis programs. It is important to maintain a consistent approach to all details and training schedules in order to ensure a smooth transition between year groups within the program.

The Director of Tennis is responsible for coordinating, planning and developing the coaching structure at Scots Tennis.

The Director of Tennis will, where possible, attend the meetings of the Tennis Support Group in order to discuss specific requirements of the program.

Email: r.fowler@tsc.nsw.edu.au

Master-in-Charge (PREP) – Mr. Andrew Goldrick

The Master in Charge is responsible for the administration detail and specific communication necessary to run the tennis program. Alongside the Director of Tennis, the MIC (Prep) assists with the coordination and development of students within the Preparatory Tennis Program.

Areas of communication include:

- **Students**
- **Parents**
- **Coaches**
- **Staff & Tutors at the College**

The MIC will, where possible, attend the meetings of the Tennis Support Group in order to discuss specific requirements of the program.

Email: a.goldrick@tsc.nsw.edu.au
Tennis Team

The primary role of the Scots coaching staff is to assist in facilitating all coaching programs and athlete development as identified through Scots Tennis. Further, all coaches, within their teams, will communicate directly to their players and provide mentorship in regards to sportsmanship on court.

Tennis Team
Mr. Andrew Sun – Head of Coaching
Mr. David Bunn – Head Development Coach
Mr. Craig Christopher – Resident Coach
Ms. Amanda Bran – College Coach / Primary Coordinator
Ms. Rebecca Bran – College Coach
Mr. Ryan Brims – College Coach
Mr. Ian McDonald – College Coach
Mr. Nathan Martin – Fitness Coordinator / Mentor
Mr. Matthew Pendleton – Gym Instructor
Mr. Ben Salcinovic – Physiotherapist
Mr. Tenzing Tsewang – Director of Sport Science

Together with the Director of Tennis, coaches jointly discuss the selection of all teams and divisions. They are further involved in the promotion and recruitment stages within the program.

“True heroism is remarkably sober, very un-dramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost”.

Arthur Ashe
Captain of Tennis

The Director of Tennis along with the Tennis team selects the Captain of Tennis each year. The Captain of Tennis role is very important within the team. The Captain should be the link between all boys and coaching staff, particularly the Director of Tennis. This should mean regular liaising with the above personnel as well as passing on information when and where needed to the rest of the team. The Captain should act both as a leader and role model for all players within the tennis program. He needs to understand the fact, that his behavior will be perceived as the accepted standard. As such he should be mindful not to let these responsibilities affect his personal performance, contribution to his team and his personal schoolwork.

The Captain’s role includes, but is not limited to:

• End of Season Captains Speech
• Tennis reports for the Flying Scotsman where applicable
• Maintain regular contact with the Director of Tennis to improve team communication
• Presentation of awards at assemblies (where applicable)
• Help maintain discipline at training and camps
• Help motivate other players, especially juniors

“I fear no one, but respect everyone”.

Roger Federer
Costs Associated with Tennis

The following costs are associated with Scots Tennis.

**UNIFORM COSTS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scots Sports Cap</td>
<td>$22.00</td>
</tr>
<tr>
<td>Scots PE Polo</td>
<td>$36.00</td>
</tr>
<tr>
<td>Scots PE Shorts</td>
<td>$36.00</td>
</tr>
<tr>
<td>Scots Track Pants</td>
<td>$55.00</td>
</tr>
<tr>
<td>Scots Track Jacket</td>
<td>$90.00</td>
</tr>
<tr>
<td>Scots Junior Tennis Shirt (White)</td>
<td>$45.00</td>
</tr>
<tr>
<td>Scots Senior Tennis Shirts (White)</td>
<td>$45.00</td>
</tr>
<tr>
<td>Tennis Long sleeve (White)</td>
<td>$50.00</td>
</tr>
<tr>
<td>Scots Tennis Shorts</td>
<td>$35.00</td>
</tr>
</tbody>
</table>

(Please note that these are not in stock yet and are only samples for future purchases)

*Please note that if you already have a summer sports uniform, then there is no need to buy an additional one for tennis.*

**Camps & Tours**

Throughout the year there will be camps and tours that selected players will attend. These camps and tours can be paid online through the Scots College website. All costs and camps can be subject to change closer to the event, but the Director of Tennis will notify such changes when and where applicable for all parents involved.
**Training Expectations**

It is expected that every boy included within the tennis program, attends’ **ALL** training sessions. If unavailable, students must liaison with their respective coaches and the Director of Tennis.

Both winter and summer programs are important components in fulfilling the general requirements necessary to be apart of Scots Tennis. If Boys are part of other winter sports, the Director of Tennis will liaison with the respective coaches about training demands and expectations so to ensure that the boys winter program be tailored to their needs.

Boys will participate in both on and off court sessions in order to develop their game to the best of their ability. Students need to regularly check their schedules and timing of training sessions in order to be on time and organized.

**Tennis Equipment for Training**

To ensure you are prepared for every morning and afternoon session, please make sure you have the following:

- Racquets x 2 (or 3)
- Extra String
- Extra Grips
- Spare vibration dampeners
- Skipping Rope
- Tennis Balls – x 3
- Water & Water Bottle
- Towel
- Running Shoes & Extra Pair Tennis Shoes
- Full Set of Change of Clothes
- Scots Track suit
- Extra Socks x 2
- Scots Cap
- Stretch Rope / Resistance Bands Sunscreen
- Medical Supplies - Tape, etc.
- Ice Bag/Ice Mate
- Food Snacks
- Player Diary / Notebook
PLEASE NOTE:

It is extremely important that ALL BOYS and PARENTS take time to read the Scots calendar and familiarize themselves with important dates. This should aid ALL BOYS in planning for other school commitments, particularly ALL assessment tasks. If students are experiencing difficulties at any stage, they should not hesitate to contact the Director of Tennis (Mr. Fowler), and he will work with them and their tutor to assist.
**Nutrition**

The following is an article extracted from the Australian Institute of Sport (AIS) website. Tennis at Scots is a complete program aimed at giving our boys the opportunity to compete to their very best. How boys take care of their health, through adequate nutrition, before, during and after matches is vital to their sporting and academic performance. They must constantly eat small nutritional snacks during the day to maintain their energy for class and sporting activities.

The following information is based on AIS information and studies. Further information can be found at:


**Training Nutrition**

To ensure optimal performance in and adaptations from each of tennis sessions, students are encouraged to consume nutrient-dense carbohydrate foods at all main meals (e.g. cereal, pasta), along with strategic intake of carbohydrate-rich food/fluids either during or immediately after training to facilitate the recovery process. The latter is especially important when the time between each session is limited. The addition of protein to this post-training snack (e.g. tub of yoghurt) will further promote the adaptive and repair processes. The volume and type of food/fluids used during and after training should reflect the player's dietary and physique goals.

**Tournament play**

Players will likely finish each match in fluid deficit, with lowered levels of muscle and liver glycogen, as well as with some degree of muscle damage or breakdown. The extent of this will depend on the duration and intensity of the match, as well the environmental conditions. Players must therefore adopt appropriate nutritional strategies to promote adequate re-fuelling, re-hydration and muscle repair to allow them to compete at their best in their next match. The uncertainty of starting times, match durations, along with
the often “foreign” food environment can make meeting these goals a challenge.

**Fluid and Electrolyte Replacement**

Being a predominantly summer sport, tennis is often played in very hot and/or humid conditions, meaning issues relating to hydration and heat stress will be of concern. The few studies that have measured sweat losses during tournament or simulated match play have noted losses of between 1.0-2.5 L, which serves only to reflect the large variability in the sweat response between individuals. That said, when players are involved in matches lasting longer than two hours, particularly those noted to be “heavy sweaters”, they will likely amass large sweat and sodium losses. This can also be true for matches played indoors, due to the lack of airflow to promote evaporative cooling.

It is important that players implement strategies to ensure they start matches well hydrated, minimize fluid deficit during, and promote rapid re-hydration after matches. Players are encouraged to monitor their hydration status each day during tournaments, (see *Fluid – who needs it?* and *Sweat* under the ‘Hydration’ section) and drink to a plan based on typical sweat rates incurred during training. After matches, they are encouraged to drink volumes of fluid in excess of their existing fluid deficit (about 150% of total fluid losses) to account for ongoing sweat and urine losses. When fluid losses have been substantial, players are encouraged to consume fluids with recovery meals/snacks and/or consume sodium, containing fluids. This is to not only account for sodium losses, but to also allow for better retention of the fluids consumed, and promote fluid intake.

Incidences of muscle cramps, though not widespread, have been well documented during tournaments. While excess fluid and/or sodium losses have been implicated in the etiology of these, the evidence for this is still inconclusive. That said, players still need to be encouraged to be proactive in their replacement of fluid and electrolyte losses during and after matches to counter the negative impact dehydration can have on performance.
Carbohydrate Intake During Matches
While carbohydrate intake during matches can provide an additional fuel for the muscles and central nervous system, the uncertainty of the length of matches makes it difficult to plan an appropriate intake. Anecdotal evidence suggests that many players will wait until they start to feel fatigued before they have any carbohydrate containing food or fluid. Often they will leave this too late, at a point where the ingested carbohydrate will not have time to get to the working muscles to have any beneficial effect.

A useful strategy for players is to target an intake of 20-50g of carbohydrate each hour of play (depending on their energy budget/dietary goals and extent of re-fuelling from previous matches), rather than waiting until the point where they are already fatigued. Sports drinks provide the opportunity for players to meet their fuel and fluid requirements simultaneously. Other suitable options may include plain sandwiches, pretzels, bananas and sports gels/bars.

Re-fuelling and Repair
To promote adequate recovery of glycogen stores, players are encouraged to consume a carbohydrate-rich snack or meal within the first 30-60 minutes of completing training or a match. The type and volume of food/fluids that are suitable will depend on available recovery time (which can range from 1 to 48 hours) and the players other dietary goals. Snacks that provide between 0.5-1.0 g of carbohydrate per kg of body weight and ~20g of protein as a useful target. Nutrient dense options (e.g. yoghurt), that also help players meet other nutrient goals, are especially useful for those players with a low energy budget. Where tournament venues do not offer suitable recovery snack/meal alternatives, players are encouraged to bring their own supplies (e.g. can of creamed rice, liquid meal supplement), to ensure their needs are met.