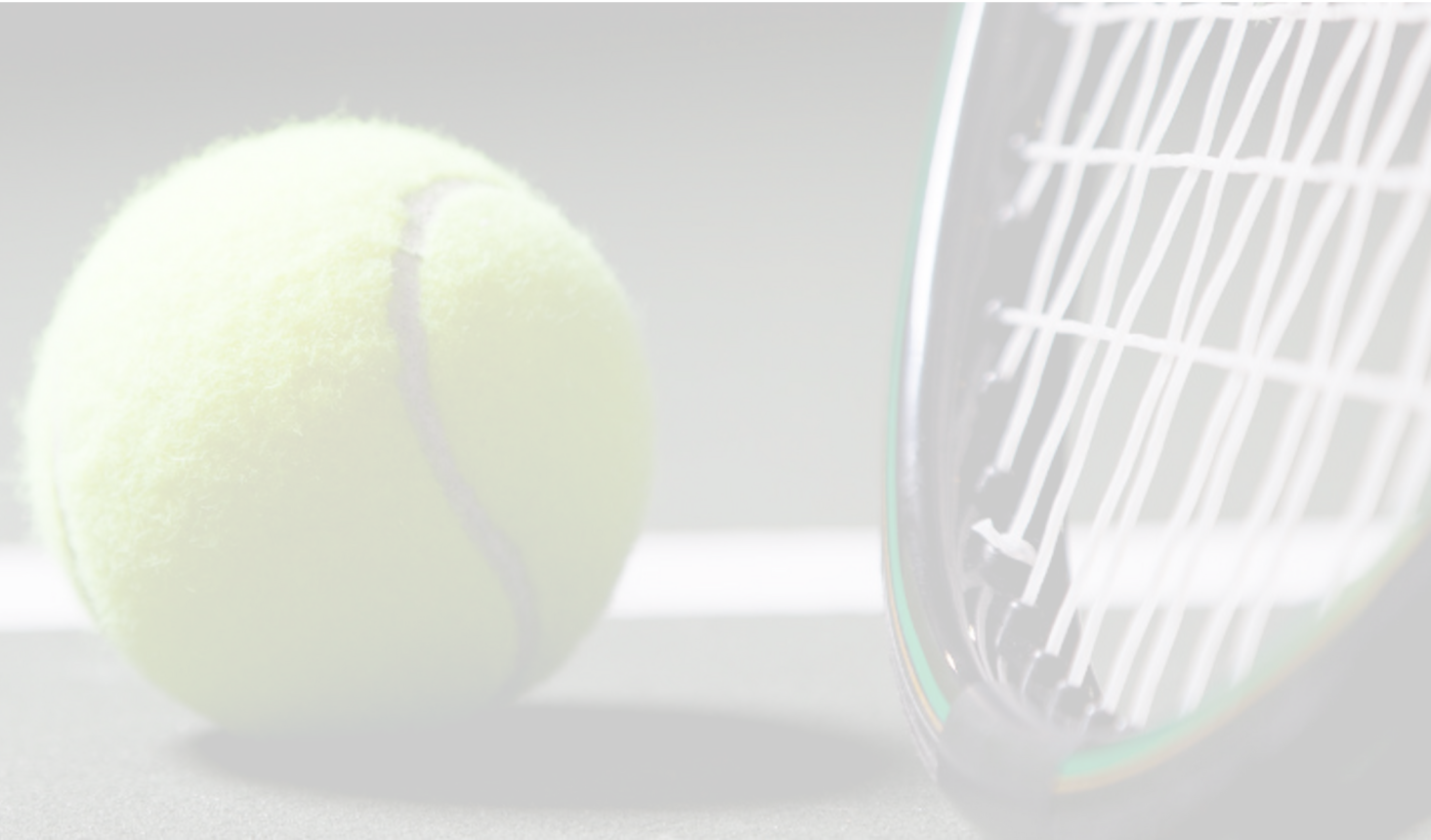


2025 Galena H.S. Young Women's Tennis Program



CONTACT:
Coach Doug van Aman
(925) 202-9690
doug@vanaman.com

Dear Players and Parents,

The Galena Young Women's Tennis Guide answers many common questions parents and players ask as we count down to the 2025 tennis season.

This living document will be updated as new information becomes available. I encourage you -- players and parents alike -- to read the guide, ask questions and share ideas by voice/text at 925-202-9690 or by email doug@vanaman.com. This is team tennis, so your voice matters. I look forward to another great year!

Kind regards.,

Doug van Aman (Coach Doug) and Mary Jane Levine (Coach MJ)



The Big Goal

To inspire an interest in tennis that follows you through life.

The Three Big Rules

- 1. Enjoy yourself.*
- 2. Improve your skills.*
- 3. Develop a Champion's Attitude.*



What I Mean by Champion's Attitude

- ***Be humble.*** Every player is an equal, regardless of skills, experience or grade.
- ***Give 100%.*** Be your best every time you step on the court and in the classroom.
- ***Show respect.*** For yourself, teammates, coaches, opponents, parents, and the game..
- ***Encourage others.*** Project a positive attitude and cheer on all teammates.
- ***Demonstrate grace.*** Sportsmanship always matters, whether you win or lose.
- ***Be committed.*** To practice, to conditioning, to learning the sport, to teammates.
- ***Be kind.*** Always. Nothing shakes up a bad day like a quite word or deed.



Don't Wait ... ACTIVATE!!

- All current and incoming students who wish to play tennis this summer must be registered on [AKTIVATE.COM](https://www.aktivatenevada.com), which is a free service that Nevada uses to make sure all students have the proper permissions to play high school sports.
- Tennis players not registered for the 2025-26 academic school year will not be able:
 - To participate in voluntary off-season tennis activities, including practices,, seeding tournaments or challenge-match programs.
 - To take part in the mandatory practices that begin Aug. 2.
 - To take part in tryouts that determine placement on Varsity or JV teams.

Registration starts May 1 for 2025-26 school year



What's Needed to Complete AKTIVATE

ELECTRONIC SIGNATURES

- Athletic Information including emergency contacts
- Sports/conditioning permission.
- *Eligibility requirements for athletes and athletic support groups
- Hazing policy
- Impact concussion management and return to play
- NIAA alcohol, tobacco and other drug possession/use/abuse and penalties policy
- Final E-Signature

HARD COPIES OF FORMS AND RECEIPTS

- NIAA physical forms signed/dated by medical professional (Page 7)
- *WCSD Student Activities & Athletic Fees
 - Paid to Wendy and receipt to Athletic Secretary Alma Rapisura for clearance with copy to Coach Doug.

** Eligibility requirements and final fees not required for to try out but are for rostering.*



Tryouts

- ALL players must compete in tryouts., including previous varsity players. Selection is based on merit determined through competition, rating assessment, skills observations, and attitude.
 - Come dressed and ready to play (shorts or tennis skirt with ball pocket, athletic top, court shoes, racquet, water, sunscreen)
- Competitions will start on first allowable day for mandatory attendance, which is generally the first Saturday of August. Final selection for varsity and invitations to junior varsity will be announced after all tryouts.
- Those invited to varsity must pay all fees before being allowed to practice.



Start Now to Be Your Best for Tryouts

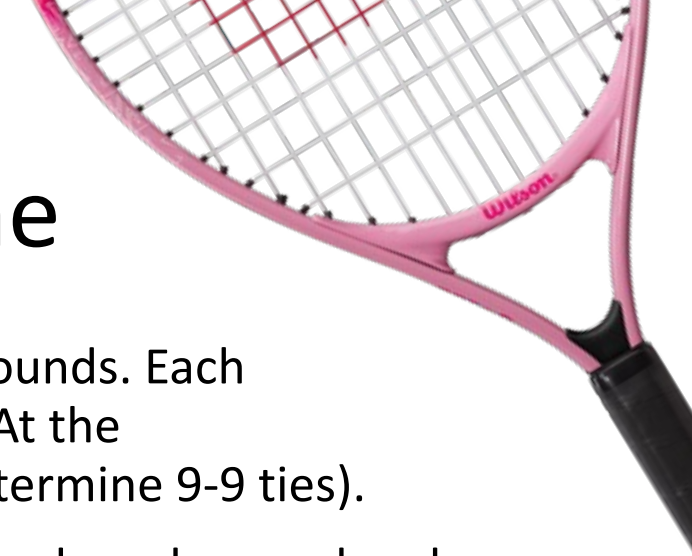
- Showcase talent/attitude by attending all voluntary and mandatory practices.
- Take lessons from a certified pro (see Resources).
- Attend a tennis camp this summer.
- Play in local and regional tournaments and team tennis programs (see Resources).
- Rent time on a ball machine to practice your strokes.
- Watch You Tube videos by instructors and players to learn strategy.
- Practice conditioning and footwork on your own.
- Hit against a tennis wall.
- Practice for consistency and depth first, then location and increase.

**SJTA is the Sierra Junior Tennis Association, a local USTA affiliate.*



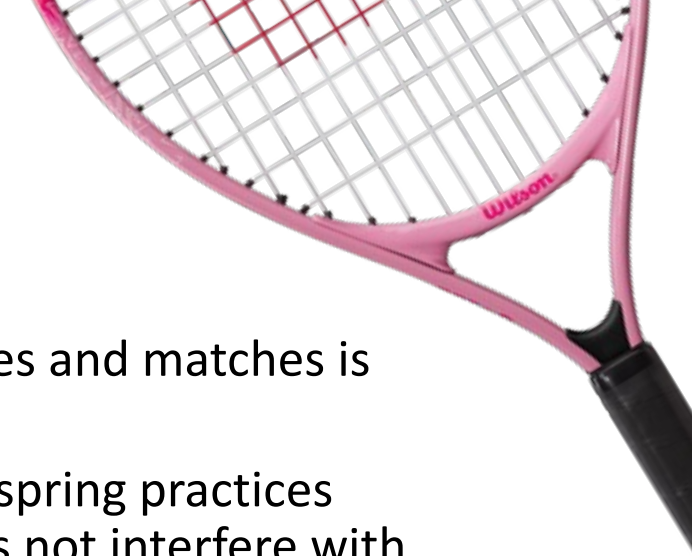
Team Tennis, Selection and Playing Time

- High school team tennis between schools consists 18 sets played in three rounds. Each round includes 3 singles sets and 3 doubles sets. Each set is worth 1 point. At the end of 18 sets, the winner is the team with 10 or more sets (tiebreakers determine 9-9 ties).
- Team tennis rules only allow substitutions between the first and second rounds and second and third rounds – NONE are allowed mid-set for any reason. This is different from other mainstream varsity sports like soccer, lacrosse, volleyball and basketball, in which allow coaches to sub players in and out through the course of a match. In tennis, withdrawal once play begins for any reason (injury, illness, behavior, etc.) results in a loss.
- Varsity coaching requires making decisions that lead to team victories. In close matches, more skilled/experienced players play more sets, which squeezes opportunities for skilled/experienced players. I am committed to playing as many as possible while maintaining an eye on the coaching commitment to team victories.



Tennis Practice

- Attending Practice to fully participate in stroke and strategy drills, skill games and matches is crucial to team and player success.
 - Tennis players who are not playing spring sports should plan to attend spring practices regularly. Multi-sport tennis players encouraged to attend when it does not interfere with their in-season sport commitments. Goal: Sharpen skills; demonstrate commitment.
 - I also urge all tennis players to attend all summer practices. Goal: Sharpen skills, learn match strategy, demonstrate ability and commitment, start ladder ranking process.
 - Mandatory practice starts Aug. 2. That means players are required to be at practice and on time unless they have coach's pre-approval at least two hours before practice. Goal: Prepare for tryouts, demonstrate skills and commitment; determine ladder ranking.
 - Legit reasons for missing mandatory practice: Illness, injury, work and academic conflicts.
 - Makeup for missed practice: Play a best-of-three match with another player; take a lesson or attend a clinic with a pro; spend an hour on a ball machine; or other determined together.
 - Potential consequences for unexcused absences and late arrivals: Impacts on tryouts and/or seeding, challenge-up matches, and team substitution priority (one strike rule).



2025 Preseason and Tryout Schedule

SPRING OPEN TENNIS: Starts week of March 31.

- Wednesdays – 2 p.m. to 3:30 p.m.
- Saturdays – 10 a.m. to 11:30 p.m.

LAST DAY OF SCHOOL: Friday, June 6**

SUMMER OFF-SEASON TENNIS: Starts June 9

- Tuesdays – 9 a.m. to 11 a.m.
- Thursdays – 9 a.m. to 11 a.m.
- Saturdays – 9 a.m. to 11 a.m.

MANDATORY PRE-SEASON TWO-A-DAYS

- Saturday, Aug. 2 (9 to 11 a.m., 3-5 p.m.)
- Monday, Aug. 5 (9 to 11 a.m., 3-5 p.m.)
- Tuesday, Aug. 6 (9 to 11 a.m., 3-5 p.m.)
- Wednesday, Aug. 7 (9 to 11 a.m., 3-5 p.m.)
- Thursday, Aug. 8 (9 to 11 a.m., 3-5 p.m.)
- Saturday, Aug. 10 (9 to 11 a.m., 3-5 p.m.)

FIRST DAY OF SCHOOL: Monday, Aug. 11

TRYOUT MATCH PLAY

- Monday, Aug. 11 (3 to 6 p.m.)
- Tuesday, Aug. 12 (3 to 6 p.m.)
- Wednesday, Aug. (2:15 to 6 p.m.)
- Thursday, Aug. 14 (3 to 6 p.m.)
- Friday, Aug 15 (12 (3 to 6 p.m.)
- Saturday, Aug. 15 (8 a.m. to 6 p.m. if necessary.)

TEAMS DECISION: 24 hours after last tryout

Weather/other conditions permitting



Summer/Fall Break Vacation Planning

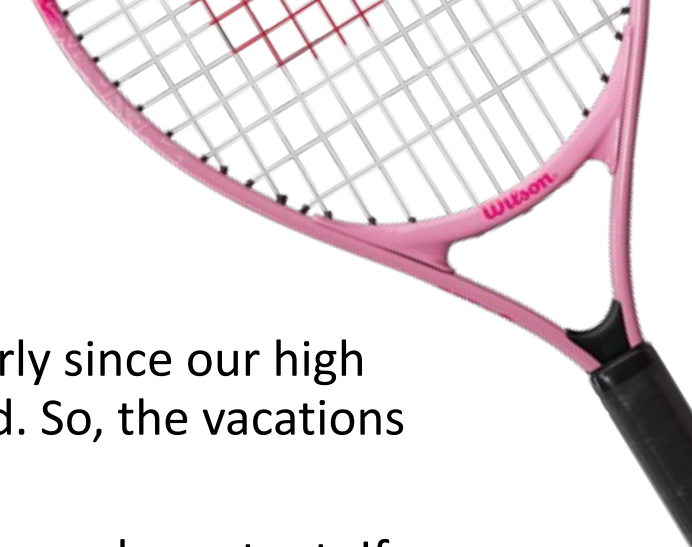
I consider family time to be one of the most important things in life, particularly since our high school players soon enough will begin their individual journeys into adulthood. So, the vacations that families take today are important in creating lifelong memories,

I do, however, have an ask: As you are making your Summer and Fall Break plans, please try to if possible, would you please try to keep family calendars open the first two weeks of August and Fall Break open as possible?

Early August is particularly important for those seeking to compete for a spot on the Varsity squad. And the Fall Break is particularly important for preparing our most skillful Varsity players for the Regional tournaments.

Please do not hesitate to reach out to me if you have any questions. And thank you for that consideration.

Thank you!



Practice Focus

Attending practice is an opportunity for you to demonstrate commitment, grit, effort, team spirit, and humility, and skills. You can't show your stuff if you're not here.

- Spring – Focus mostly drill and match play; some instruction, rating matches.
 - Identify emerging strengths and begin to rate/group like skills; attendance taken
- Summer – Focus on match play and ladder seeding; some drill and instruction.
 - Identify candidates for First Nine and Second Nine; attendance taken
- Pre-season – Focus on match play; some drill, limited instruction.
 - Attendance measured; thinking about tryouts, selections, and candidates for starting one/two singles and doubles
- Tryouts – Focus on decision-making.
 - Decisions based on merit (wins and relative skills), immediate potential, team attitude.
- Varsity practice – Focus on match play, strategy, skill improvement, line-up
 - Do our best as a team to bring home victories to Galena. Attendance measured.

All match play will be used to assess rating level so bring your best!



Updates to Come

- Tournament dates for seeding and tryouts
 - Dependency: Scheduling
- In-season timing for practices
 - Dependency: After agreement with Coach Mike
- Final season fees
 - Dependency: Updated costs prices from school and vendors
- Season match schedule
 - Dependency: When released by NIAA
- More as they are identified



2025 Tennis Season Schedule

VARSITY PRACTICE – TBD

VARSITY PHOTOS -- TBD

VARSITY MATCHES – TBD

VARSITY SENIOR DAY -- TBD

FALL BREAK: Oct. 5-13

VARSITY TEAM PLAYOFFS – TBD

VARSITY INDIVIDUAL PLAYOFFS – TBD

VARSITY STATE TOURNAMENT -- TBD

JV PRACTICES – TBD

JV MATCHES – TBD

JV FINAL TOURNAMENT – TBD

JV PIZZA PARTY == TBD



Estimated 2025 Tennis Fees

Paid to Galena Athletics

- Athletic Fee -- TBD)

Paid to Young Women's Tennis Program

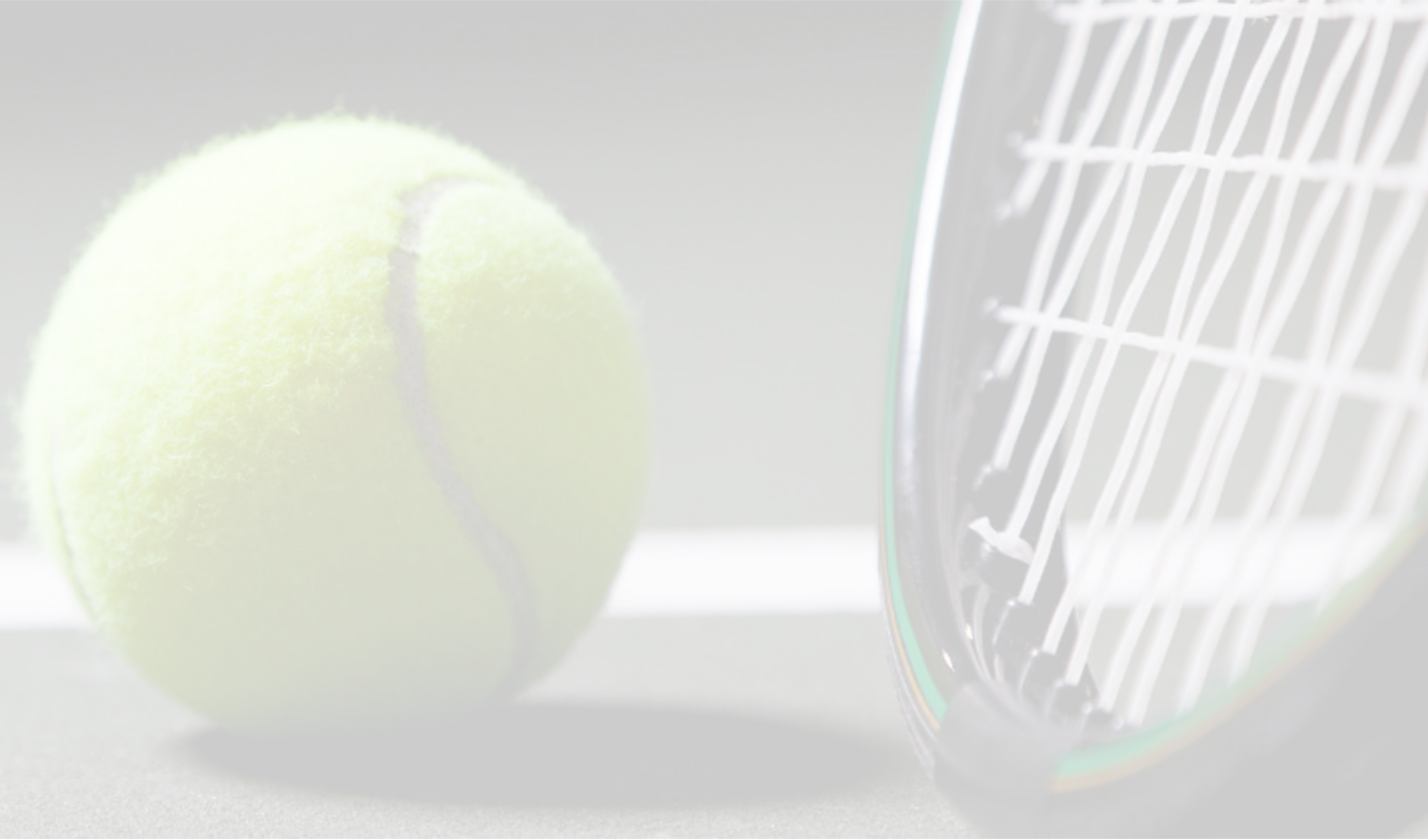
- Varsity uniform racers -- TBD
- Pink practice racer – TVD
- Equipment/practice ball fee -- TBD
- Senior poster fee -- TBD
- Varsity Awards Banquet player – TBD

Paid to Banquet Venue

- Varsity Awards Banquet for family/friends – TBD

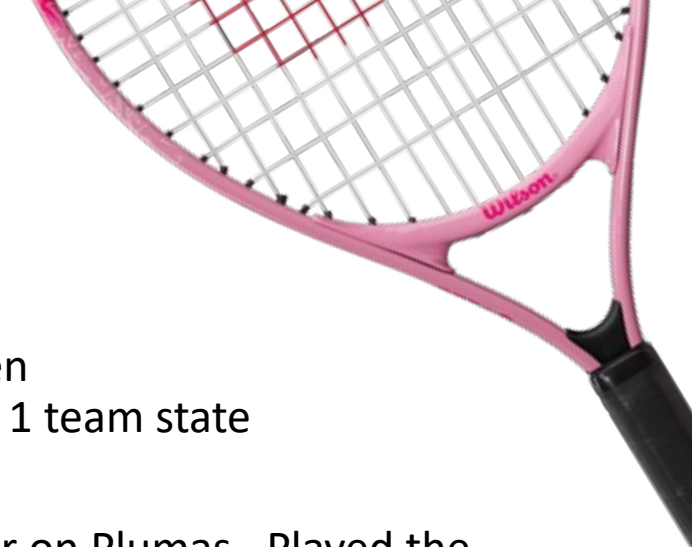


Other Resources



Local Tennis Pros

- Craig Gorbach: USPTA Certified professional at a private court on Plumas St. between McCarran and Moana. As Reno coach, his teams won 15 regionals (13 in a row) and 1 team state championship. Pro for 6 Galena players last year. Contact at (775) 762-7176.
- Lucy Conklin: USPTA Certified Instructor and director of tennis at Reno Tennis Center on Plumas.. Played the Junior Circuit before attending Southern Illinois University on a tennis scholarship. Mother of Jade Conklin, who took second in 2023 Northern Nevada regionals. Contact at (530) 559-4130.
- Chris Ferguson-McIntyre: Chris teaches at Reno Tennis Center on Plumas. Former Galena student who played on the 2001 state team championship. Contact at (775) 742-9530.
- Tim Zagar: Tim teaches at Caughlin Athletic Club. Former Damonte Ranch student and Nevada state individual champion in 2015. Contact at (775) 247-2229.
- Randy Reynolds: Randy is a USPTA Certified Elite professional with 20+ years experience. He owns Tennis Nation programs at Reno Tennis Center and Caughlin Athletic Club. Contact at (775) 240-6505.



YouTube Instructional Videos

There are a ton of good videos to watch on YouTube. Here are a few:

- Tips for practicing off the wall
 - <https://www.youtube.com/watch?v=zoRHkQIODHA>
- Basic tennis forehand, backhand, serve
 - <https://www.youtube.com/watch?v=YqgcykDGB2A>
- Basic volley
 - <https://www.youtube.com/watch?v=rpacFeUeioc>
- Strategies for singles
 - <https://www.youtube.com/watch?v=lpGFFJZUQWk>
- Strategies for doubles
 - <https://www.youtube.com/watch?v=g9RZnnApDi8>



2025 SJTA Tournaments

Schedule (\$40 for singles; \$27 for doubles)

- May 3: Grand Prix Mixed Doubles at Spanish Springs High School
- May 10: Grand Prix Singles at University of Nevada Reno
- May 17: Grand Prix Singles at South Reno Tennis Club
- June 7: Grand Prix Singles at Damonte Ranch High School
- June 21: Grand Prix Singles at Zephyr Cove Tennis Club
- June 28: Grand Prix Singles at Reno High School
- July 27: Grand Prix Singles at Hug High School
- Aug. 16: Grand Prix Doubles at McQueen High School
- Sept. 21: Grand Prix Singles at the University of Nevada Reno
- Registration
 - https://sierrajuniortennis.topdoglive.com/pages/club_information.asp?orgid=312
 - Pricing: 340/person for singles; \$27/persn for doubles



*Registration
Starts April 1*
sierrajuniortennis.org

SJTA: Team Tennis

- 2025 Season – All matches at Reno High School

- April 18
- April 25
- May 2
- May 9

- \$40 per person

- Registration:

https://sierrajuniortennis.topdoglive.com/pages/leagues/League_Information.asp?leagueid=10686

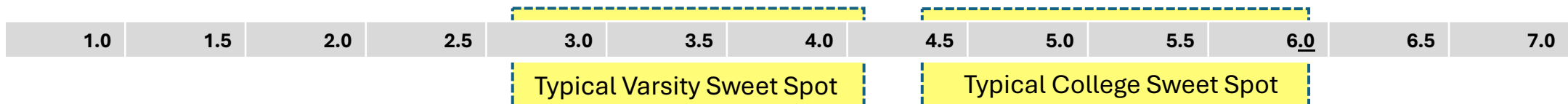
- Contact Lucy Conklin with questions

- (530) 559-4130
- lucyschram@gmail.com



National Tennis Rating Program (NTRP)

- Level 1.5: Limited experience; primarily working on getting the ball in play.
- Level 2.0: Minimal court experience; strokes need developing.; familiar with the basic positions for singles and doubles play.
- Level 2.5: Learning to judge where the ball is going; limited court coverage; can sustain a short rally of slow pace with other players of the same ability.
- Level 3.0: Fairly consistent when hitting medium-paced shots; not comfortable with all strokes; inconsistent execution when trying directional control, depth, or power; most common doubles formation is one-up/one-back.
- Level 3.5: Improved stroke dependability with directional control on moderate shots but need to develop depth and variety; more aggressive net play; improved coverage; developing teamwork in doubles.
- Level 4.0: Dependable strokes, including directional control and depth on both forehand and backhand sides on moderate-paced shots; can use lobs, overheads, approach shots, and volleys with some success and occasionally force errors when serving; rallies may be lost due to impatience; doubles teamwork in doubles is evident.
- Level 4.5: Developed use of power and spin and can handle the pace; sound footwork; can control the depth of shots and attempt to vary the game plan according to opponents; can hit first serves with power and accuracy; can place the second serve. You tend to overhit on difficult shots; aggressive net play is common in doubles.
- Level 5.0: Good shot anticipation and frequently have an outstanding shot or attribute around which a game may be structured; can regularly hit winners or force errors off short balls and can put away volleys. Successfully execute lobs, drop shots, half volleys, overheads, and have good depth and spin on most second serves.
- Level 5.5: Mastery of power and/or consistency as weapon; varies strategies and styles of play in a competitive situation; hits dependable shots in a stress situation.
- Level 6.0 - 7.0: Intensive training for national tournament competition at the junior and collegiate levels; sectional and/or national ranking.
- Level 7.0: World-class player.



College Tennis and Scholarship Avenues

	Women's Tennis (max)	Men's Tennis (max)
NCAA D1	8 full-ride equivalents	4.5 full-ride equivalents
NCAA D2	4.5 full-ride equivalents	4.5 full-ride equivalent
NCAA D3	Not allowed by rule	Not allowed by rule
NAIA	5 full-ride equivalents	5 full-ride equivalents
JCCAA D1	6 tuition/books/fees 3 room/board + above	6 tuition/books/fees 3 room/board + above
NJCAA D2	9 tuition/books/fees	9 tuition/books/fees
NJCAA D3	Not allowed by rule	Not allowed by rule

U.S. Universities/Colleges With Women's Tennis

- NCAA D1
<https://www.ncsasports.org/womens-tennis/division-1-colleges>
- NCAA D2
<https://www.ncsasports.org/womens-tennis/division-2-colleges>
- NCAA D3
<https://www.ncsasports.org/womens-tennis/division-2-colleges>
- NAIA
<https://www.ncsasports.org/womens-tennis/naia-colleges>
- NJCAA (D1, D2, D3)
<https://www.ncsasports.org/womens-tennis/junior-colleges>